

Balancing the Scales:

Weight Management Resource List

NIU Weight Management Resources

Health Services/Division of Student Affairs, Nutrition Services

<http://www.uhs.niu.edu/uhs/nutrition.asp>

(815) 753-1311

Nutrition counseling is available through the Health Services medical clinic for weight management, eating disorders, disordered eating, and other nutrition-related health issues.

Recreation Services/Division of Student Affairs

<http://www.stuaff.niu.edu/rs/nutrition.shtml>

(815) 753-9421

Nutrition and weight management services are available to students and other members of Recreation Services. Recreation Services and the NIU School of Family, Consumer, and Nutrition Sciences are working together to provide graduate level dietetic interns who will assist in providing nutrition and weight management education.

Health Enhancement/Division of Student Affairs

<http://www.niu.edu/he/index.asp>

(815) 753-9755

Health Enhancement/Division of Student Affairs offers students a variety of handouts and materials related to healthy eating, weight management, and fitness.

Weight Management Web Sites

<http://www.nutritiondata.com/index.html> Nutrition Facts Calorie Counter:

NutritionData (ND) generates nutrition facts labels and provides simplified nutritional analyses for all foods and recipes. ND tells you what's good and bad about the foods you eat, and helps you select foods that best meet your dietary needs.

<http://hin.nhlbi.nih.gov/menuplanner/menu.cgi>

<http://www.nal.usda.gov/fnic/consumersite/index.html> This is the consumer section of the Food and Nutrition Information Center's website. It contains information about a variety of food and nutrition topics including health information, recipes, meal planning, food storage and safety, etc.

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm Contains key information about assessing body weight and recommendations for safe and effective weight loss, including a weekly meal and activity planner, recipes, and guides for physical activity and behavior change.

<http://www.hsph.harvard.edu/nutritionsource/weight.html> This is a publication from the Harvard School of Public Health that provides information about determining a healthy weight, what causes weight gain, and strategies for losing weight.

<http://www.nlm.nih.gov/medlineplus/weightlossdieting.html> MEDLINE plus Health Information website is a service of the U.S. National Library of Medicine and the National Institutes of Health and provides information about weight loss and dieting, including links to the latest nutrition news, research, general overviews and nutrition for special populations.

Books:

The Volumetrics Weight-Control Plan. Barbara Rolls and Robert Barnett, 2000.

Thin for Life. Anne Fletcher, 2003.

Newsletter:

<http://www.cspinet.org/nah> Nutrition Action on-line health newsletter contains information on a variety of food issues, including healthy vs. unhealthy food choices, exercise, etc.

Self-Assessments:

<http://www.nhlbisupport.com/bmi/bmicalc.htm> Calculate your Body Mass Index (BMI). BMI is a measure of body fat based on height and weight.

<http://hin.nhlbi.nih.gov/menuplanner/menu.cgi> Interactive menu planner. Keeps track of the foods and calories you consume at each meal.

<http://hin.nhlbi.nih.gov/portion/> Portion Distortion Quiz—Do you know how portions have changed in the past 20 years?