

1. National Heart Lung and Blood Institute

* The US Department of Health and Human Services offers a simple calorie estimator for basic foods, categorized by food group, for a quick estimate of calorie consumption in a given day. As foods are submitted, the site subtracts from your overall daily allowance to let you know how many more calories you can eat that day. <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>
* Also available is a menu planner to provide an idea of the calorie content of foods in a typical meal. These menus are offered for daily intakes of 1,200 or 1,600 calories and are offered for typical American, Asian-American, southern, Mexican-American, or lacto-ovo vegetarian cuisines. This page contains links for healthy eating tips, including exchange lists for selecting healthier foods, shopping tips, portion sizes, and recipes.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/sampmenu.htm>

1. USDA

* The USDA provides guidelines for healthy eating, including daily requirements, nutritional requirements, and BMI by age and gender.

http://fnic.nal.usda.gov/nal\_display/index.php?info\_center=4&tax\_level=1&tax\_subject=256

* This site also provides a program called Super Tracker that lets you track your diet and activity. By submitting parameters such as height, weight, and exercise you can calculate daily calorie requirements as well as detailed information including requirements for specific nutrients, protein, carbohydrate, and fat. It also allows you to chart a history of your daily consumption and activity to track trends and compute averages over an extended period of time.

https://www.choosemyplate.gov/SuperTracker/MyReports.aspx

1. Eating Well

* This site offers weekly meal plans for particular calorie requirements for those with specific calorie-intake goals, including recipes for the meals listed.

http://www.eatingwell.com/nutrition\_health/weight\_loss\_diet\_plans/diet\_meal\_plans/7\_day\_weight\_loss\_diet\_meal\_plan?pC=1200&pT=7day\_diet&pD=1

1. Fruits and Veggies More Matters

* Offers weakly shopping lists with corresponding recipes and dietary information based on serving size. These recipes are based on a 2,000 daily calorie diet but serving size can be adjusted to meet specific needs.

http://www.fruitsandveggiesmorematters.org/