

# Nutrition Resources

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

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

## Grocery Store Tours

- **Virtual Shopping Tours** (Save-On-Foods) – Free for More Rewards members, 7 people required for a tour. Sign up online at [saveonfoods.com](http://saveonfoods.com) or [overwaitee.com](http://overwaitee.com) or [pricesmartfoods.ca](http://pricesmartfoods.ca)
- **Loblaws/Superstore** Shop with a Dietitian \$49 for 30 mins, \$99 for 1 hour

# Other Programs to Get you Moving and Eating Better:

**ABC Fitness (All Bodies  
Community Fitness)**

Hillcrest Community Centre  
call Kate Lee at 604-328-3219  
[vancouver.ca/people-programs/healthiest-winner.aspx](http://vancouver.ca/people-programs/healthiest-winner.aspx)

**Chronic Disease Self  
Management Program**

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)  
call: 604-940-1273, Toll Free 1-866-902-3767

**Weight Watchers**

call 1-800-651-6000 or  
[www.weightwatchers.ca](http://www.weightwatchers.ca)

**Overeaters Anonymous**

[www.aa.org](http://www.aa.org)  
Help for eating addictions. Based on a 12  
step program. Online meetings available

**Food Skills for Families (BC  
Alliance for Healthy Living)**

[www.bccdc.ca/ourservices/programs/food-skills-for-families](http://www.bccdc.ca/ourservices/programs/food-skills-for-families)

**Anxiety Canada**

[www.anxietycanada.com](http://www.anxietycanada.com)

**Meditation apps**

Insighttimer.com; Headspace.com;  
Calm.com

**The Arthritis Society**

[www.arthritis.ca/](http://www.arthritis.ca/)

**Consumer Labs** (supplement  
information)

[www.consumerLab.com](http://www.consumerLab.com)

## **Recommended books:**

The Complete Arthritis Health, Diet Guide and Cookbook second edition, by Kim Arrey, RD and Dr. Michael R. Starr 2019

Meals that Heal by Carolyn Williams, PhD, RD 2019

Easy Everyday Mediterranean Diet Cookbook by Serena Ball, RD and Deanna Segrave-Daly, RD 2020