



**Excelsior**  
Balanced Nutrition™

## Resources

Below is a list of websites to reference for nutrition tips and recipes. We have no affiliation with these companies, nor have any responsibility for content on their sites. Please use the information as a guide to plan nutritious meals and snacks. Should you have questions regarding what is appropriate for you, please consult with your Registered Dietitian.

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.eatright.org](http://www.eatright.org)

[www.daisybrand.com](http://www.daisybrand.com)

[www.incredibleegg.org/recipe](http://www.incredibleegg.org/recipe)

[www.bobsredmill.com/recipes](http://www.bobsredmill.com/recipes)

<https://shop.wegmans.com/shop/recipes>

[www.heart.org/en/healthy-living/healthy-eating/eat-smart](http://www.heart.org/en/healthy-living/healthy-eating/eat-smart)

[www.diabetes.org/nutrition](http://www.diabetes.org/nutrition)

[www.fruitsandveggies.org](http://www.fruitsandveggies.org)

[www.beaninstitute.com](http://www.beaninstitute.com)

[www.meatlessmonday.com](http://www.meatlessmonday.com)

[www.foodnetwork.com/healthyeats](http://www.foodnetwork.com/healthyeats)