

Online Self-Monitoring Resources

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

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

Livestrong: free online weight loss journal. www.livestrong.com

Lose It: free online food and physical activity tracking; free mobile application for smart phone. www.loseit.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 gram.
<http://www.bsc.gwu.edu/dpp/lifestyle/fatcount.pdf>

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 username and password. <http://www.my-calorie-counter.com/>

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

My Fitness Pal: free online resources that includes a receipt and nutrition facts calculator, basal metabolic rate calculators, and BMI calculator (Also a phone app).
<http://www.myfitnesspal.com>

On Target Nutrition: 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 food and activity levels, calorie counter and meal plans available; rewards system and feedback reports available.
<http://www.sparkpeople.com/myspark/register.asp>

Everyday Health: free online tracking. www.everydayhealth.com/calorie-counter.aspx