

FOOD FIGHT RESOURCES

DIETARY CHOICES AND NEEDS

- [10 Tips to Wisely Celebrate Healthier Foods and Customs](#) – As a diverse Nation, we can embrace our cultural traditions for the foods we love and still prepare them in healthier ways. This involves being creative with favorite recipes by substituting foods and ingredients that are less healthy with flavorful and appealing choices that still help remind us of our treasured foodways.
- [2015-2020 Dietary Guidelines Appendix 2. Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level](#) – This is the second appendix of the Dietary Guidelines for Americans 2015-2020 8th edition. The US Department of Health and Human Services and the US Department of Agriculture developed this list of recommended caloric intake for Americans based on age, sex and activity level.
- [ChooseMyPlate](#) – A resource that shows your food group targets and what and how much to eat within your calorie allowance. Your food plan is personalized, based on your dietary needs and activity level.

SPECIFIC DIET TYPES

- [DASH Diet](#) – Meals Example meals of the DASH Diet
- [DASH Eating Plan](#) – A guide to following the Dietary Approaches to Stop Hypertension (DASH) eating plan involving a reduction in sodium consumption. This guide explains hypertension and the risks it carries and includes heart-healthy recipes for improved nutrition.
- [Kosher Diet: Basic Introductory Guide](#) – Kosher Food: Everything you need to know
- [Mediterranean Diet Food Glossary](#) – List of common Mediterranean foods
- [Traditional Mediterranean Diet List](#) – Traditional Mediterranean meals feature foods grown all around the Mediterranean Sea and enjoyed along with lifestyle factors typical of this region.
- [USDA Food Patterns: Healthy Mediterranean-Style Eating Pattern](#) – This is the fourth appendix of the Dietary Guidelines for Americans 2015-2020. The US Department of Health and Human Services and the US Department of Agriculture developed this set of guidelines to outline recommended amounts of food from each food group, at different calorie levels, corresponding with a Mediterranean-style diet.
- [USDA Food Patterns: Healthy Vegetarian Eating Pattern](#) – This is the fifth appendix of the Dietary Guidelines for Americans 2015-2020. The US Department of Health and Human Services and the US Department of Agriculture developed this set of guidelines outlining recommended amounts of food from each food group at different calorie levels, based on a vegetarian diet.

TRACKING FOOD AND FITNESS

- [CDC My Food Diary](#) – Food diary from CDC
- [NHLBI Daily Food and Activity Diary](#) – Food and fitness tracker from NHLBI
- [WebMD Food Journal](#) – Food tracker from WebMD

WEIGHT LOSS

- [NHLBI Calculate Your Body Mass Index](#) – A BMI Calculator is provided. Enter height in feet and inches and weight in pounds to obtain the BMI for adult men or women. Includes a downloadable BMI Calculator phone app.
- [NIH Body Weight Planner](#) – Online tool presented by the NIDDK that calculates caloric needs in order to lose weight, considering factors of height, weight, activity level and also the fact that the body's energy needs change as you lose weight.