



Credible Sources for Weight Loss

There are many websites and resources available to you when researching weight loss approaches, but not all of them provide credible information. The below table provides a list of recommended websites that contain valid information and tools to consider when developing your weight loss plan.

Credible Resource List	
NMCPHC - Health Promotion and Wellness Weight Management	www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management-default.aspx
NMCPHC - Health Promotion and Wellness Healthy Eating	www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx
NMCPHC - Health Promotion and Wellness Active Living	www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx
Navy Fitness	www.navyfitness.org/
Navy Operational Fitness and Fueling System (NOFFS)	www.navyfitness.org/fitness/noffs/
Human Performance Resource Center (HPRC)	www.hprc-online.org/
Choosemyplate.gov	www.choosemyplate.gov/
SuperTracker.gov	www.choosemyplate.gov/supertracker-tools/supertracker.html
Nutrition.gov	www.nutrition.gov/weight-management
President's Council on Fitness, Sports and Nutrition	www.fitness.gov/
United States Department of Agriculture	www.usda.gov/wps/portal/usda/usdahome
Academy of Nutrition and Dietetics	www.eatright.org
American College of Sports Medicine (ACSM)	www.acsm.org
American Council on Exercise (ACE)	www.acefitness.org/default.aspx
National Heart, Lung, and Blood Institute – Weight Management Tools and Resources	www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/weight-management.htm



Many people choose mobile applications (apps) to track food intake and physical activity. Several apps are on the market. Some are free, while others require a fee. The checklist below can aid your search for the app that will be most useful to you. Evaluate each app based on the considerations and determine if it meets the criteria by placing a ‘yes’ or a ‘no’ in the final column. See how the app stacks up against others and then choose the best app for you.

Considerations for Selecting Weight Management Apps		
Consideration	Explanation	Meets Criteria
Credible	The app was developed and maintained by an organization dedicated to educating, not advertising. Start with those developed by government agencies.	
Reliable	The app was developed based on reliable food resources and research.	
Variety	The app includes a variety of food choices from all food groups.	
Activity	The app incorporates a physical activity component for most days of the week.	
Up-To-Date	The app is reviewed and updated at least annually and the dates should be readily available.	
Reviews	The app has received mostly positive reviews, and the majority of reviews reflect successful lifestyle change.	
Number of Downloads	The app has been downloaded by a large number of users.	
Tracking	The app includes the ability to track food, calorie intake, activity, and calories burned.	
Safety	The app encourages weight loss over time, without the use of special foods or supplements.	
Cost*	You have considered the cost of the app. (Is it free, a one-time charge, or a recurring subscription fee?)	
Data Usage	Does the app require data access to function?	

**Cost will not necessarily determine if the app is credible or not, but should be considered to determine if the app will work with your lifestyle.*