

Coping and Wellness: Healthy Eating Resources



The Mecca of Black Wellness



Updated June 2018

There are a number of resources and tools designed to help you track your nutrition and fitness goals and provide you information on health and wellness. Health and wellness apps, podcasts, and websites are beneficial because they can provide additional support and resources and are accessible and portable. We recommend the use of health apps, podcasts, and websites as tools for improving your health. Below are a few resources and tools to get you started on your health and wellness journey!

Apps

FatSecret: Provides tools to help you obtain your health goals (calorie tracker, food diary, nutrition tips, and exercise tracker).

Fooducate: Provides tools to help you obtain your health goals (tracks your calories, macros, exercise, sleep, hunger, and mood).

MyFitnessPal: Provides tools to help you obtain your health goals (calorie, water, and exercise tracker; food diary, food insights).

Substitutions: Provides ingredient substitutions for those with a gluten-free or vegan diet or those with allergies.

Podcasts

Breaking Down Nutrition: Provides health tips on what works and what does not.

Love, Food: Provides information for those who love food and struggle with dieting .

The Nourished Child: A podcast about child nutrition, food, and healthy child development.

Nutrition Matters: Explores popular topics in nutrition and celebrates the success of people who have overcome eating disorders, weight struggles and food issues.

Sound Bites: Provides insight into good food and nutrition.

Additional Resources

American Diabetes Association: Making Healthy Food Choices

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/?loc=ff-slabnav>

American Heart Association

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Healthy-Eating_UCM_001188_SubHomePage.jsp

Healthy Diet: Eating with Mental Health in Mind

<http://www.mentalhealthamerica.net/conditions/healthy-diet-eating-mental-health-mind>

Juices for Life

<http://juicesforlife.nyc/>

Nutrition.Gov: Smart Nutrition 101

<https://www.nutrition.gov/subject/smart-nutrition-101/healthy-eating>

Office on Women's Health: Healthy Eating

<https://www.womenshealth.gov/healthy-eating>

Turning Natural: Why Cleanse

<https://www.turningnatural.com/why-cleanse>

University of California, Berkley: Wellness

<http://www.berkeleywellness.com/>

FOR MORE INFORMATION

www.BlackMentalWellness.com



@BlackMentalWellness



Black Mental Wellness



@WellnessBlack



Black Mental
Wellness

The Mecca of Black Wellness

This fact sheet is developed, owned and distributed by Black Mental Wellness. Fact sheets may be reproduced for personal or educational use without written permission, but cannot be included in material presented for sale or profit. Fact sheets may not be reproduced or duplicated on any other website without written consent from Black Mental Wellness. Organizations are permitted to create links to the Black Mental Wellness website and fact sheets. All fact sheets can be viewed and printed from <http://www.BlackMentalWellness.com>. Contact Black Mental Wellness at info@BlackMentalWellness.com for questions or additional information.