

Online Self-Monitoring Resources

Food Intake and Restaurant Tracking

- ❖ **Calorie King:** free online food search feature with a mobile app for tracking food and carbohydrates while dining out; also an amazon book!
 - <https://www.calorieking.com/us/en/>
- ❖ **Lose It:** free online food and physical activity tracker
 - <https://www.loseit.com/>
- ❖ **My Fitness Pal:** free online resource to assist in tracking calories, food, and exercise
 - <https://www.myfitnesspal.com/>
- ❖ **MyPlate:** free online source to help in creating personalized plan, nutrition education, recipes, and sample menus.
 - <https://www.myplate.gov/resources/tools>
- ❖ **Cronometer:** free online source to track calorie, recipes, dietary intake, and recipes
 - <https://cronometer.com/>
- ❖ **Noom:** “combination of psychology, technology, and human coaching, our platform has helped millions of our users meet their personal health and wellness goals”
 - <https://www.noom.com/weight-loss/>
- ❖ **Carb Manager:** make tracking carbohydrates easy with this app! Offers recipes, cookbooks, and articles written to help guide your nutrition choices.
<https://www.carbmanager.com/>
- ❖ **FooduCate:** offers a health tracker for dietary intake, helps to find healthier food choices with a grading scale, browse recent trending products, and view trending topics of discussion and nutrition tips. <https://www.fooducate.com/>
- ❖ **My Net Diary:** allows for easy access to set targets to achieve goals, log meals and exercise, and offers guidance on low carb diets, Mediterranean diets, low fat diets, and vegetarian or vegan diets. <https://www.mynetdiary.com/mediterranean-diet.html>



Exercise Apps



- ❖ **Nike Training App:** trainer led workouts categorized by workout type, muscle group, and equipment; great trainer led videos that range from 8 – 20 minutes <https://apps.apple.com/us/app/nike-training-club-fitness/id301521403>
- ❖ **Fitness Blender:** Choose from hundreds of workouts (pilates, yoga, strength and conditioning), healthy recipes, relaxing meditations, and expert articles! <https://www.fitnessblender.com/>
- ❖ **FitOn:** High-intensity interval training, Cardio workouts, Strength workouts, Dance workouts. <https://fitonapp.com/>
- ❖ **Johnson & Johnson 7-minute workout:** The app comes with 72 exercises and 22 additional workouts you can customize to fit into your fitness needs and your schedule. <https://www.7minuteworkout.jnj.com/>
- ❖ **Nike Run Club:** The Nike Run Club app will help you track vital information: pace, distance, elevation, heart rate and more. <https://www.nike.com/nrc-app>
- ❖ **5 minute Yoga Workouts:** Each session is created from a large selection of simple but effective poses making it ideal for beginners. Every pose features clear images and detailed instructions ensuring all poses are performed correctly - vital for effective practice. <https://apps.apple.com/us/app/5-minute-yoga-workouts/id362093404>
- ❖ **5 minute Pilates Workouts:** 5 Minutes Pilates means quick and regular pilates practice can become a reality. No specialist equipment is required - just a soft floor or mat. Timer function ensures workouts take less than 5 minutes. All exercises have clear descriptions and 3D animations making it ideal for beginners: <https://apps.apple.com/us/app/5-minute-pilates-workouts/id419981251>

Mindfulness Apps

- ❖ **Calm:** Calm is the #1 app for sleep and meditation. Discover a happier, healthier you through meditations, sleep stories, music, and more. Calm is for anyone, whether you're brand new to meditation or a seasoned expert. It's also for anyone who needs a mental break, a soothing sound, or a peaceful night's rest. <https://www.calm.com/>
 - Free Resources for mindfulness journals/calendars: <https://www.calm.com/blog/mindfulness-resources>
- ❖ **Head Space:** Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day. <https://www.headspace.com/headspace-meditation-app>

Recipes Websites

- ❖ **Diabetes Food Hub:** look up recipes that are low carb and easy to replicate; browse recipes, plan meals, and create a grocery list! <https://www.diabetesfoodhub.org/>
- ❖ **My Fridge Food:** plug ingredients you have at home into this app to see easy to create recipes! <https://www.myfridgefood.com/>
- ❖ **Food Combo:** look up recipes for specific ingredients you have at home <https://foodcombo.com/>
- ❖ **Mastering Diabetes:** select from hundreds of recipes that are quick, easy, and can help in keeping blood sugars in target ranges with nutrition facts and carbohydrate information easy to locate under each recipe card. Online coaching, blog posts, and other resources available for further information! <https://www.masteringdiabetes.org/recipe/>
- ❖ **Skinny Taste:** browse through recipes catered to your specific needs (vegetarian, gluten free, low carb, paleo, etc). Skinny Taste offers meal plans and travel tips as well to keep you on track with your nutrition goals. <https://www.skinnytaste.com/>

Cookbook Recommendations:

- ❖ Quick and Healthy Recipes and Ideas for People Who Say They Don't Have Time to Cook by: Brenda J. Ponichtera, RD
- ❖ Healthy Calendar Diabetic Cooking, 2nd Edition; A full Year of Delicious Menus and Easy Recipes by LaraRondinelli-Hamilton, RD, LDN, CDE and Chef Jennifer Bucko Lamplough
- ❖ Diabetes Meals by the Plate, Diabetic Living, A Better Homes and Garden Publication
- ❖ The Oh She Glows Cookbook-Over 100 Vegan Recipes to Glow from the Inside Out by Angela Liddon
 - Great recipes for tasty vegetables!

DuPage Medical Group is now:





Blood Sugar Tracking

- ❖ **Glucose Buddy:** input blood glucose values, medications, and meals in order to track trends. The app also offers an extensive food database and bar code scanner and can synch with apple health app to track steps/activity
<https://www.glucosebuddy.com/>
- ❖ **Diabetes Connect:** input daily blood glucose values, medications, food intake, and carbohydrates. The app generates reports with graphs and statistics.
<http://diabetesconnect.de/en/>
- ❖ **mySugr:** app allows for tracking data such as blood sugar, meals, activity, and insulin. The app also offers new features such as photo function and entry customization. <https://www.mysugr.com/en/diabetes-app/>

National Organizations

- ❖ **American Diabetes Association:** locate further articles for healthy living, recipes, online support, and general diabetes care and management strategies.
<https://www.diabetes.org/>
- ❖ **CDC – Center for Disease Control and Prevention:** offers online tools for their diabetes prevention program. <https://www.cdc.gov/diabetes/prevention/index.html>
- ❖ **American Heart Association – Heart.org:** offers heart healthy eating tips and more for individuals living with diabetes. Discusses topics of fiber, lean proteins, and heart healthy fats. <https://www.heart.org/en/health-topics/diabetes/prevention--treatment-of-diabetes/living-healthy-with-diabetes>
 - **American Heart Association:** <https://www.heart.org/>