**Eat Well!**

Here are some tools that you can use for healthier eating. Please click on the hyperlink for more information about each section.

1. **[Heart-Healthy Recipes from Simple Cooking with Heart](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Simple-Cooking-with-Heart-Home-Page_UCM_430043_SubHomePage.jsp" \t "_blank)**

Try some memorable new meals that will give you the energy you need to make it through your exercise routine.

1. **[My Grocery List Builder](http://checkmark.heart.org/" \t "_blank)**

Save and print your list, or access it anytime from your computer or Web-enabled mobile phone or PDA.

1. **[Diet & Lifestyle Recommendations](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp" \t "_blank)**

A healthy diet and lifestyle help fight cardiovascular disease. Start taking the simple steps necessary to reap the long-term benefits to your heart and health.

1. **[Face the Fats](http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Face-the-Fats_UCM_301588_SubHomePage.jsp" \t "_blank)**

Did you know that not all fats are bad for you? Learn about the different types of fat and use a special calculator to get personalized, daily calorie and fat recommendations.

1. **[USDA National Nutrition Database](http://www.nal.usda.gov/fnic/foodcomp/search/" \t "_blank)**

Want to know the calories and other nutritional information in the foods you're eating? Use this tool from the United States Department of Agriculture.

1. **[Nutrition Quizzes](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Nutrition-Quizzes_UCM_308044_Article.jsp" \t "_blank)**

How much sodium do you really need? What are your daily caloric requirements? How much fat is in your diet? Find the answers, plus get a personalized calculation by using these easy-to-use online tools from the American Heart Association.

1. **[American Heart Association Nutrition Center](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp" \t "_blank)**

Learn the secrets that will make you the smartest shopper in your grocery store, discover memorable new recipes and get tips for eating out.

1. [**Stay Motivated and Energized**](http://www.startwalkingnow.org/res_eatwell_forenergy.jsp)

Read this article to learn how eating well can make a big difference in your everyday life.

\*\*taken from <http://www.startwalkingnow.org/>

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

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