

**Nutrition and Weight Management: Evidence-Based Review**  
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**Resources**

- Tracking websites
  - [www.fitday.com](http://www.fitday.com)
  - [www.dietsite.com](http://www.dietsite.com)
  - [www.nutridiary.com](http://www.nutridiary.com)
  - [www.calorieking.com](http://www.calorieking.com)
  
- Nutrition information
  - [www.ars.usda.gov/ba/bhnrc.ndl](http://www.ars.usda.gov/ba/bhnrc.ndl)
  - <http://www.hsph.harvard.edu/nutritionsource/>
  - [www.brighamandwomens.org](http://www.brighamandwomens.org)
  - [www.glycemicindex.com](http://www.glycemicindex.com)
  
- Dietitian referral
  - [www.eatright.org](http://www.eatright.org)

**Website Resources**

- [www.MassMed.org/YourHealthFirst](http://www.MassMed.org/YourHealthFirst)
  - Great resources for clinicians and patients
  
- <http://www.hsph.harvard.edu/nutritionsource/>
  - Harvard School of Public Health Website
  
- <http://www.nutritiondata.com/>
  - has fast food restaurants
  
- <http://www.yaleruddcenter.org/>

**Other Resources**

- Assessment and Management of Adult Obesity: A Primer for Physicians. Put out by the AMA. Free.
  
- Handouts for patients