

Nutrition Resources

OASIS presentation: <http://oasis.vch.ca/our-classes/nutrition-slides>

- **Canada's Food Guide** www.canada.ca/foodguide
- **Cookspiration** - delicious healthy recipes and menu planning cookspiration.com
- **Unlockfood (Dietitians of Canada)** www.unlockfood.ca
- **Eating Well** - recipes/meal plans/nutrient info eatingwell.com
- **My Fitness Pal** - tracks calorie intake and expenditure myfitnesspal.com
- **Osteoporosis Canada** - osteoporosis info and a calcium calculator osteoporosis.ca
- **Healthlink BC** (dietitian, nurse and activity hotline) healthlinkbc.ca or call **811**
- **Healthy Families BC** - includes a virtual shopping tour healthyfamiliesbc.ca
- **Community Kitchens/Fresh Choice Kitchens** - call 211 or look at their website under the Redbook Online and search for community
- **Mayo Clinic** <https://www.mayoclinic.org/healthy-lifestyle>
- **Dairy Farmers of Canada** dairygoodness.ca
- **BC Dairy Foundation** bcdairy.ca
- **Sea Choice** - information about contaminants, warnings, etc seachoice.org
- **Center for Science in the Public Interest** (Nutrition Action Healthletter) www.cspinet.org/nutrition-action-healthletter
- **Tufts Health and Nutrition Letter** www.nutritionletter.tufts.edu
- **WebMD** webmd.com
- **Heart and Stroke Foundation** heartandstroke.ca (recipes, sample meal plans)

Grocery Store Tours

- **Shop Smart Tours** (Save-On-Foods) - 5000 points or \$14.99. Signup online at saveonfoods.com or overwaitee.com or pricesmartfoods.ca or visit an in store customer service desk

Other Programs to Get you Moving and Eating Better:

- **ABC Fitness (All Body Community Fitness)**
Hillcrest Community Centre
call Kate Lee at 604-328-3219
vancouver.ca/people-programs/healthiest-winner.aspx
- **Winning at Losing**
\$90 for 7 sessions
Garrett Wellness Centre, Richmond
call: 604-204-2007 to register
- **Chronic Disease Self Management Program**
www.selfmanagementbc.ca
call: 604-940-1273, or Toll Free 1-866-902-3767
- **Weight Watchers**
call 1-800-651-6000 or
www.weightwatchers.ca
- **Overeaters Anonymous**
www.aa.org
Help for eating addictions. Based on a 12 step program.
Find meeting locations and times. Online meetings available.
- **Food Skills for Families (BC Alliance for Healthy Living)**
www.bccdc.ca/ourservices/programs/food-skills-for-families
- **Anxiety Canada**
www.anxietycanada.com
- **Meditation apps**
Insighttimer.com; Headspace.com; Calm.com
- **The Arthritis Society**
www.arthritis.ca/
- **Consumer Labs** (supplement information)
www.consumerLab.com

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