

NUTRITION AND WEIGHT MANAGEMENT

PLEASE NOTE: This is not a comprehensive list. It will continued to be updated over time.

Academy of Nutrition and Dietetics

www.eatright.org

The Academy represents more than 100,000 credentialed practitioners and is committed to improving the nation's health and advancing the profession of dietetics through research, education, and advocacy.

Food (Nutrition; Planning and Prep; Vitamins and Supplements; Resources)

<https://www.eatright.org/food>

Health (Lifestyle; Allergies and Intolerances; Weight Loss; Diseases and Conditions; Pregnancy; Wellness).

<https://www.eatright.org/health>

American Cancer Society

Nutrition and Physical Activity Guidelines for Cancer Survivors

<http://onlinelibrary.wiley.co/doi/10.3322/caac.21146.pdf>

Physical Activity and the Cancer Patient Guide

<http://www.cancer.org/treatment/survivorshipduringandaftertreatment/stayingactive/physical-activity-and-the-cancer-patient>

American College of Sports Medicine: ACSM ProFinder: Search for Certified Professionals

<https://www.acsm.org/get-stay-certified/find-a-pro>

American Dietetic Association

<https://nutritionfacts.org/topics/american-dietetic-association/>

"Nutritionfacts.org is a strictly non-commercial, science-based public service provided by Dr. Michael Greger, providing free updates on the latest in nutrition research via bite-sized videos. There are more than 1,000 videos on nearly every aspect of healthy eating, with new videos and articles uploaded every day." Video library; How Not to Die; Resources.

American Heart Association

<https://www.heart.org/en/healthy-living/healthy-eating>

<https://www.heart.org/en/healthy-living/healthy-eating/losing-weight>

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Cancer.net

<https://www.cancer.net/survivorship/healthy-living/nutrition-recommendations-during-and-after-treatment>

Cancer Support Community

<https://www.cancersupportcommunity.org/diet-nutrition>

Diet and Nutrition for Cancer Survivors

<https://www.cancersupportcommunity.org/diet-nutrition-cancer-survivors>

Healthy Lifestyle After Cancer; A Plan for Better Health; Managing Long Term Side Effects of Treatment; Recipes with Nutrient Rich Foods

Diet and Nutrition During Cancer Treatment

<https://www.cancersupportcommunity.org/living-cancer-topics/diet-nutrition/diet-nutrition-during-cancer-treatment>

Nutrition and Cancer Treatment; Coping with Eating Problems from Cancer Treatment

Centers for Disease Control and Prevention (CDC) Division of Nutrition, Physical Activity, and Obesity (DNPAO)

<https://www.cdc.gov/nccdphp/dnpao/index.html>

“The CDC’s Division of Nutrition, Physical Activity and Obesity (DNPAO) protects the health of Americans at every stage of life by encouraging regular physical activity, good nutrition, and preventing adult and childhood obesity.”

Healthy Eating Tips

<https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/index.html>

Healthy Weight

<https://www.cdc.gov/healthyweight/index.html>

Offers guidance on Assessing Your Weight; Finding a Balance; Preventing Weight Gain; Losing Weight; Healthy Eating for a Healthy Weight; Physical Activity for a Healthy Weight; Tips for Parents; The Health Effects of Overweight and Obesity; External Resources.

Physical Activity

<https://www.cdc.gov/physicalactivity/index.html>

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Strategies to Increase Physical Activity

<https://www.cdc.gov/physicalactivity/activepeoplehealthnation/strategies-to-increase-physical-activity/index.html>

State and Local Programs

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/index.html>

Includes: Funding by State; State Physical Activity and Nutrition Program; High Obesity Program; Racial and Ethnic Approaches to Community Health (REACH).

National Comprehensive Cancer Network NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines): Survivorship

https://www.nccn.org/professionals/physician_gls/pdf/survivorship.pdf

Healthy Lifestyles: Physical Activity; Nutrition and Weight Management; Supplement Use

National Institute of Health (NIH) National Center for Complementary and Integrative Health (NCCIH)

<https://nccih.nih.gov/>

<https://nccih.nih.gov/health/providers>

“Evidence-based resources such as research results and clinical practice guidelines, will help prepare you to discuss complementary health approaches with your patients.”

Oncology Nursing Society

<https://www.ons.org/books/healthcare-providers-guide-cancer-and-obesity>

U.S. Department of Agriculture: Choose MyPlate

<https://www.choosemyplate.gov/resources/all-resources>

https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet1ChooseMyPlate_0.pdf

MyPlate Plate; Toolkits; Print Materials; Seasonal Resources; Quizzes; Infographics; MyPlate Graphics; MyPlate Videos; Food Waste; Food Safety; Physical Activity