

## Online Resources

### Alberta Health Services:

- Information about Cholesterol, High Blood Pressure, Diabetes, and Weight Management  
<https://www.albertahealthservices.ca/nutrition/Page11115.aspx>

### Diabetes Canada:

- General Diabetes information  
<https://diabetes.ca/>
- Specific resources  
<https://www.diabetes.ca/en-CA/resources/tools---resources?Categories=&ResourceToolType=&SearchText=&Sort=alwaysontop&Page=1>
- A1C Video  
<https://guidelines.diabetes.ca/patient-videos/a1c-video>

### U of C Department of Endocrinology and Metabolism:

- Diabetes Online Courses  
<https://cumming.ucalgary.ca/resources/endocrinology-metabolism/patients-and-family/Videos>

### Government of Canada:

- Canada's food guide and healthy eating  
<https://food-guide.canada.ca/en/>

### Participation:

- Physical Activity Information  
<https://www.participaction.com/en-ca>

### Sleep Foundation:

- Information about sleep and sleep hygiene  
<https://www.sleepfoundation.org/>

### AHS Nutrition Resources (Public Access):

- Chronic disease and general health nutrition resources  
<https://www.albertahealthservices.ca/nutrition/page11115.aspx>

### Unlock Food:

- Credible nutrition information (Dietitians of Canada monitored/funded)  
<https://www.unlockfood.ca/en/default.aspx>

### Gastrointestinal Concerns:

- Credible information for gastrointestinal concerns (Canadian)  
<https://badgut.org/>