

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- Nutrition	https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Nutrition/
NMCPHC - Health Promotion and Wellness – Physical Optimization	https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Physical-Optimization/
Navy Fitness	https://www.navyfitness.org/
Navy Operational Fitness and Fueling System (NOFFS)	http://www.navyfitness.org/fitness/noffs/
Human Performance Resource Center (HPRC)	https://www.hprc-online.org/
MyPlate	https://www.myplate.gov/
United States Department of Agriculture	https://www.nutrition.gov/
President’s Council on Fitness, Sports and Nutrition	https://health.gov/our-work/nutrition-physical-activity/presidents-council
Academy of Nutrition and Dietetics	https://www.eatright.org/
American College of Sports Medicine (ACSM)	http://www.acsm.org/
National Heart, Lung, and Blood Institute – Weight Management Tools and Resources	https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/weight-management.htm
Collegiate and Professional Sports Dieticians Association	https://sportsrd.org/downloadable-resources/