



## 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

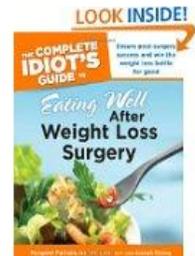
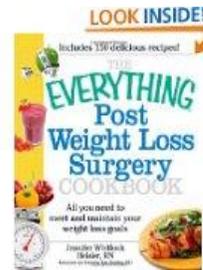
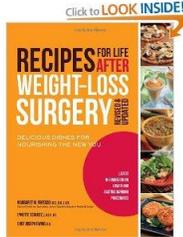
Prevention Magazine

WLS Lifestyles Magazine

Obesity Help Magazine

Diabetes Forecast Magazine

Your Weight Matters Magazine (OAC)



#### Online Resources

Obesity Help

[www.obesityhelp.com](http://www.obesityhelp.com)

Obesity Discussion

[www.obesitydiscussion.com](http://www.obesitydiscussion.com)

Bariatric Pal

[www.bariatricpal.com](http://www.bariatricpal.com)

WLS

[www.wslifestyle.com](http://www.wslifestyle.com)

Obesity Action Coalition (OAC)

[www.obesityaction.org](http://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](http://www.loseit.com)

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

Website (Free): [www.myfitnesspal.com](http://www.myfitnesspal.com)

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

Website (Free): [www.livestrong.com/myplate/](http://www.livestrong.com/myplate/)

**Fit Day App:** Free (iPhone)

Website (Free): [www.fitday.com](http://www.fitday.com)

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

Website (Free): [www.sparkpeople.com](http://www.sparkpeople.com)

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

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



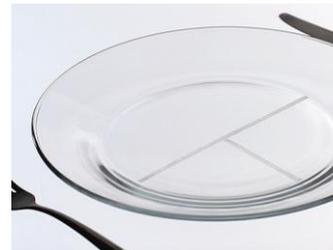
### Slimware Portion Conscious Dinner Plates

- 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

