**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** |
| **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** |
| **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** |
| **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** |
| **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** |
| **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** |
| **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** |
| **Phone App: Pacer** | * **Tracks weight** * **Calories Burned** * **Activity Levels** * **Distances** |