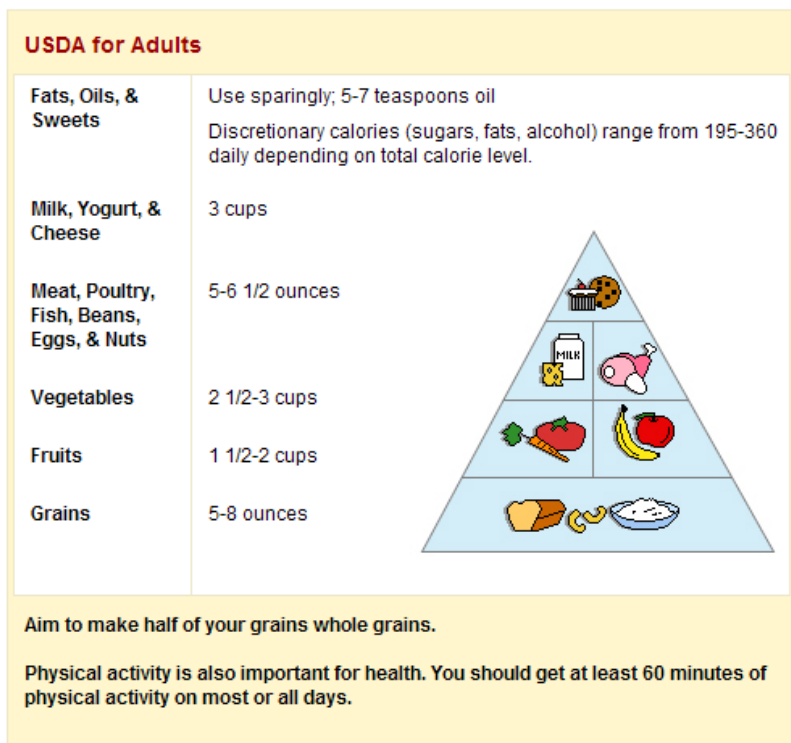


Tools and Resources



The United States Department of Agriculture and the Oldways Preservation and Exchange Trust have designed food pyramids guidelines on what kinds of food to choose and how many servings to eat to help you plan your daily diet.

<http://www.webmd.com/food-recipes/healthtool-food-pyramid>



Food & Fitness Planner: Make a daily plan for eating and exercising.
<http://www.webmd.com/diet/food-fitness-planner>



Diet Evaluator: Get a personal assessment of your diet.
<http://www.webmd.com/diet/diet-health-check/default.htm>



Fiber-o-Meter: Calculate the fiber in your meals.
<http://www.webmd.com/diet/healthtool-fiber-meter>



Body Mass Index Calculator: is used to find out if a person is underweight, normal weight, overweight, or obese.
<http://www.webmd.com/diet/calc-bmi-plus>



Healthy recipes: Looking for healthy recipes that also taste great? Browse dozens of good-for-you recipes from WebMD and Eating Well magazine.
<http://www.webmd.com/food-recipes/healthy-recipe-finder>



Stress Management Center: People who don't manage stress well can have headaches, stomach pain, sleeping problems, illness, and depression. You can manage stress by journaling, meditating, exercising, talking to others, or engaging in a hobby.
<http://www.webmd.com/balance/stress-management/default.htmv>



America on the Move: many resources out there for you to help you reach your goals.
www.AmericaontheMove.org