



Smartphone applications and websites for healthy living



Cooking



Epicurious. More than 30,000 professional recipes from Bon Appétit, Gourmet, and Self magazines, chefs, and cookbooks.



Food Network Kitchen. Stream on-demand cooking classes with Food Network stars, award-winning restaurant chefs, best-selling cookbook authors, and culinary experts. Save and access recipes, and help with meal planning.



Forks Meal Planner. A team of chefs and nutritionists send you a new personalized meal plan every week, filled with plant-based recipes that you can cook in 35 minutes or less. Offers seasonal menus, grocery lists accessible anywhere.



Yum!ly. A smart cooking app designed for you personally. It uses AI to suggest recipes you'll love. From 2 million recipes to one perfect meal in under a minute. Search by ingredient and save your favorite recipes.

Nutrition



Cronometer. Log your meals and track macro and micronutrients. Set goals, and get analysis of up to 84 nutrients and other compounds. Get valuable health reports and charts.



Nourishly. Built with input from leading dietitians, psychologists, and researchers to bring together cognitive-behavioral meal, activity, mood, and symptom trackers. Break free from standard calorie counting and improve your relationship with food. Ability to link with your care providers for feedback in and out of your sessions, HIPAA-compliant. Coping skills for when you get stuck. Created by Recovery Record app for managing the journey of recovery from eating disorders.



MyFitnessPal: Calorie Counter and Diet Tracker. Food diary, food database, monitors progress, measures activity, can add friends and track and support each other's progress.



Rise Up + Recover. A powerful tool for anyone struggling with body image, dieting, food, or exercise. Includes mindfulness practices. Promotes a balanced diet and positive body image using cognitive behavioral therapy to gain support and accountability for their recovery journey.



ShopWell. Barcode scanner scans food labels to create grocery lists, find healthier alternatives, and determine whether food you've chosen is a good match for your dietary needs.

Fitness



All Trails. The largest collection of detailed, hand-curated trails maps so you can find the perfect hike, bike, ride, or trail run by length, rating, and difficulty level. Filter by dog or kid friendly trails, or trails with great views. Turn on GPS tracker so you don't get lost. Record pace, distance, elevation, speed, and share your adventure with friends and family.



FitOn. A plethora of home exercises you can do including cardio, yoga, and Pilates. 10-minute workouts with customizable workout plans. Help manage stress with guided meditations.



Geocaching. Outdoor recreational activity in which participants use GPS to hide and seek containers, called “geocaches” or “caches”, at a specific location marked by coordinates all over the world. Join the world’s largest treasure-hunting community and find new places in your own neighborhood or wherever you travel.



Google Fit. Collaboration between Google Fit, the World Health Organization, and the American Heart Association to bring you Heart Points, an activity goal that can help improve your health through customized coaching and actionable tips based on your health and activity history. Easy to monitor your progress and track your activity right from your phone or smartwatch.



iPhone Health App. Application already installed on iPhones to help track activity, nutrition, sleep, and mindfulness habits. Also tracks body measurements, lab results, vitals, and health records.



Pedometer++. Records pace, distance, calories burned, elevation, and heart rate. Creates map of route. Set goals and check progress. Tracks 12 activities.

Mental Health



Calm. Serene, nature-focused themes for meditation and help with sleep. Access to longer and unguided meditations with paid subscription.



MindShift. An anxiety awareness app using cognitive behavioral therapy to teach relaxation skills, develop new ways of thinking, and suggest healthy activities. Designed for younger users but can be useful to all ages.



Shine. Daily meditations, gratitude check-ins, and motivational messages geared toward women and people of color.

Websites



Bluezones.com. Applying research of the world’s longest-lived cultures to empower everyone, everywhere to live better and longer.



CalorieKing.com. Online health and wellness club centered on healthy eating and exercise with an extensive library of recipes.



Choosemyplate.gov. Articles, recipes, and healthy-living ideas, plus Supertracker, a program to help you plan, analyze, and track your diet and activity. Sign up for daily or weekly emails.



Cookinglight.com. Makes healthy eating easier. Recipes that are nutritionist-approved, easy to make, and delicious to eat. Healthy home cooking with a side of expert advice to support nutrition and wellness.



Diabetesfoodhub.org. From the nutrition experts at the American Diabetes Association, Diabetes Food Hub is the premier food and cooking destination for people living with diabetes.



Eatingwell.com. Sharing flavor-packed recipes from around the world, celebrating fresh ingredients and the farmers, artisans, and chefs who bring them to our table. Science-backed wellness advice. Smart stories about sustainability — helping readers with moderation and balance.



Eatright.org. Your trusted source of food and nutrition information. The Academy of Nutrition and Dietetics offers information on nutrition and health, from meal planning and prep to choices that can help prevent or manage health conditions and more.



SeafoodWatch.org. A global leader in the sustainable seafood movement by Monterey Bay Aquarium. Science-based seafood recommendations for choosing and purchasing seafood options.