

Nutrition Page

Heading	Link
Food Allergies	Food Allergy Canada https://foodallergycanada.ca/
Bone Health	Osteoporosis Canada https://osteoporosis.ca/
	Calcium Calculator https://www.iofbonehealth.org/calcium-calculator
Constipation in babies and children	Alberta Health Services https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-constipation-in-babies-and-children.pdf
Diabetes	Diabetes Canada http://guidelines.diabetes.ca/PatientResources
	Canadian Diabetes Risk Questionnaire https://healthycanadians.gc.ca/en/canrisk
Eating Disorders	National Eating Disorder Information Centre https://nedic.ca/
	Eating Disorders Association of Canada https://edac-atac.com/
	Homewood Health https://homewoodhealth.com/corporate/services/overview
	F.E.A.S.T- Online Family Support for Eating Disorders https://www.feast-ed.org/
	Centre for Clinical Interventions https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating
General Nutrition Topics and Healthy eating	Canadas Food Guide https://food-guide.canada.ca/en/
	Unlock Food https://www.unlockfood.ca/en/default.aspx
	Cookspiration https://www.cookspiration.com/
	Dietitians of Canada https://www.dietitians.ca/
Mediterranean Diet	Healthlink BC https://www.healthlinkbc.ca/health-topics/aa98646
	University Health Network https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Eating_the_Mediterranean_Way.pdf
	Oldways Cultural Food Traditions https://oldwayspt.org/traditional-diets/mediterranean-diet

Mindful Eating and Body Positivity	Health At Every Size https://haescommunity.com/
	Intuitive Eating https://www.intuitiveeating.org/10-principles-of-intuitive-eating/
	Centre for Mindful Eating https://thecenterformindfuleating.org/
Nutrition and Kidney Disease	Kidney Foundation of Canada https://kidney.ca/
	Davita https://www.davita.com/diet-nutrition
Picky Eating and Childhood Nutrition	Ellyn Satter Institute https://www.ellynsatterinstitute.org/
	The Centre for Family Nutrition https://www.sarahremmer.com/#sthash.zSzGYrPh.dpbs
	Nutrition Screening for Toddlers (18- 35 months) https://healthycanadians.gc.ca/en/canrisk
	Nutrition Screening for Preschoolers (3-5 years old) http://www.nutritionscreen.ca/preschooler/
Safe and Healthy Eating During COVID-19	COVID 19 and Food Safety https://www.eefht.ca/wp-content/uploads/2020/04/COVID-19-and-Food-Safety.pdf
	Nutrition Myths and Facts on COVID-19 https://www.eefht.ca/wp-content/uploads/2020/04/Nutrition-Myths-and-Facts-on-COVID-19.docx.pdf
	Safe Grocery Shopping During COVID-19 https://www.eefht.ca/wp-content/uploads/2020/04/Safe-Grocery-Shopping-During-COVID19.pdf
	Simple and Easy Recipe Ideas https://www.eefht.ca/wp-content/uploads/2020/04/Simple-and-Easy-Recipe-Ideas.pdf
	Tips for Eating During COVID-19 https://www.eefht.ca/wp-content/uploads/2020/04/Tips-for-Eating-During-COVID-19.pdf
Vegan/Vegetarian Eating	Becoming Vegan https://www.eefht.ca/wp-content/uploads/2020/04/Tips-for-Eating-During-COVID-19.pdf
	Common questions about vegetarian eating https://www.todaysdietitian.com/newarchives/100614p28.shtml

Food Safety	Food Safety from Health Canada https://www.canada.ca/en/health-canada/topics/food-safety.html
Irritable Bowel Syndrome	Health Link BC https://www.healthlinkbc.ca/healthy-eating/irritable-bowel-syndrome Hamilton Family Health Team https://www.mountsinai.on.ca/care/fammed/patient-resources/nutrition/irritable-bowel-syndrome-ibs.pdf
Inflammatory Bowel Disease	Chron's and Colitis Canada https://crohnsandcolitis.ca/