

- Overviews
 - [MyPyramid.gov](#) (U.S. Department of Agriculture)
 - [Fruits and Veggies Matter](#) (Center for Disease Control and Prevention)
 - [Better Health and You: Tips for Adults](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)
 - [Embrace Your Health! Lose Weight If You Are Overweight](#) *Easy-to-Read NIH* (National Heart, Lung, and Blood Institute)
 - [Losing Weight Safely](#) *Easy-to-Read* (Food and Drug Administration) Also available in [Spanish](#)
 - [Obesity and Weight Loss](#) (National Women's Health Information Center)

- Latest News
 - [Extra Pounds During and Between Pregnancies Can Pose Problems](#) (04/19/2008, HealthDay)
 - [Significant Others Can Make Dieting Difficult](#) (04/16/2008, Reuters Health)
 - [Personal Contact Helps Maintain Weight Loss](#) (03/11/2008, HealthDay)
 - [Personal Counseling and Web-Based Strategies Show Modest Success for Sustaining Weight Loss](#) *NIH* (02/11/2008, National Heart, Lung, and Blood Institute)

- Diagnosis/Symptoms
 - [Aim for a Healthy Weight: Assessing Your Risk](#) *NIH* (National Heart, Lung, and Blood Institute)

- Alternative Therapy
 - [Green Tea](#) *NIH* (National Center for Complementary and Alternative Medicine)
 - [Hoodia](#) *NIH* (National Center for Complementary and Alternative Medicine)
 - [Over-the-Counter and Herbal Remedies for Weight Loss](#) (Cleveland Clinic Foundation)
 - [Weight-Loss Pills: What Can Diet Aids Do for You?](#) (Mayo Foundation for Medical Education and Research)

Nutrition

- [Energy Density and Weight Loss: Feel Full on Fewer Calories](#)(Mayo Foundation for Medical Education and Research)
 - [Fast Food: 6 Ways to Healthier Meals](#)(Mayo Foundation for Medical Education and Research)
 - [Healthy Eating Starts with Healthy Food Shopping](#) *NIH* (National Heart, Lung, and Blood Institute)
 - [Just Enough for You: About Food Portions](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)
 - [Key to Nutrition: A Diversified Portfolio](#)(Dept. of Health and Human Services, Office of Minority Health)
 - [MedlinePlus: Nutrition](#) *NIH* (National Library of Medicine)
 - [Nutrition: Keeping a Food Diary](#)(American Academy of Family Physicians) Also available in [Spanish](#)
 - [Trying to Lose Weight? Watch What You Drink](#)(Mayo Foundation for Medical Education and Research)
 - [Weight-Loss and Nutrition Myths: How Much Do You Really Know?](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)
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- Coping
 - [Weight Loss Tip: First, Make Sure You're Ready](#)(Mayo Foundation for Medical Education and Research)
 - [Weight-Loss Help: How to Stop Emotional Eating](#)(Mayo Foundation for Medical Education and Research)
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- Disease Management
 - [Guide to Behavior Change](#) *NIH* (National Heart, Lung, and Blood Institute)
 - [Physical Activity and Weight Control](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)
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- Specific Conditions
 - [High-Protein Diets](#)(American Heart Association)
 - [Low-Carb Diets](#)(Mayo Foundation for Medical Education and Research)

- [Nutrition for Weight Loss: Is a Low-Carbohydrate Diet Right for Me?](#)(American Academy of Family Physicians) Also available in [Spanish](#)
 - [Nutrition for Weight Loss: What You Need to Know about Fad Diets](#)(American Academy of Family Physicians) Also available in [Spanish](#)
 - [Too Skinny? How to Add Pounds Safely](#)(Mayo Foundation for Medical Education and Research)
 - [Very Low-Calorie Diets](#) [NIH](#) (National Institute of Diabetes and Digestive and Kidney Diseases)
 - [Weight Cycling](#) [NIH](#) (National Institute of Diabetes and Digestive and Kidney Diseases)
 - [Weight-Loss Drugs: Can a Prescription Help You Lose Weight?](#)(Mayo Foundation for Medical Education and Research)
 - [Weight-Loss Options: 6 Common Diet Plans](#)(Mayo Foundation for Medical Education and Research)
- Related Issues
 - [DiETING and Gallstones](#) [NIH](#) (National Institute of Diabetes and Digestive and Kidney Diseases)
 - [High-Protein Diets: Safe If You Have Kidney and Liver Disease?](#)(Mayo Foundation for Medical Education and Research)
 - [Holidays the Healthy Way](#)(Centers for Disease Control and Prevention)
 - [Slow Metabolism: Is It to Blame for Weight Gain?](#)(Mayo Foundation for Medical Education and Research)
 - [Weighing the Evidence in Diet Ads](#)(Federal Trade Commission) - Links to PDF
- Health Check Tools
 - [Calculate Your Body Mass Index](#) [NIH](#) (National Heart, Lung, and Blood Institute) Also available in [Spanish](#)
 - [Calculate Your Daily Calorie Needs](#)(American Cancer Society)
 - [Interactive Menu Planner](#) [NIH](#) (National Heart, Lung, and Blood Institute)
 - [Make Your Calories Count](#)(Center for Food Safety and Applied Nutrition) - Requires Flash Player
 - [Portion Distortion! Do You Know How Food Portions Have Changed in 20 Years?](#) [NIH](#) (National Heart, Lung, and Blood Institute)

- Tutorials
 - [Make Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management](#)(Center for Food Safety and Applied Nutrition) - Requires Flash Player

- Clinical Trials
 - [ClinicalTrials.gov: Diet, Reducing](#) *NIH* (National Institutes of Health)
 - [ClinicalTrials.gov: Weight Loss](#) *NIH* (National Institutes of Health)

- Research
 - [An Ear for Weight Loss?](#)(Cleveland Clinic Foundation)
 - [Low-Carbohydrate-Diet Score and the Risk of Coronary Heart Disease in Women](#)(American Heart Association)
 - [Study Compares Year-Long Effectiveness of Four Weight-Loss Plans](#) *NIH* (National Center for Complementary and Alternative Medicine)
 - [Winning at Losing: How to Keep that Weight Off](#) *NIH* (National Institutes of Health)

- Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Comparison of strategies for sustaining weight loss: the weight loss...](#)
 - [Article: Effects of weight loss from a very-low-carbohydrate diet on endothelial...](#)
 - [Article: Randomized, controlled trial of an internet-facilitated intervention for reducing binge...](#)
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- Dictionaries/Glossaries
 - [Obesity, Physical Activity, and Weight-Control Glossary](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)

 - Directories
 - [Find a Nutrition Professional](#)(American Dietetic Association)

- Organizations
 - [National Institute of Diabetes and Digestive and Kidney Diseases](#) *NIH*
 - [Weight-Control Information Network](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)

- Newsletters/Print Publications
 - [WIN Notes](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)

- Statistics
 - [FASTATS: Overweight](#) (National Center for Health Statistics)

- Children
 - [Is Dieting OK for Kids?](#) (Nemours Foundation)
 - [Your Child's Weight](#) (Nemours Foundation)

- Teenagers
 - [5 Ways to Reach \(and Maintain!\) a Healthy Weight](#) (Nemours Foundation)
 - [Deal with Diets](#) (Nemours Foundation)
 - [How Can I Lose Weight Safely?](#) (Nemours Foundation) Also available in [Spanish](#)
 - [Should I Gain Weight?](#) (Nemours Foundation) Also available in [Spanish](#)
 - [Teen Weight Loss: Safe Steps to a Healthy Weight](#) (Mayo Foundation for Medical Education and Research)
 - [What's the Right Weight for My Height?](#) (Nemours Foundation)

- Women
 - [Fit and Fabulous As You Mature](#) *NIH* (National Institute of Diabetes and Digestive and Kidney Diseases)
 - [Weight Gain After Menopause: Reverse the Middle Age Spread](#) (Mayo Foundation for Medical Education and Research)

- [Young Woman's Guide to Losing Weight the Safe Way](#)(American Osteopathic Association)

- Seniors
 - [Eldercare at Home: Weight Loss and Nutrition Problems](#)(AGS Foundation for Health in Aging)