COST-EFFECTIVE Resources

Websites – General

• Healthy Meals on a Budget - https://www.choosemyplate.gov/eathealthy/budget
• 10 Tips for Eating Healthy on a Budget - https://www.nia.nih.gov/health/10-tips-eating-healthy-budget
• Healthy Eating for a healthy Weight - https://www.cdc.gov/healthyweight/healthy_eating/index.html
• Planning Meals - https://www.cdc.gov/healthyweight/healthy_eating/meals.html
• Cutting Calories - https://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html
• Dehydration Avoidance - https://my.clevelandclinic.org/health/treatments/9013-dehydration

Websites – Recipes

• MyPlate Kitchen - https://www.choosemyplate.gov/myplatekitchen
• NIH Recipes - https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm
• DASH Diet recipes - https://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146

Websites – Physical Activity

• Planet Fitness - https://www.planetfitness.com/gyms/
• Free exercises/classes through YouTube or smartphone apps
• Check fitness studios’ personal websites to see if they are offering virtual classes
• Try Groupon or ClassPass for discounts on exercise classes
  - https://www.groupon.com/local/kansas-city-mo/fitness-classes
  - https://classpass.com/search/kansas-city/fitness-classes/SzF4GAEHEf
• YMCA of Greater Kansas City - https://kansascityymca.org/programs/adult-group-classes
• KC Park Finder - http://maps.kcmo.org/apps/ParkFinder/

Websites – Food Resources

• Kansas City Community Kitchen, 750 Paseo Blvd, KCMO 64106 (816) 561-9820
• Nazarene Compassionate Ministries, Inc. 12351 W 96th Terrace, Lenexa, KS 66215 (913) 768-4808

Outpatient Dietitian, Clinical Nutrition Therapy
816-404-4633 | www.trumed.org/services/weight-management