**Resources**

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| **ORGANIZATION** | **SERVICES PROVIDED** |
| **USDA Choose My Plate** [**https://www.choosemyplate.gov/MyPlatePlan**](https://www.choosemyplate.gov/MyPlatePlan) | * **Provides information about healthy diets**
* **Provides resources for adults and children**
* **Provides interactive games**
* **Provides eating plans**
* **Provides recipes**
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| **Diabetics**  |  |
| **Mayo Clinic** [**https://www.mayoclinic.org**](https://www.mayoclinic.org) | * **Provides information about healthy diets for diabetics**
* **Provides resources for adults and children**
* **Provides eating plans**
* **Provides recipes**
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| **American Diabetes Association** [**http://www.diabetes.org/**](http://www.diabetes.org/) | * **Provides information about healthy diets for diabetics**
* **Provides resources for adults and children**
* **Provides eating plans**
* **Provides recipes**
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| **Eating Addictions** |  |
| **Compulsive Eaters Anonymous HOW**[**https://www.ceahow.org/en/home/**](https://www.ceahow.org/en/home/) | * **Provides help for people with eating addictions**
* **Provides a foundation for spirituality with 12-Steps**
* **Provides a structured food plan**
* **Provide sponsors and support meetings**
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| **Overeaters Anonymous**[**https://oa.org/**](https://oa.org/) | * **Provides help for people with eating addictions**
* **Provides a foundation for spirituality with 12-Steps**
* **Provide sponsors and support meetings**
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| **Christian 12 Step Groups** |  |
| **Celebrate Recovery** [**https://www.celebraterecovery.com**](https://www.celebraterecovery.com) | * **Provide support meetings**
* **Provides a foundation for spirituality with 12-Steps and Biblical Principles**
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| **Health Information**  |  |
| **Body Mass Index Calculators** [**https://www.nhlbi.nih.gov/health/educational/lose\_wt/BMI/bmicalc.htm**](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm) | * **Provide body mass index calculator**
* **Provides information to help to promote a healthy lifestyle**
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| **Phone App: Pacer**  | * **Tracks weight**
* **Calories Burned**
* **Activity Levels**
* **Distances**
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