

Choose to Lose Resources

Books

Move a Little, Lose a Lot: Use N.E.A.T.* Science to: Burn 2,100 Calories a Week at the Office, Be Smarter in as Little as 3 Hours, Reduce Fatigue by 65%, Extend Your Lifespan by 4 Years

James Levine M.D., Selene Yeager

The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping It Off

Barbara Rolls PhD, Mindy Hermann

The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight

the weight-loss experts at Mayo Clinic

Weblinks

Health Promotion Website

http://www.uscg.mil/worklife/weight_resources.asp

Eat More, Weigh Less? How to manage your weight without being hungry

http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html

http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf

Low-Energy-Dense Foods and Weight Management: Cutting Calories While Controlling Hunger

http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p_energy_density.pdf

University of California Calorie Density Chart

http://www.ucdmc.ucdavis.edu/pain/conference2014/UCDHS_nutrition.pdf

8 Things We Learned About Sugar

http://news.nutritioneducationstore.com/8-things-we-learned-about-sugar/?utm_source=Email_marketing&utm_campaign=Wednesday_March_16_2016&cmp=1&utm_medium=HTMLEmail

http://news.nutritioneducationstore.com/8-things-we-learned-about-sugar/?utm_source=Email_marketing&utm_campaign=Wednesday_March_16_2016&cmp=1&utm_medium=HTMLEmail

Nutrient Dense vs. Calorically Dense Food

<http://www.acefitness.org/blog/5740/nutrient-dense-vs-calorically-dense-food>

WHF Quinoa

http://whfoods.org/genpage.php?tname=newtip&dbid=238&utm_source=daily_click&utm_medium=email&utm_campaign=daily_email

WHF How do you become more excited about eating more vegetables?

http://whfoods.org/genpage.php?tname=newtip&dbid=228&utm_source=daily_click&utm_medium=email&utm_campaign=daily_email

NIH Weight Control

<https://www.nlm.nih.gov/medlineplus/weightcontrol.html>

How to Understand and Use the Nutrition Facts Label

<http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm>

Breaking Bad Habits - Why It's So Hard to Change

<https://newsinhealth.nih.gov/issue/jan2012/feature1>

Protein-Heavy Meals Make You Feel Fuller, Sooner: Study

https://www.nlm.nih.gov/medlineplus/news/fullstory_157589.html

BMI

http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html

Drinking More Water May Help Your Diet

https://www.nlm.nih.gov/medlineplus/news/fullstory_157636.html

The Best Weight Loss iPhone and Android Apps of the Year

<http://www.healthline.com/health/diet-and-weight-loss/top-iphone-android-apps#2>

More of the World's People Are Now Obese Than Underweight

https://www.nlm.nih.gov/medlineplus/news/fullstory_158065.html

Half of Americans' Calories Come From 'Ultra-Processed' Foods

https://www.nlm.nih.gov/medlineplus/news/fullstory_157679.html

Added Sugar on the Nutrition Facts Label: Public Comments to the FDA Show Big Food is Sour on Science (2015)

<http://www.ucsus.org/center-science-and-democracy/added-sugar-nutrition-facts-label#.Vwg6J3f2L9>

NIH Weight-loss and Nutrition Myths

<http://www.niddk.nih.gov/health-information/health-topics/weight-control/myths/Pages/weight-loss-and-nutrition-myths.aspx>

Keeping Food Diary Helps Lose Weight

<http://www.webmd.com/diet/20080708/keeping-food-diary-helps-lose-weight>

Dr. David Kessler, author of The End of Overeating, On Why We Can't Stop Eating

http://www.huffingtonpost.com/louise-mccready/d-kessler-author-of-emthe_b_195676.html

Research Review: A calorie isn't a calorie When is a calorie not a calorie? When it comes from from whole (versus processed) food.

<http://www.precisionnutrition.com/digesting-whole-vs-processed-foods>

What To Look For Before Buying An Exercise App

http://consumer.healthday.com/healthday_living/vitamins-and-nutrition-information-27/food-and-nutrition-news-316/rethinking-brussels-sprouts-705466.html?utm_source=newsletter&utm_medium=email&utm_campaign=20151126&utm_term=705466

Scientists tested 30 Apple iPhone fitness apps for the quality of their workouts. Guess how many passed?

<https://www.washingtonpost.com/news/to-your-health/wp/2015/07/31/scientists-tested-30-apple-iphone-fitness-apps-for-the-quality-of-their-workouts-guess-how-many-passed/>

Get Up! Presentation

<http://www.juststand.org/GetUpBook/tabid/958/Default.aspx>

James Levine – The Secret Life of Scientists and Engineers, PBS, Video1, “I Came Alive As a Person”

<http://www.pbs.org/wgbh/nova/blogs/secretlife/health-science/james-levine/>

Levine presentation

<https://www.youtube.com/watch?v=S6elvxqaezE>

James Levine Videos PBS

<http://www.pbs.org/wgbh/nova/blogs/secretlife/health-science/james-levine/>

The Extraordinary Science of Addictive Junk Food

http://www.nytimes.com/2013/02/24/magazine/the-extraordinary-science-of-junk-food.html?_r=0

Slide show: Low-calorie-density foods for weight control <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/multimedia/low-calorie-foods/sls-20076175?s=4>

Boomer Confession: Caught in the Salty Fat Food Trap

<http://stillarunner.com/tag/new-york-times-magazine/>

Calorie Density Jeff Novick

http://www.jeffnovick.com/RD/Articles/Entries/2012/5/20_A_Common_Sense_Approach_To_Sound_Nutrition.html

Why You Should Stop Counting Calories

<http://ucdintegrativemedicine.com/2015/06/why-you-should-stop-counting-calories/#gs.jMtatQs>

Dietary Fat vs. Carbohydrate for Reducing Body Fat

<http://www.nih.gov/news-events/nih-research-matters/dietary-fat-vs-carbohydrate-reducing-body-fat>

Kids' Fruit Drinks, Juices Contain Day's Worth of Sugar

https://www.nlm.nih.gov/medlineplus/news/fullstory_157954.html

Whole Grains A to Z

<http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z>