



Helpful Tools & Resources

Healthy Cooking & Lifestyle Resources

Books and Cookbooks

Exodus from Obesity -- Paula Peck

Eat It Up! -- Connie Stapleton, Ph.D

Before and After: Living and Eating Well After Weight-Loss Surgery -- Susan Leach

The Complete Idiot's Guide to Eating Well After Weight Loss Surgery -- Margaret Furtado MS, RD, LD

Recipes for Life After Weight-Loss Surgery -- Margaret Furtado MS, RD, LDN

Weight Loss Surgery Cookbook for Dummies -- Brian K. Davidson

The Everything Post-Weight Loss Surgery Cookbook -- Jennifer Heisler

Magazines

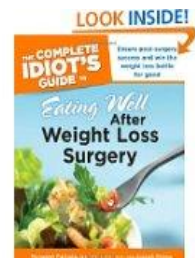
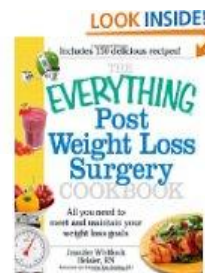
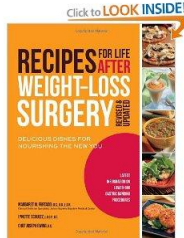
Prevention Magazine

WLS Lifestyles Magazine

Obesity Help Magazine

Diabetes Forecast Magazine

Your Weight Matters Magazine (OAC)



Online Resources

Obesity Help

www.obesityhelp.com

Obesity Discussion

www.obesitydiscussion.com

Bariatric Pal

www.bariatricpal.com

WLS

www.wslifestyle.com

Obesity Action Coalition (OAC)

www.obesityaction.org



Food Logging Apps & Websites

Why is food logging beneficial?

- Reveals food habits that you may not be aware of
- Holds you accountable for what you eat and drink
- Research shows that people who log their intake lose more weight
- Helps your dietitian better understand your eating habits

Track your food intake online or from your phone!

Lose It! Weight Loss Program App: Free (iPhone and Android)

Website (Free): www.loseit.com

My Fitness Pal Calorie Counter & Diet Tracker App: Free (iPhone and Android)

Website (Free): www.myfitnesspal.com

My Plate Calorie Tracker by Live Strong: Free (iPhone and Android)

Website (Free): www.livestrong.com/myplate/

Fit Day App: Free (iPhone)

Website (Free): www.fitday.com

Spark People Calorie Counter & Weight Loss App: Free (iPhone and Android)

Website (Free): www.sparkpeople.com

Control My Weight – Calorie Counter by Calorie King: \$4.99 (iPhone)

Website (7 day free trial, \$49/year): www.calorieking.com

Eat Slower App: Free (iPhone)



Fitness and Nutrition Apps

How can you use your phone to help you stay active and healthy?

- Find walking and jogging routes in your city
- Help you train towards a fitness goal and learn new exercises
- Look up nutrition info at restaurants and while on-the-go

Use your phone to help you get active and make healthy choices!

Couch to 5K: \$1.99 (iPhone and Android)
Step by step training program

Nike Training Club: Free (iPhone and Android)
Fitness plans

Nike+ GPS, Map My Run/Ride: \$1.99 and Free version (iPhone and Android)
Track your running & bicycling routes

WalkJogRun: \$2.99 (iPhone and Android)
Find routes in any city and training plans

Daily Burn: Free (iPhone and Android)
Calories, Workout, Fitness

Hy app: Free (iPhone)
Tracks hydration and sends reminders to hydrate

Nutrition Menu: \$1.99 (iPhone)
Nutrition info for over 360 restaurants and 51,000 common foods

Restaurant Nutrition: Free (iPhone and Android)
Nutrition info for over 250 restaurants



Tools for Measuring Portion Sizes

Why should you use tools to measure food portions?

- It's hard to judge food portions with your eyes alone
- Food scales, portion plates, and measuring cups can help us portion foods accurately
- It can help to train your eyes to better estimate portion sizes
- It can help you keep better track of how much you are eating

Using tools to measure can make it easier to portion your foods!

Food Scales

EatSmart Precision Pro

- Where to buy: Amazon.com (\$25.00)
- 11-lb capacity, easy to read, 0.05 ounce/1 gram increments, uses 2 AAA batteries



Escali Primo

- Where to buy: Bed Bath & Beyond (\$24.99), Amazon (\$23.29)
- 11-lb capacity, 0.1 ounce/1 gram increments, uses 2 AAA batteries



OzeriTouch Professional

- Where to buy: Amazon.com (\$24.25), Sears (\$25.10)
- 11-lb capacity, 0.1 ounce/1 gram increments, thin tempered glass design, large LCD display screen, uses 2 lithium batteries



Measuring cups and spoons

- Progressive International 19-piece Measuring Cup and Spoon set (Amazon.com)
- MIU France 7-Piece Cup set (Amazon.com)
- CIA Masters Collection Measuring Spoons (Bed Bath & Beyond, Amazon.com)



Portion Plates

Meal Measure

- Where to buy: Amazon.com (\$8.70)
- 8-inch diameter, use on top of any plate (removable)
- 1 cup and ½ cup labeled portions, protein portion is the size of a deck of cards



Slimware Portion Conscious Dinner Plates

- Where to buy: Slimware.com (\$37.50-\$59.00)
- Discrete, Set of 4, microwave and dishwasher safe
- Plate design corresponds to vegetable, starch and protein



Meal-Trax Measuring Dinner Plates

- Where to buy: Amazon.com (\$26.50)
- Set of 2, 10" clear glass plate discrete lines dividing vegetable, starch and protein portions



Protein Shake Bottles

Sundesha Blenderbottle with Blenderball

- Where to buy: blenderbottle.com (\$8.99), Amazon.com (\$6.49)
- 28-ounce capacity, blenderball helps mix protein drinks
- Dishwasher safe



Tupperware Quick Shake Container

- Where to buy: Amazon.com (\$18.99)
- 16-ounce capacity, flywheel to mix protein
- Dishwasher safe



Tools for Counting Steps

Why are pedometers beneficial?

- A pedometer is a portable device that detect motion and count your steps
- Keeping track of the number of steps you take is a great way to track your daily physical activity
- Can be a useful tool for setting activity goals

Tracking your steps can help you stay active!

Ozeri 4x3 Motion

- Where to buy: Amazon.com (\$15.95)
- 3 recording modes, stores up to 7 days information,
- Small, easy to fit in pockets



Omron HJ-321 Tri-Axis Pedometer

- Where to buy: Amazon.com (\$18.92)
- 4 tracking modes, stores up to 7 days information
- Small, multiple attachment methods



Fitbit Zip Wireless Activity Tracker

- Where to buy: Amazon.com (\$57.99)
- Small and discrete
- Tracks steps, distance, and calories burned
- Wirelessly uploads data automatically to computer or bluetooth smartphones and tablets



UP 24 by Jawbone

- Where to buy: Amazon.com (\$131.26), Best Buy (\$131.99)
- Designed to be worn on the wrist
- Tracks sleep, activity, and has a built in alarm
- Bluetooth enabled, wirelessly uploads data
- Ability to log what you eat and drink and track nutritional information

