

The following information was gathered from sources which are thought to be reliable and useful to National Diabetes Prevention Program Lifestyle Coaches and participants. The websites and links listed here are provided as a tool to Lifestyle Coaches but are not operated by or endorsed by DTTAC.

Websites

American Diabetes Association, My Food Advisor: free online resource that allows you to explore over 5,000 foods for nutrition content and allows you to analyze your favorite recipes. <http://tracker.diabetes.org/>

Calorie King: free online food search feature; mobile smart phone application for calorie counting and nutrition information available for purchase. www.calorieking.com

Diabetes Prevention Program, Keeping Track Booklet: free print materials for tracking food intake and physical activity. <http://www.bsc.gwu.edu/dpp/lifestyle/keepingt.pdf>

Diabetes Prevention Program Fat Finder: free online resource that allows you to search over 1500 foods for fat and calorie grams <http://www.bsc.gwu.edu/dpp/lifestyle/fatcount.pdf>

Fit Day: free online weight loss journal; mobile application available for a fee. www.fitday.com
www.nutrawatch.com

Fit Watch: free printable and customizable food diary and physical activity tracker; requires registration with a username and password. <http://www.fitwatch.com/diary/fooddiary.html>

Livestrong: free food and fitness tracker; mobile application available for a fee. www.livestrong.com

Lose It: free online food and physical activity tracking; free mobile application for smart phone. www.loseit.com

My Calorie Counter: free online eating and physical activity journal that includes BMI calculator, allows you to track calories, and search for over 45,000 foods; requires registration with a username and password. <http://www.my-calorie-counter.com/>

My Fitness Pal: free online resource that includes a recipe and nutrition facts calculator, basal metabolic rate calculator, and BMI calculator. <http://www.myfitnesspal.com/>

MyPlate— free print materials on nutrition education, using MyPlate, recipes, and sample menus. <http://www.choosemyplate.gov/tipsresources/printmaterials.html>

My Pyramid, Tracker: free online resource that allows you to assess your food intake and physical activity patterns; requires registration with a user name and password. <http://www.mypyramidtracker.gov/>

National Diabetes Education Program Health Sense: interactive menu planner available as well as other free materials and information. www.ndep.nih.gov/resources/diabetes-healthsense

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Nutrition Data: free online resource that allows you to search the database for nutrition content of foods and recipes, track your food intake, and share information with others.

<http://nutritiondata.self.com/mynd/mytracking/welcome?returnto=/mynd/mytracking>

On Target Nutrition: free online resource that allows you to search foods, receive personalized reports, add foods and recipes, and record weight and exercise. You must register with a username and password. <http://www.ontargetnutrition.com/>

Spark People: free online site for tracking food and activity levels, calorie counter and meal plans available; reward system and feedback reports available. <http://www.sparkpeople.com/myspark/register.asp>

Smartphone Applications

Smartphone apps are constantly being developed and always changing. Apps can be a fun way to help you achieve your goals and can motivate you to stay on track with your healthy lifestyle. Smartphone apps can:

- Assist you in self-monitoring
- Help you with goal setting (calories, fat, physical activity, etc.)
- Provide you with a database of nutrition information
- Inspire you to add variety to your physical activity routine

Here are a few examples of the types of applications that can support your healthy lifestyle:

- Trackers for calories and/or physical activity
 - These apps are great if you do not like to carry a paper and pen but always have your cell phone with you.
 - Make sure you can either print or email this information to share with your Lifestyle Coach, or be sure to copy the information by hand into your Food and Activity Tracker.
- Databases of nutrition facts from restaurants and packaged foods
 - These apps let you see the nutrition information for food selections before your order it at a restaurant or purchase it from the store. They also make it easy to accurately record fat and calories in your Food and Activity Tracker.
- Visual food diary using the phone's camera
 - These apps can help you accurately track portion sizes and food items.
- Ideas for physical activity
 - These apps can give you ideas for mixing up your physical activity, such as adding strength training or working towards a goal such as running/walking a 5K.
 - These applications are not for everyone, so check with your doctor or other fitness expert before beginning a rigorous physical activity routine.

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