

## RESOURCES FOR HEALTHY EATING

- 1) [ChooseMyPlate.gov](http://ChooseMyPlate.gov)
  - includes tips for healthy eating on a budget
  - advice for eating healthy at restaurants
  - guidance developing exercise/weight loss strategies
  
- 2) [WhatsCooking.FNS.USDA.gov](http://WhatsCooking.FNS.USDA.gov)
  - hundreds of healthy recipes sponsored by the US Department of Agriculture
  
- 3) [supertracker.usda.gov/foodapedia.aspx](http://SuperTracker.USDA.gov/foodapedia.aspx)
  - database of calorie count of over 8,000 different foods