

Patient Resources for Diet and Exercise

- **BMI Calculator:**
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
- **Calorie Counter:**
<https://www.webmd.com/diet/healthtool-food-calorie-counter>
- **Caloric Needs Calculator:**
<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>
- **DASH diet 1 week meal plan:**
<https://www.nhlbi.nih.gov/sites/default/files/publications/WeekOnDASH.pdf>
- **Mediterranean diet 1 week meal plan:**
<https://www.everydayhealth.com/mediterranean-diet/guide/>