

# Weight Control Resource Guide

## **Organizations**

American Dietetic Association: [www.eatright.org/](http://www.eatright.org/)

American Obesity Association: [www.obesity.org](http://www.obesity.org)

Weight-control Information Network: [www.niddk.nih.gov/health/nutrit/win.htm](http://www.niddk.nih.gov/health/nutrit/win.htm)

## **Local Resources**

Botsford Diabetes & Nutrition Services

[www.botsford.org/diabetes](http://www.botsford.org/diabetes)

## **Information Resources**

Nutrition: [www.nlm.nih.gov/medlineplus/nutrition.html](http://www.nlm.nih.gov/medlineplus/nutrition.html)

Weight Control: [www.nlm.nih.gov/medlineplus/weightcontrol.html](http://www.nlm.nih.gov/medlineplus/weightcontrol.html)

Personal Health Tools: [healthfinder.gov/HealthTools](http://healthfinder.gov/HealthTools)

Includes an online health checkup, activity and menu planners, and health calculators

Nutrition Websites: [www.botsford.org/library/db/l-topic.cfm?field1=Nutrition](http://www.botsford.org/library/db/l-topic.cfm?field1=Nutrition)