

Get Technology on Your Side!

Even though it is not beneficial to spend more time than necessary in front of a screen, some technology can help you stay healthy or lose weight! Websites and smart-phone apps can be great nutrition resources and can also help you track your food intake and fitness. Below are a few resources that may help you reach your health goals.

Websites:



Choosemyplate.gov

My Plate is a healthy eating tool that illustrates what healthy eating looks like in our daily meals. This website has information on each food group, healthy eating tips, a food and fitness tracker, and much more!

Nutrition.gov

Brought to you by the National Agricultural Library, this website has a wealth of health and nutrition information for all stages of life. It also has a food database where you can look up the nutritional information of over 8,000 foods.

Mayoclinic.com

The Mayo Clinic's website has a healthy living tab with great articles written by health professionals. Topics range from weight loss to infant and children nutrition to nutrition-related diseases.

Cdc.gov/nutrition

The Centers for Disease Control and Prevention provide this resource with nutrition advice and tips, data and statistics, and child nutrition information. There are also other helpful resources like a BMI calculator, fruit and vegetable calculator, and food assistance resources.

Phone Apps

Food and Fitness Trackers:

- MyNetDiary
- MyFitnessPal
- SparkPeople Food and Fitness Tracker
- Loseit!

Diabetes Trackers:

- Blood Sugar Tracker
- Glucose Buddy
- Diabetes Companion



Other Nutrition Apps:

- Fooducate
- eaTipster
- Gluten Free Daily
- Healthy Diet & Grocery Food Scanner