

## Credible Resources for Weight Loss Information

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

Warfighter Wellness- Nutrition	<a href="https://warfighterwellness.org/nutrition/">https://warfighterwellness.org/nutrition/</a>
Warfighter Wellness – Physical Wellness	<a href="https://warfighterwellness.org/physical-wellness/">https://warfighterwellness.org/physical-wellness/</a>
Navy Fitness	<a href="https://www.navyfitness.org/">https://www.navyfitness.org/</a>
Navy Operational Fitness and Fueling System (NOFFS)	<a href="http://www.navyfitness.org/fitness/noffs/">http://www.navyfitness.org/fitness/noffs/</a>
Human Performance Resource Center (HPRC)	<a href="https://www.hprc-online.org/">https://www.hprc-online.org/</a>
MyPlate	<a href="https://www.myplate.gov/">https://www.myplate.gov/</a>
Go4Green	<a href="https://www.hprc-online.org/nutrition/go-green">https://www.hprc-online.org/nutrition/go-green</a>
United States Department of Agriculture	<a href="https://www.nutrition.gov/">https://www.nutrition.gov/</a>
President’s Council on Fitness, Sports and Nutrition	<a href="https://health.gov/our-work/nutrition-physical-activity/presidents-council">https://health.gov/our-work/nutrition-physical-activity/presidents-council</a>
Academy of Nutrition and Dietetics	<a href="https://www.eatright.org/">https://www.eatright.org/</a>
American College of Sports Medicine (ACSM)	<a href="http://www.acsm.org/">http://www.acsm.org/</a>
National Heart, Lung, and Blood Institute – Weight Management Tools and Resources	<a href="https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/weight-management.htm">https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/weight-management.htm</a>
Collegiate and Professional Sports Dieticians Association	<a href="https://sportsrd.org/downloadable-resources/">https://sportsrd.org/downloadable-resources/</a>
Mayo Clinic Calorie Calculator	<a href="https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304">https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304</a>