

## Obesity and Weight Loss: Additional Resources

### **Healthy Weight Loss**

MUSC Health and Wellness Institute:

- Call: 843-985-0802
- [Free Health Coach Consult](#)
- Weight Management: <https://muschealth.org/medical-services/health-and-wellness-institute/weight-management>

Physician Committee for Responsible Medicine:

- Healthy Weight Loss Fact Sheet: <https://www.pcrm.org/health-topics/weight-loss>

### **Nutrition**

- My Plate: <https://www.myplate.gov/eat-healthy/what-is-myplate>
- Dietary Guidelines for Americans: <https://www.dietaryguidelines.gov/>
- DASH Diet: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>
- Eat Right: <https://www.eatright.org/>
- Reading a Food Label: <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>
- Portion Distortion: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

### **Fitness Trackers**

- My Fitness Pal: <https://www.myfitnesspal.com/>
- Cronometer: <https://cronometer.com/>