

Websites of Interest

Exercise Science/Strength

- American College of Sports Medicine
- National Strength and Conditioning Association

Figure/Fitness

- Figure Athlete
- Muscle and Fitness Hers Nutrition Information
- American Dietetic Association
- Centers for Disease Control (CDC)
- FDA's Center for Food Safety and Applied Nutrition

Nutrition and Physical Activity Logging

- Fit Day
- The Daily Plate (Calorie Counter and Food Tracker)
- USDA Nutrient Database - find nutrition information for thousands of foods, beverages and dishes

Recipes

- Cooking Light Magazine
- CDC's Fruits & Veggies More Matters
- Food Network's Healthy Recipes
- Mayo Clinic
- Talk of Alabama's Featured Recipes

Sports Nutrition Podcasts

- Performance Nutrition Show
- Strength Power Hour

Sports Nutrition Resources

- International Society of Sports Nutrition
- Sezione Nutrizione e Sport SIAS (Italian Society of Sports Nutrition)
- Sports, Cardiovascular and Wellness Nutritionists (SCAN)

Supplement Information

- Consumer Lab
- Council for Responsible Nutrition
- Linus Pauling Institute
- NIH Office of Dietary Supplements