

# FOOD AND NUTRITION

- Recipes and cooking videos:
  - Eatright.org: Basics of Meal Prepping
    - <https://www.youtube.com/watch?v=UmqsoFsDL4c>
  - Meal Prep, 9 Ingredients:
    - <https://www.youtube.com/watch?v=vmdITEguAnE>
  - Meal Prep for Winter:
    - <https://www.youtube.com/watch?v=1FrUOqk2btw>
- Websites:
  - [www.eatright.org](http://www.eatright.org) (Academy of Nutrition and Dietetics)
  - [www.smartnutrition.ca](http://www.smartnutrition.ca) (recipes, wellness, and meal planning)
  - [www.apinchofhealthy.com](http://www.apinchofhealthy.com) (recipes from A Pinch of Healthy)
  - [www.leannebrown.com/cookbooks/](http://www.leannebrown.com/cookbooks/) (Good and Cheap: Eat Well on \$4/day – free pdf cookbook)
  - [www.Diabetes.org/healthy-living/recipes-nutrition](http://www.Diabetes.org/healthy-living/recipes-nutrition) (American Diabetes Association diabetes plate method)
  - <https://recipes.heart.org/> (American Heart Association – heart healthy recipes)
  - [www.foodsafety.org](http://www.foodsafety.org) (learning food safety with blog)
  - [www.homefoodsafety.org](http://www.homefoodsafety.org) (Academy of Nutrition and Dietetics prevent food poison)
  - [www.Mediterraneanliving.com](http://www.Mediterraneanliving.com) (guide to the Mediterranean diet and nutritious recipes)
  - [www.Cookinglight.com](http://www.Cookinglight.com) (diabetic recipes and cooking)
  - [www.Frommybowl.com](http://www.Frommybowl.com) (vegan recipes from Caitlin Shoemaker)
  - [www.vrq.org](http://www.vrq.org) (Vegetarian Resource Group) – vegan and vegetarian recipes
  - [www.cookingmatters.org](http://www.cookingmatters.org) (programs to cook healthy meals, tips, and videos)
  - [www.skinnytaste.com](http://www.skinnytaste.com) (search for specific lower calorie recipes)
  - [www.aicr.org/cancer-prevention/healthy-eating](http://www.aicr.org/cancer-prevention/healthy-eating) (American Institute of Cancer Research; Including the 10-week free program: [healthy10challenge.org](http://healthy10challenge.org))

- Nutrition and recipe resource for families with kids:
  - <https://www.schoolfamily.com/recipes/category/meal-makeover-moms>
  - <https://www.eatright.org/for-kids>
  
- Mindful Eating:
  - <https://www.helpguide.org/articles/diets/mindful-eating.htm>
  - [www.mindful.org](http://www.mindful.org)
  - [www.amihungry.com](http://www.amihungry.com)
  - [www.intuitiveeating.org/blog](http://www.intuitiveeating.org/blog)