

The Lake County Healthy Lifestyle Initiative is pleased to announce the launch of the **Lake County Online Nutrition Tracker!** This service is available to all Lake County employees at a discounted rate - \$30/annually or \$5/month.

What is it?

This is an online food diary that allows users to track daily food intake and receive feedback in the form of a report card and GPA. The users are graded in the following areas: weight control, heart health, vitamins, and minerals. This NASA certified tracker helps users to not only journal foods and track calories, but to focus on balanced nutrition. The tracker makes it simple on the user to be able to get all A's on their report card by pointing out problem areas and making suggestions to improve their grade. For example, if a user is eating too much saturated fat, their report card will identify which foods are causing the low grade and will make food suggestions for improvements. This is a great tool that can be used in many different ways including, weight control, accountability, education, and to encourage an overall healthy lifestyle!

To view a demo: go to www.lcghd.org and on the right hand side click on the Health Works icon. This will take you to Online Meal Planning, click on watch the demo!

To set up an account please contact kbarbis@lcghd.org.

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