

NUTRITION RESOURCES



Organization	Recipe Website	Features
SNAP – Good and Cheap cookbook	http://www.leannebrown.ca/good-and-cheap.pdf	Free cookbook with helpful cooking tips and photos, with inexpensive recipes in all categories prepared with low cost ingredients.
Food Network	www.foodnetwork.com/healthy-eating/index.html	Lighter recipes from Food Network shows and healthy breakfast, lunch and dinner ideas.
Produce for Better Health Foundation	www.fruitsandveggiesmorematters.org	Includes fruit and vegetable info, meal planning advice, recipes, and tips on getting kids to eat fruits and vegetables.
Cooking Light	www.cookinglight.com	Created by the producers of Cooking Light magazine, the website offers a variety of healthy recipes and related articles.
National Dairy Council	www.nationaldairycouncil.org	Recipes and nutrition info regarding dairy products.
About Food	http://homecooking.about.com	Includes info on recipes, cooking demonstrations and useful ingredient substitution lists
Cheap Cooking	www.cheapcooking.com	Tips for meal planning to save money cooking and shopping, using leftovers, storing food properly, plus hundreds of recipes.
Healthy Food Bank Hub	www.healthyfoodbankhub.org	Budget-friendly recipes, info on food pantries, nutrition education, and ways to get involved in your community
Canned Food Alliance	www.mealtime.org	Allows you to search for recipes based on canned food ingredients. Contains info about canned produce.
American Diabetes Association	www.diabetes.org www.diabetes.org/mfa-recipes/recipes	Diabetes related information from trustworthy source. Includes Diabetes Basics, Living with Diabetes, Food & Fitness, and more.
American Heart Association	www.heart.org/simplecooking	Info in English and Spanish on heart-healthy eating, weight reduction, stress management, recipes, and more.
Academy of Nutrition and Dietetics	www.eatright.org	Nutrition resources for all ages on food, fitness and health (including the new 2015 Dietary Guidelines for Americans).
Nutrition 411	www.Nutrition411.com	Nutrition info English and Spanish on a range of topics and recipes.

See reverse side for more websites



Organization	Nutrition Website	Features
MyPlate	www.ChooseMyPlate.gov	Info in English and Spanish on MyPlate, with tips on healthy eating for all ages (including pregnancy) and dietary guidelines; individualized plans are available for free using SuperTracker.
USDA	www.fns.usda.gov/fns/nutrition.htm www.fsis.usda.gov	Nutrition education resources and activities for all life stages. Fact sheets on foods of all types.
Nutrition.gov	www.nutrition.gov	Provides nutrition info for all ages, including shopping, cooking and meal planning ideas.
SELF	www.nutritiondata.self.com	Produced by SELF magazine, this website allows you to analyze the nutrition content of recipes.
My Fitness Pal	www.fitnesspal.com	Free online food journal with nutrition info on thousands of foods. Free online health and weight loss communities to join.
Iowa State University	www.extension.iastate.edu/foodsavings	Info on how to save money while food shopping. Numerous tips, handouts and interactive tools.
National Institute of Health: Senior Health	http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html	Info on the benefits of eating a healthy diet as you age. Includes info on what foods to choose and how to make small changes to your diet.
Healthier Generation	www.healthiergeneration.org	Provides info on healthy lives for kids and teens.
Kid/Teen Health	www.kidshealth.org www.teenshealth.org	Health and nutrition info on a wide range of topics and recipes. Includes recipes for teens with specific health concerns such as diabetes and obesity.
We Can!	http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/	News and information on the latest nutrition and health tips for all ages.

Rev Jan 2016

The Food Bank of Western Massachusetts

97 North Hatfield Road/PO Box 160/Hatfield, MA 01038 | p: 413-247-9738 f: 413-247-9577 | www.foodbankwma.org

The mission of The Food Bank of Western Massachusetts is to feed our neighbors in need and lead the community to end hunger.