



# Nutrition & Fitness Resources

Below are **clickable** links to a variety of resources related to nutrition and fitness.

## Fitness Resources

### Recreational Sports

- Adventure trips
- Aquatic center
- Buckeye bike hub
- Climbing wall
- Competitive sports
- Fitness resources
- Group fitness
- Outdoor recreation
- Personal training

### Other resources

- ACE Fitness
- Exercise Prescription on Internet
- LiveStrong
- Self

## Food Insecurity

- Buckeye Food Alliance
- Budget Bytes

## Food Tracking Apps

- Feast
- My Daily Plate
- Super Better
- Start Simple with MyPlate

## Food Tracking Apps for Health Conditions

- Bowelle (IBD/IBS/GI distress)
- My Symptoms (food sensitivities/gut distress)

## Grocery Store Videos

- Beans and Legumes
- Beverages
- Breakfast Grains
- Dairy
- Fats and Oils
- Frozen Foods
- Fruits and Vegetables
- Seafood
- Whole Grains

## Meal Planning Apps

- BigOven
- MealBoard
- Mealime
- MealPrepPro

## Mindful Eating Apps

- Ate
- Brighter Bite
- Good Blocks
- Nourishly
- Recovery Record
- Rise Up + Recover

## Nutrition and Fitness Blogs

- ACE Healthy Living
- Be Well Blog
- Hungry Healthy Happy
- MindBodyGreen
- Muscle and Strength

## Nutrition and Fitness Podcasts

- Huberman Lab
- Mind Pump: Raw Fitness Truth
- The MindBodyGreen Podcast
- Veggie Doctor Radio

## OSU Dining Services

- GrubHub Delivery
- Menus & Nutrition

## Plant-Based Food Blogs

- Hummusapien
- Minimalist Baker
- Oh She Glows

## Portion Sizes

- Portion Size Guide

## Recipe Apps

- All Recipes
- America's Test Kitchen
- Paprika
- SideChef
- SuperCook
- Tasty
- Yummly

## Recipe Websites

- All Recipes
- Budget Bytes
- Dinner at the Zoo
- Food Network
- Positive Health Wellness
- Serious Eats

Select "Ctrl" and  
click on the text  
to follow the  
links!