

# Resources

ORGANIZATION	SERVICES PROVIDED
USDA Choose My Plate <a href="https://www.choosemyplate.gov/MyPlatePlan">https://www.choosemyplate.gov/MyPlatePlan</a>	<ul style="list-style-type: none"> <li>• Provides information about healthy diets</li> <li>• Provides resources for adults and children</li> <li>• Provides interactive games</li> <li>• Provides eating plans</li> <li>• Provides recipes</li> </ul>
<b>Diabetics</b>	
Mayo Clinic <a href="https://www.mayoclinic.org">https://www.mayoclinic.org</a>	<ul style="list-style-type: none"> <li>• Provides information about healthy diets for diabetics</li> <li>• Provides resources for adults and children</li> <li>• Provides eating plans</li> <li>• Provides recipes</li> </ul>
American Diabetes Association <a href="http://www.diabetes.org/">http://www.diabetes.org/</a>	<ul style="list-style-type: none"> <li>• Provides information about healthy diets for diabetics</li> <li>• Provides resources for adults and children</li> <li>• Provides eating plans</li> <li>• Provides recipes</li> </ul>
<b>Eating Addictions</b>	
Compulsive Eaters Anonymous HOW <a href="https://www.ceahow.org/en/home/">https://www.ceahow.org/en/home/</a>	<ul style="list-style-type: none"> <li>• Provides help for people with eating addictions</li> <li>• Provides a foundation for spirituality with 12-Steps</li> <li>• Provides a structured food plan</li> <li>• Provide sponsors and support meetings</li> </ul>
Overeaters Anonymous <a href="https://oa.org/">https://oa.org/</a>	<ul style="list-style-type: none"> <li>• Provides help for people with eating addictions</li> <li>• Provides a foundation for spirituality with 12-Steps</li> <li>• Provide sponsors and support meetings</li> </ul>
<b>Christian 12 Step Groups</b>	
Celebrate Recovery <a href="https://www.celebraterecovery.com">https://www.celebraterecovery.com</a>	<ul style="list-style-type: none"> <li>• Provide support meetings</li> <li>• Provides a foundation for spirituality with 12-Steps and Biblical Principles</li> </ul>
<b>Health Information</b>	
Body Mass Index Calculators <a href="https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm">https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm</a>	<ul style="list-style-type: none"> <li>• Provide body mass index calculator</li> <li>• Provides information to help to promote a healthy lifestyle</li> </ul>
Phone App: Pacer	<ul style="list-style-type: none"> <li>• Tracks weight</li> <li>• Calories Burned</li> <li>• Activity Levels</li> <li>• Distances</li> </ul>