

# *Healthy Recipe Websites*

## Mayo Clinic:

<http://www.mayoclinic.com/health/healthy-recipes/RecipeIndex>

Provides recipes specific for various disease states, food preferences and preparation style. Great for finding healthy recipes specific to your disease states and tastes!



## Cookinglight.com

Provides healthy recipes with nutrition information. This is a great website for turning your favorite dishes into healthy dishes, by providing healthy recipes of classic favorites.

## Dlife.com:

<http://www.dlife.com/diabetes/diabetic-recipes/>

Provides nutrition information, recipes specific to certain disease states, rating, preparation difficulty and recipe search by main ingredient. Very thorough and helpful website, not just for people with diabetes!



## Foodnetwork.com

Click on the “Healthy Eating” tab, located in the upper, middle area of the webpage. Check out recipes provided by Ellie Krieger, a registered dietitian for the Food Network.

## Eatingwell.com

Provides healthy recipes with nutrition information. Also has articles written by registered dietitians with tips on healthy eating and living a healthy lifestyle

