



Accurate Clinic

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The following list includes resources that may be helpful in coping with being overweight as well as facilitating weight loss.

www.NutritionData.Self.com

This is my favorite online resource for nutritional information. It provides excellent breakdowns of the nutritional value of natural foods, raw and cooked, as well as commercial food products. It offers a web-based app that allows you to track and analyze your diet and monitor your exercise. It has a wealth of educational information on topics from food additives, glycemic index, food processing, individual nutrients and pretty much anything of interest to the person motivated to learn more about diet and nutrition. There are even recipes!

www.nutrition.gov

Nutrition.gov provides easy access to vetted food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

Providing science-based dietary guidance is critical to enhance the public's ability to make healthy choices in the effort to reduce obesity and other food related diseases. Since dietary needs change throughout the lifespan, specialized nutrition information is provided about infants, children, teens, adult women and men, and seniors.

Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. The site is kept fresh with the latest news and features links to interesting sites.

www.naafaonline.com - National Association to Advance Fat Acceptance

Founded in 1969, the National Association to Advance Fat Acceptance (NAAFA) is a non-profit, all volunteer, civil rights organization dedicated to protecting the rights and improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through advocacy, public education, and support.

"Dopamine for Dinner" by Joan Borsten, 2014

Available online at Amazon.com: Kindle subscriber: free; Kindle book: \$9.95 Paperback: \$149.00

"Dopamine for Dinner," is the first Malibu Beach Recovery Diet Cookbook, based on their famous low-glycemic diet. The recipes developed by four accomplished chefs are both pleasant eating as well as healthy. Based on the use of low glycemic index foods, the recipes emphasize nutritious eating in a manner that promotes maintaining high brain levels of dopamine and serotonin as a means of supporting healthy brain chemistry.