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

**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

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**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

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Select “Ctrl” and click on the text to follow the links!