

**UNIVERSITY OF LOUISVILLE
DEPARTMENT OF FAMILY AND GERIATRIC MEDICINE**

Written by Nancy Koppersmith RD,MS,LD,CDE and Cynthia Chandler MS,RD,LD
Designed by Heather Dodds, edited by Lee Christensen
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UNIVERSITY of LOUISVILLE
Health Sciences Center

Resources for Healthy Weight Management



COOKBOOKS AND COOKING WEBSITES

Healthy Soul Food Recipes 2010 by American Heart Association

New American Heart Association Cook Book 8th Edition 2010 by American Heart Association

allrecipes.com

Search engine to find recipes for the food you like. Has nutrition information as well.

mayoclinic.com/health/weight-loss-recipes/RE00126

Fix-It and Forget-It Lightly by Phyllis Pellman Good
Good Books, 2004—Contains more than 500 recipes that use low fat ingredients with a focus on portion size. All recipes use a slow cooker which makes this a good resource for those who work or are away from home all day and need to have a meal ready when they get home.

Great Cooking Every Day by Weight Watchers and the Culinary Institute of America, Weight Watchers International, 2001—

Contains healthful recipes that are all analyzed for nutrient content per serving along with tips from a chef at the world renowned cooking institute about the different ingredients used and how to best work with them. It takes some of the fear out of trying new ingredients and recipes.

365 Days of Healthy Eating by The American Dietetic Association, 2005—

Contains practical hints, tips and strategies—one for each day of the year—for keeping healthy eating and regular exercise at the top of your daily agenda. More than 60 simple, flavorful recipes for meals and snacks are included.

WEBSITES

caloriescount.com

- The Calories Count site lists over 7,000 foods and their calorie, carbohydrate and fat content per serving size. This can help when keeping an accurate diary of food and calories consumed.

eatright.org/public

- American Dietetic Association site has many weight loss tips.

ediets.com

- Online personalized diet plan with weekly newsletters, recipes and various support mechanisms.

familydoctor.org/online/famdocen/home/healthy/food/improve/796.html

- Information on weight loss

louisville.edu/medschool/familymedicine/health-nutrition-information/pleaser

- an obesity/weight management treatment approach recommended by National Heart, Lung and Blood Institute (NHLBI).

mypyramid.gov

- The USDA Food Pyramid site has the latest food guide pyramid in an interactive site. It even has a nutritional analysis program.

presidentschallenge.org

- The President's Challenge website is devoted to physical activity ideas for various age groups.

shapeup.org

- Shape Up America is a non profit organization dedicated to achieving a healthy weight for life.

thedailyplate.com

- Online food tracking and resources for weight loss.

webmd.com/diet/healthtool-portion-size-plate

- Site gives you easy-to-understand guidelines to help you avoid some common portion-size pitfalls.

win.niddk.nih.gov

- The Weight Control Information Network website contains information on weight control, obesity, physical activity, and related nutritional issues.

www.move.va.gov

- National Weight Loss program with many resources.

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COMMUNITY RESOURCES

There are many ways to lose weight!

Recent evidence found that weight loss was associated with both reduced calories and matching individuals with eating plans that best suit their food preferences. This education resource contains lists of weight loss opportunities—individual, group, web, etc.

Please note that programs vary in cost.

You might first want to visit this website (Choosing a safe and successful weight-loss program)
win.niddk.nih.gov/publications/choosing.htm

Registered Dietitian

Name: _____

Phone: _____

Counselor Specializing in Eating Issues

Name: _____

Phone: _____

Weight Management Programs at UofL Family Medicine

For appointments/more information
(502)852-2822 or (502) 852-6684

Weight Watchers

(800) 651-6000— weightwatchers.com

TOPS (Take Off Pounds Sensibly)

Support group for weight loss and maintenance.
(800) 932-8677— tops.org

Jenny Craig

(800) 597-5366— jennycraig.com

Curves for Women

(877) 287-8374— curves.com

Baptist East/Milestone Wellness Center

(502) 896-3900— baptistmilestone.com

This educational resource is not a complete listing of programs in your area. It is not an endorsement nor does it evaluate weight management programs. This material is not intended to render medical advice.