

# List of reliable online nutrition resources

## **Alberta Health Services: Nutrition Resources**

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Nutrition resources for general nutrition and healthy eating for adults, children, and pediatrics, as well as chronic disease and other nutrition related problems: [AHS Nutrition Resources LINK](#)

## **Additional Diabetes Resources**

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General information: [Diabetes Canada LINK](#)

Collection of over 50 tools and resources that provide the latest information on diabetes management: [Diabetes Canada Patient Resources LINK](#)

A1C: What, when, why? [Understanding my A1C Video LINK](#)

University of Calgary: [Blood glucose meter instructional videos LINK](#)

## **Gastrointestinal Concerns**

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Credible information for gastrointestinal concerns: [BadGut.org](#)

## **Healthy Eating and Lifestyle**

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Credible nutrition information from Dietitians of Canada: [UnlockFood.ca](#)

Health Canada: [Updated Food Guide and Healthy Eating](#)

Physical Activity Information: [Participaction.com](#)

Information about sleep and sleep hygiene: [SleepFoundation.org](#)

Emotional eating: [MyHealth.Alberta.ca - Emotional Eating](#)

Prenatal and pediatric nutrition: [MyHealth.Alberta.ca](#) and [HealthyParentsHealthyChildren.ca](#)

Additional nutrition concerns and resources: [MyHealth.Alberta.ca Nutrition Resources](#)