The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at http://www.umcvc.org/mardigian-wellness-resource-center and online Information Guides at http://infoguides.med.umich.edu/home

**Brochures, Fact sheets**

- American Heart Association
  - How Do I Follow a Healthy Diet? https://tinyurl.com/uzdjomg
  - What About Eating Out? https://tinyurl.com/ybs5h3hf
  - How Do I Understand the “Nutrition Facts” Label? https://tinyurl.com/ydaqp2kw
  - How Do I Change Recipes? https://tinyurl.com/ybrtd6rf
  - Why Should I Limit Sodium? https://tinyurl.com/yanapdfw

- National Heart, Lung and Blood Institute (NHLBI)
  - Why the Dash Eating Plan Works https://tinyurl.com/v86z9jdn
  - Getting Started on DASH https://tinyurl.com/yavqcs8d
  - Keep the Beat Recipes: Deliciously Healthy Dinners https://tinyurl.com/ybu883em
Healthy Lifestyle: Diet & Nutrition

- Tips to Reduce Salt and Sodium
  https://tinyurl.com/y8apyobh
- Tips to Keep You on Track
  https://tinyurl.com/y6vunx7v

Books


Web Resources

- National Heart, Lung, and Blood Institute (NHLBI): Aim for a Healthy Weight
  https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm
  This site has interactive tools that teach and help manage healthy diet including: a menu planner, recipes and a BMI calculator.

- American Heart Association: Healthy Eating
  https://www.heart.org/en/healthy-living/healthy-eating
  This site includes information and interactive tools to help maintain a healthy diet. Some of the information focuses on how to find heart healthy items in your grocery store, heart healthy recipes, and helpful information for dining out.

- Best Diets as Ranked by U.S. News & World Reports
  http://health.usnews.com/best-diet
  A panel of health experts, including nutritionists and specialists in diabetes, heart health, human behavior, and weight loss, reviewed detailed assessments prepared by U.S. News of 29 diets. The experts rated each diet in seven categories, including short-and long-term weight loss, ease of compliance, safety, and nutrition.

- Choosemyplate.gov
  https://www.choosemyplate.gov/
  Choosemyplate.gov offers personalized eating plans and interactive tools to help you plan and assess your food choices based on the Dietary Guidelines for Americans.
Healthy Lifestyle: Diet & Nutrition

• Eatright.org
http://www.eatright.org/
This useful website is created by the Academy of Nutrition and Dietetics, the world’s largest organization of food and nutrition professionals. They strive to improve the nation’s health through research, education, and advocacy.

• Nutrition.gov
https://www.nutrition.gov/
This site provides easy, online access to government information on food and human nutrition for consumers. Here you can find guidelines for healthy nutrition, guidance on food shopping and meal planning and lists of calories and nutrients in food.

• USDA: FoodData Central
https://fdc.nal.usda.gov/
Select a nutrient (sodium, potassium, etc.) for a list of selected foods with their nutrient content. Lists may be arranged by nutrient value or alphabetically by food.

Apps
• Fooducate
https://www.fooducate.com/
Cost: Free
Available for the iPhone and Android phones. Lose weight, eat real food, and track your progress. Fooducate grades your food, explains what's really inside each product, and offers healthier alternatives. They have the largest database of UPCs - over 200,000 unique products and growing. You can filter by vegan or vegetarian too.

• Healthy Out
https://www.healthyout.com/
Cost: Free
Available for iPhone and Android. HealthyOut finds you dishes at local restaurants that match your diet and nutrition preferences. There are preferences such as under 500 calories, low carb, low sodium, vegan, gluten free and many others to choose from. This makes it easy to eat healthy and stay on your diet when you're eating out.
• **Lose It!**  
  [https://www.loseit.com/](https://www.loseit.com/)  
  Cost: Free  
  Available for iPhone and Android.  
  Lose It! allows you to set a weight loss goal and timeline, and then calculates how many calories you should consume (your calorie budget) and how many you actually take in. The searchable database is packed with general foods, brand name grocery store goods, and menu items from popular chain restaurants.

• **My Fitness Pal**  
  [https://www.myfitnesspal.com/](https://www.myfitnesspal.com/)  
  Cost: Free  
  Available for iPhone and Android.  
  This app has a very user friendly food diary and exercise log. It also has one of the largest food databases to pull your information from. Users are given customized calorie goals, which are adjusted based on physical activity. You can also scan a bar code to get a food items' nutrition facts.

• **Calorie Counter and Food Diary by MyNetDiary**  
  Cost: Free  
  Available for iPhone and Android.  
  This app helps you to keep track of your food and exercise. It analyzes your data and-guides you with personalized advice and diet tips.

• **ShopWell**  
  [https://www.innit.com/shopwell/](https://www.innit.com/shopwell/)  
  Cost: Free  
  Available for iPhone and Android.  
  Just by scanning a barcode this App can tell you what's in the food you're buying and offers suggestions of new foods to try that fit your lifestyle.
Healthy Lifestyle: Diet & Nutrition

INFORMATION GUIDE

- SparkPeople
  Cost: Free
  Available for iPhone and Android.
  This app helps you to track your food and fitness. The app also offers diet plans, exercise options, expert advice and an online community.

- Calorie counter by FatSecret
  [https://www.fatsecret.com/](https://www.fatsecret.com/)
  Cost: Free
  Available for iPhone and Android.
  Keep track of your food, exercise and weight using their nutrition database and by scanning barcodes. Also provides recipe and meal ideas and can be synced with a Fitbit and other apps.

University of Michigan Resources

- Nutrition Services at the Preventive Cardiology Program offers a number of relevant programs and services including individualized counseling and group sessions to help individuals reduce risk disease and improve wellness. The service specializes in medical nutrition therapy for:
  - Cholesterol and triglyceride reduction
  - Blood pressure management
  - Healthy weight management
  - Metabolic syndrome/Insulin resistance/Pre diabetes
  - Diabetes
  - Congestive Heart Failure
  For more information access: [http://www.uofmhealth.org/conditions-treatments/heart-nutrition](http://www.uofmhealth.org/conditions-treatments/heart-nutrition)
  (877) 885-8444

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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Compiled by Amy Hyde, MLIS, Mardigian Wellness Resource Center Librarian