

Interactive Meal Planning

<http://www.choosemyplate.gov/>

<http://www.recipekey.com/>

<http://www.recipematcher.com/>

<http://www.supercook.com/>

<http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

<http://tracker.diabetes.org/>

Recipes:

<http://hp2010.nhlbihin.net/healthyeating/Default.aspx?AspxAutoDetectCookieSupport=1>

http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

<http://www.eatingwell.com/>

<http://www.cookinglight.com/>

<http://www.cancer.gov/cancertopics/prevention/down-home-healthy-cooking/page1/AllPages>

General Nutrition Information:

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Dining-Out_UCM_304183_SubHomePage.jsp

<http://www.healthydiningfinder.com/>

<http://www.heart.org/fatsandsodiumexplorer/explorer.html>

[http://tracker.diabetes.org/?
&utm_source=WWW&utm_medium=ContentPage&utm_campaign=MFA](http://tracker.diabetes.org/?&utm_source=WWW&utm_medium=ContentPage&utm_campaign=MFA)