

Nutrition Resources

***Please contact a Weight Management Specialist at 920-568-5489 for more detailed information about any of the listed resources.**

Free Mobile Applications:

Calorie Counter MyNet Diary—Tracks and graphs your calorie and nutrient intake by scanning the bar code of packaged food or searching food items. This app also tracks and graphs exercise.

Restaurant Nutrition—Provides the calorie, carbohydrate, protein, and fat content of the menus of 115+ national restaurants to help you make healthier choices.

My Fitness Pal—Set a daily calorie goal and record your daily food and exercise to make sure you stay on track.

Lose It—Helps you set a daily calorie budget, track your food and exercise, and stay motivated to make smarter choices and achieve your goal. This is the closest app to Weight Watchers without being Weight Watchers member.

Nutritional Websites:

www.ChooseMyPlate.gov—Nutrition education, food group information, healthy eating tips, recipes, food tracker, and other resources.

www.Nutrition.gov—U.S. Federal guide offering access to all government websites with reliable and accurate information on nutrition and dietary guidance.

www.CDC.gov/Obesity—Public education from the Centers for Disease Control and Prevention. Strategies to combat obesity with links to physical activity and healthy living resources.

Obesity Information—Public education resource dedicated to obesity for clinicians and consumers alike. Provides nutritional and physical activity guidance, evidence-based treatments, behavioral counseling, drug therapy, and surgery options.

MyFitnessPal.com—Easy way to track your calories and utilize reputable resources that will help you lose weight.

SparkPeople.com—Weight loss resource that teaches you how to be an overall healthier person.

Magazines:

Prevention:

Trustworthy tips and advice on health, nutrition, fitness, anti-aging, beauty, weight loss, and meal planning from the experts at Prevention to help you live a healthier life. Online magazine also available.

Weight Watchers:

Articles and information for people committed to change and seeking healthy lifestyles. Science-based approach to help participants lose weight by forming helpful habits, eating smarter, getting more

exercise, and seeking support. Recipes also included. Weight Watchers isn't a diet, it's a healthy way to live. Online magazine also available.

Cooking Light:

Food and lifestyle magazine dedicated to healthy food and fitness choices. Offers healthy recipes, articles on nutrition, fitness, and general health and living. Also offers nutrition tips, entertaining menus, menu planning and much more. Online magazine available as well.

Book Reviews:

Notice: Scientific studies show that one specific "diet" is not superior to any other "diet". In the end, weight loss involves decreasing caloric intake, which can be done by any number of diets. The best "diet" is the one that works for you and the one that you can stick to most of the time for the rest of your life.

The following star rating system and reviews are the opinion of Dr. James Martin MD, MPH.

Moving Forward: The Weigh to a Healthier Weight. A Primer on Healthy Weight Loss without Rigid Dieting. Kathleen T. Baskett, MD



This well-organized book is an easy read that is full of the basic information needed to successfully lose weight and keep it off. It provides good advice about things you can do to lose weight and how to get by common challenges such as dealing with special occasions, eating out at restaurants, and emotion-related eating.

Eat to Lose, Eat to Win. Rachel Beller, MS, RD



A well-written book with a diet that emphasizes fiber and vegetables. "Flip your meals" from featuring meats to featuring plant-based foods. Follow this diet and you will be more likely to lose weight. Unlike other authors, Rachel gives some very specific recommendations on which food products to choose and which to avoid.

The Calorie King Calorie, Fat and Carbohydrate Counter.



A great resource for people who would rather use a book than a computer for counting calories or keeping a diet journal. Included is a section on foods available at some common fast food and restaurant chains. If you can't find what you are about to eat in this book, don't eat it.

The Mediterranean Diet for Beginners.



This simple and brief book outlines one of the healthiest diets studied by science. Good advice is provided as are a number of recipes and daily menu plans to pursue a diet rich in fruits and vegetables along with an emphasis on fish and other sources of healthy fats and oils.

The South Beach Diet Super Charged. Arthur Agatston, MD.



A diet that emphasizes eating healthy carbohydrates, this book also incorporates some exercise recommendations, although they may not be for everyone. The reasons for eating the South Beach diet are explained and a number of recipes and daily menu plan suggestions are included.

The New Atkins for a New You. Eric Westman, M.D. Stephen Phinney, M.D. and Jeff Volek, Ph.D.



The ultimate carbohydrate-limited diet, this book walks you through the different phases of an Atkin's diet. Say goodbye to sugar and starch! The book includes some helpful tips for eating away from home as well as some recipes and daily menu plan suggestions. This diet is fairly strict on limiting fruits and vegetables and lenient on consuming certain fats.

Refuse to Regain. Barbara Berkeley, MD.



This book describes eating a diet based on food people ate as hunter gatherers more than 10,000 years ago, before the development of agriculture. The book also provides basic information about obesity and metabolism, as well as "twelve tough rules" to follow for maintaining weight loss.

Food Rules: A Doctor's Guide to Healthy Eating. Catherine Shanahan, MD



This book is not targeting weight control, but rather what this author feels is a healthy diet. The chapters are somewhat haphazard and loosely organized. The diet encouraged, while healthy, is somewhat trendy and at times bizarre. The author makes claims, conclusions, and assertions not always clearly based on scientific evidence.

How Fort HealthCare Can Help You:

Services:

Dietitian Consult:

Meet with a Fort HealthCare Registered Dietitian for a nutritional consultation to help you assess your current diet and modify it to help you lose weight. This one-hour meeting will include discussing weight history, current diet and exercise, and any other medical history that is pertinent to diet in order to develop a healthy eating plan that is right for you. The Dietitian will work with you to determine your readiness to change, set goals, and provide tips to help you reach your goals.

Weight Watchers at Work:

Traditional Weight Watchers program with a weekly weigh-in and support group run by Weight Watchers specialists. The group is hosted at Fort HealthCare for local convenience.

Movin' & Losin':

A weight management program, delivered in two twelve-week sessions, designed with educational and exercise components to help participants reach their individual wellness goals. Wellness specialists along with special guest lecturers will cover different topics related to nutrition, exercise, and overall health each week. Participants will need to dress in comfortable clothing and tennis shoes as each class incorporates at least thirty minutes of physical activity. Classes will be held in the Fort HealthCare Cardiopulmonary Rehab facility located on the first floor of the south end of the hospital.

Health Coach:

Work one-on-one with an ACE-Certified Health Coach who will help develop strategies to safely engage people in health behavior changes and self-management of health conditions resulting in improved overall health.