

Resources for Healthy Eating

Canada's Food Guide and Healthy Eating Resource: recommendations, guideline, food choices, tips, recipes, meal planning at food-guide.canada.ca/en

Dietitians of Canada: Unlock Food website www.unlockfood.ca/en/default.aspx for tips on Healthy eating:

The following provinces provide dietitian advice FREE of charge:

Provincial call centres: You can have a conversation with a dietitian at no cost, by contacting the following Call centres:

- In Newfoundland and Labrador, call 811 Monday to Friday between 9:00 am and 12 noon and 1:00 pm and 4:00 pm to contact Dial-a-Dietitian. Or call 24/7 to request a call back at a time convenient for you. You can also Email a Dietitian: www.811healthline.ca/healthy-eating/email-a-dietitian/. Learn more: www.811healthline.ca/healthy-eating/
- In Ontario, call Telehealth Ontario at 1-866-797-0000.
- In Manitoba, call Dial-a-Dietitian! You can reach the call centre toll free 1-877-830-2892 or 204-788-8248 in Winnipeg, Monday to Friday 8:00 am to 6:00 pm Central Time (CT)
Learn more: wrha.mb.ca/nutrition/dietitian/
- In Saskatchewan, contact Eat Well Saskatchewan! You can speak to a dietitian Monday to Thursday between 10:00 am and 4:00 pm (CST) by phone 1-833-966-5541 or email eatwell@usask.ca.
Learn more: eatwellsask.usask.ca/
- In British Columbia, call HealthLink BC! You can reach a dietitian toll free at 8-1-1, Monday to Friday 9:00 am to 5:00 pm Pacific Time (PT). Learn more: www.healthlinkbc.ca/dietitian-services
- In Alberta: www.albertahealthservices.ca/nutrition/Page12598.aspx

US Dept of Agriculture: Go to www.nutrition.gov and click on Printable Materials and Handouts. You will have access to information on healthy eating, eating vegetarian, diet and health conditions, dietary supplements, etc.

UK National Health Service resources available at: www.nhs.uk/live-well/eat-well/ (Nutrition information, vegetarian/vegan eating, eating on a budget, healthy recipes and food tips)

Mediterranean Eating Style

British Heart Foundation: short YouTube animated video "Why is the Mediterranean diet good for your heart" (2 minutes 49 seconds) www.youtube.com/watch?v=o5aof7UI3yg

Metabolic Syndrome Canada. Patient Resources: handout, recipes, videos for MedDiet style dishes.
www.metabolicsyndromecanada.ca/change-program/resources (Funded by Helderleigh Foundation)

DASH Eating Style

Heart and Stroke Foundation of Canada information on the DASH Diet: "The DASH Diet to lower high blood pressure" at www.heartandstroke.ca/get-healthy/healthy-eating/dash-diet

Vegetarian/vegan Eating Style

- Dr. Greger's Daily Dozen Checklist (Vegan)
- Video: nutritionfacts.org/video/dr-gregers-daily-dozen-checklist/

Download free app (for either Apple or Android) or a printable version (at bottom of web page "Daily Dozen Checklist") from: apps.apple.com/ca/app/dr-gregers-daily-dozen/id1060700802

Four Steps to a Balanced Vegan Eating Pattern: www.unlockfood.ca/en/Articles/Vegetarian-and-Vegan-Diets/Four-Steps-to-a-Balanced-Vegan-Eating-Pattern.aspx

From Dietitians of Canada – Healthy Eating Guidelines for Vegans:

www.unlockfood.ca/en/Articles/Vegetarian-and-Vegan-Diets/What-You-Need-to-Know-About-Following-a-Vegan-Eati.aspx

