



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Eat Healthy

Other resources

Cooking Tips

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Smart-Substitutions_UCM_302052_Article.jsp

Obesity and Weight Management

Centers for Disease Control and Prevention - Defining Obesity

www.cdc.gov/nccdphp/dnpa/obesity/defining.htm

Centers for Disease Control and Prevention – Weight Management Research to Practice

www.cdc.gov/nccdphp/dnpa/nutrition/health_professionals/practice/index.htm

National Heart, Lung, and Blood Institute (NHLBI) – Obesity Education Initiative

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

NHLBI – Portion Distortion

hp2010.nhlbihin.net/portion

The Obesity Society

www.obesity.org

Downloadable Documents

www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf

www.ksre.ksu.edu/library/fntr2/1883.pdf