EVIDENCE-BASED ONLINE NUTRITION RESOURCES

Academy of Nutrition and Dietetics
Creating a Grocery List
https://www.eatright.org/food/planning-and-prep/smart-shopping/creating-a-grocery-list

Meal Planning
https://www.eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning

American Diabetes Association
Diabetes Plate Method, Eating Healthy on the Go, Recipes, Food Insecurity, Meal Plans
https://diabetes.org/food-nutrition

What Can I Eat?
http://main.diabetes.org/dorg/PDFs/awareness-programs/hhm/what_can_i_eat-best_foods-American_Diabetes_Association.pdf

American Diabetes Association Food Hub
Recipes, Meal Planning Tool, Information on Eating Out
https://www.diabetesfoodhub.org/

American Heart Association
Shopping Tips, Healthy Snacks, Budget Friendly Ideas, Recipes
https://www.heart.org/en/health-topics/diabetes/prevention--treatment-of-diabetes/how-to-eat-healthy-on-a-budget

Association of Diabetes Care and Education Specialists
Guides for Healthy Eating, Grocery Shopping, Holiday Eating
https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/healthy-eating

Centers for Disease Control and Prevention
Plate Method, Carbohydrate Counting, Label Reading
https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html

Diabetes and Cultural Foods
https://www.cdc.gov/diabetes/library/features/diabetes-cultural-eating.html

Food and Fitness Trackers
Calorie Counter by Cronometer
https://cronometer.com/

MyFitnessPal
https://www.myfitnesspal.com/

MyNetDiary
https://www.mynetdiary.com/

U.S. Department of Agriculture MyPlate
Interactive Learning, Eating on a Budget, Printable Materials, Recipes
https://www.myplate.gov/

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