



Reliable Web-Based Nutrition Resources

Health Canada's website includes links to handouts, presentations and tips on topics such as food labelling, nutrition, healthy eating and Canada's Food Guide. The website is designed to assist educators, health workers and consumers find everything they need on nutrition topics.

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

The Healthy Eating Toolbox was developed by Health Canada and other contributors to provide consistent messaging and easy-to-use tools that promote the importance of healthy eating to Canadian families. There are factsheets, web banners, public service announcements and a video clip to use and share.

<http://www.hc-sc.gc.ca/fn-an/nutrition/part/tb-bo/index-eng.php>

The Alberta Health website is another great place to check out tips for healthy eating.

<http://www.health.alberta.ca/health-info/nutrition.html>

The Government of Alberta's "My Health" website helps you find client-specific tips on healthy eating and managing health conditions.

<http://myhealth.alberta.ca/health/healthy-living/Pages/default.aspx>

The "Healthy Eating Starts Here" website by Alberta Health Services has tools and resources on a variety of nutrition topics to support healthy eating where you live, work, learn, and play.

<http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

The Dietitians of Canada website is a great place to find reliable and current information on health and nutrition. A Nutrition Month campaign is held each March; you can link to daily tips and see what people across Canada are doing to celebrate nutrition and health. <http://www.dietitians.ca>

The Dietitians of Canada have developed online programs and mobile apps to help promote healthy eating to Canadians. "eaTracker" is a useful tool for tracking food intake and physical activity.

<http://www.eatracker.ca/>

"Eat Wise" is a website and iPhone app that gives you the "Nutrition Facts" on Canadian foods – those included in Health Canada's Canadian Nutrient File database plus the "Nutrition Facts" from some branded food products.

<http://www.eatwise.ca/default.aspx>

Health Associations and Foundations:

Many health associations and foundations champion awareness, education and advocacy around specific health conditions. Some organizations have developed tools specific for aboriginal populations, like Diabetes Canada. The "Just the Basics" resource provides healthy eating and active living information and is available for download at the following link:

<http://www.diabetes.ca/CDA/media/documents/diabetes-and-you/healthy-living-resources/just-the-basics-aboriginal-english.pdf>

Diabetes Canada also has other information on diabetes in the Aboriginal community.

<http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/multicultural-resources/diabetes-in-the-aboriginal-community>

Food Industry Websites:

Many commodity groups have websites with nutrition information as well as recipes and teaching resources. It is important to remember the research findings may reflect industry bias so "user beware".

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