

A Few **Nutrition Resources:**

Tips for Evaluating Health Claims: <https://medlineplus.gov/evaluatinghealthinformation.html>
Find a Registered Dietitian (RD, RDN) near you: <http://www.eatright.org/find-an-expert>

Read more about nutrition to promote health for your whole body:

- **American Institute for Cancer Research (AICR) Info and recipes:** <http://www.aicr.org/reduce-your-cancer-risk/diet/>
- **American Diabetes Association:** <http://www.diabetes.org/food-and-fitness/?loc=ffslabnav>
- **American Heart Association:** <https://healthyforgood.heart.org>
- **Arthritis Foundation:** <http://www.arthritis.org/living-with-arthritis/arthritis-diet/>
- **DASH Diet:** <https://medlineplus.gov/dashdiet.html>
- **Fruits and Veggies More Matters (info and recipes):** <http://www.fruitsandveggiesmorematters.org>
- **MyPlate:** <https://www.choosemyplate.gov>
- **My Plate Daily Checklist:** <https://www.choosemyplate.gov/MyPlate-Daily-Checklist>
- **Read more about the MIND Diet:** <https://goo.gl/C7IZ4l>

Multiple Sclerosis Information and Support:

- **CAN DO MS:** <https://www.mscando.org>
- **National Multiple Sclerosis Society:** <http://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors>
- **NMSS Navigator Program:** <http://www.nationalmssociety.org/Resources-Support>
- **Multiple Sclerosis Foundation:** <https://msfocus.org/Get-Help>

Books:

Intuitive Eating: A Revolutionary Program That Works by: Evelyn Tribole & Elyse Resch
Good and Cheap: Eat Well on \$4.00 a Day *Free Cookbook!!*: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

Apps:

AnyList App: <https://www.anylistapp.com>

Create organized lists (grocery, to do, errands...)

Store and organize all of your recipes

Use Meal Planning Calendar to Organize Meal Planning, shopping, prepping and cooking.

Share lists, recipes and notes with support partner, family

SuperTracker App: <https://www.supertracker.usda.gov>

Get your personalized nutrition and physical activity plan

Track your foods and physical activities to see how they stack up

Get tips and support to help you make healthier choices and plan ahead

Strides App: <http://www.stridesapp.com>

Goal and habit tracker

Allows you to set unique SMART goals that are relevant and important to you

Allows you to track your progress