

Online Nutrition Resources

There is a lot of nutrition information available on the internet. It can be challenging to navigate what information is trustworthy. Your Peterborough Family Health Team Registered Dietitians have put together a list of reliable online nutrition and healthy eating resources:

General Healthy Eating & Nutrition Information

- EatRight (www.eatright.org/food)
- Health Canada (www.canada.ca/en/health-canada/services/food-nutrition)
- HealthLinkBC (www.healthlinkbc.ca/healthy-eating)
- Public Health Agency of Canada (www.phac-aspc.gc.ca/chn-rcs/nhe-nsa-eng.php)
- Unlock Food (www.unlockfood.ca)

Healthy Eating & Nutrition Information by Condition

- Canadian Cancer Society (www.cancer.ca)
- Canadian Society of Intestinal Research (www.badgut.org/information-centre/health-nutrition)
- Canadian Celiac Association (www.celiac.ca)
- Diabetes Canada (<http://guidelines.diabetes.ca/patient-resources>)
- Food Allergy Canada (www.foodallergycanada.ca)
- Heart and Stroke Foundation (www.heartandstroke.ca/get-healthy)
- Osteoporosis Canada (www.osteoporosis.ca)

Information on Food Safety

- Canadian Partnership for Consumer Food Safety Education (www.fightbac.org)
- Health Canada (www.canada.ca/en/health-canada/services/food-nutrition/food-safety.html)

Recipe and Meal Planning Resources

- Cookspiration (www.cookspiration.com)
- UnlockFood (<https://www.unlockfood.ca/en/Recipes.aspx>)

Physical Activity

- From Soup to Tomatoes (www.fromsouptotomato.com)