



# nutrinews

written by Gale Welter, MS, RD, CSCS  
Nutrition Counselor, Campus Health Service



**A:**

**Q:** Are there reliable websites where I can look up calorie and nutrients in food and track what I'm eating?

Yes there are! My recent Google search for "online diet analysis" produced 2,820,000 sites! Here are three reliable, *free*, websites to enable you to assess what you're doing now and give you some ideas for healthier, do-able choices.

**www.nutritiondata.com** – No logon, very easy to use. Single food analysis in the upper right corner, fast food restaurants in the right sidebar; use the "pantry"

feature to analyze a recipe or your daily diet. Browse the other tools... there are some great features!

**www.fitday.com** – Easy logon, includes nutrition and physical activity analysis screens. Use tabs in the left sidebar to access other features, including goal setting by calorie or individual nutrient. Enter "fast food" to select a generically similar item to the specific fast food item you're seeking.

**www.usda.gov/cnpp** – Click on "interactive healthy eating index

and interactive physical activity" in the right sidebar to get to the analysis pages. Easy logon, fairly self-explanatory. Enter the name of a fast food restaurant for a drop down bar of the database selections.

If you decide to surf these waters yourself, look for these qualities to indicate a credible site:

- No promises of weight loss, promotes healthy lifestyle changes
- No ads, promos, product sales
- A Registered Dietitian has a significant role

- If there is a cost (most do) it is reasonable, and the terms are very clear, no mailing list involved
- Meets your needs, includes a support section
- Has a feeling of partnering with you for healthy weight management

Two websites that include a fee but meet these criteria are [www.ediets.com](http://www.ediets.com) and [www.weightwatchers.com](http://www.weightwatchers.com).

If you would like an individual consultation about any nutrition concerns, call Campus Health at 621-9202 to schedule an appointment.

Got a question? email: [wildcatnutrition@yahoo.com](mailto:wildcatnutrition@yahoo.com)

Visit our website for more info: [www.health.arizona.edu](http://www.health.arizona.edu) (Go to "On-Line Library" and click on "Nutrition") • For individual nutrition appointments, call 621-9202. \$25 initial, \$15 follow-up