

Online Nutrition Resources

Primary Care Services

V1.0

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Nutrition Resources

Alberta Health Services

Nutrition Education Materials: Health Eating Resources, Health Eating Starts Here

Website Address: <https://www.albertahealthservices.ca/nutrition/Page11115.aspx>

Content: Nutrition resources for general nutrition and healthy eating for adults, children, and pediatrics, as well as chronic disease and other nutrition related problems.

Diabetes Resources

Diabetes Canada

General Information

Website Address: <https://diabetes.ca/>

Content: General information

Tools and Resources

Website Address: <https://www.diabetes.ca/resources/tools---resources?Categories=&ResourceToolType=&SearchText=&Sort=alwaysontop&Page=1>

Content: Collection of over 50 tools and resources that provide the latest information on diabetes management

A1C: What, When, Why? (Video)

Website Address: <https://guidelines.diabetes.ca/patient-videos/a1c-video>

Content: Instructional videos

University of Calgary

Blood Glucose Meters (Video)

Website Address: <https://cumming.ucalgary.ca/resources/endocrinology-metabolism/patients-and-family/Videos>

Content: Instructional videos

Gastrointestinal Concerns

GI Society: Canadian Society of Intestinal Research

Website Address: <https://badgut.org/>

Content: Credible information for gastrointestinal concerns

Healthy Eating and Lifestyle

UnlockFood.ca

Website Address: <https://www.unlockfood.ca/en/default.aspx>

Content: Credible nutrition information from Dietitians of Canada

Health Canada

Website Address: <https://food-guide.canada.ca/en/>

Content: Updated Food Guide and Health Eating

Participation

Website Address: <https://www.participation.com/en-ca>

Content: Physical Activity Information

Sleep Foundation

Website Address: <https://www.sleepfoundation.org/>

Content: Information about sleep and sleep hygiene

MyHealth.Alberta.ca

Website Address: <https://myhealth.alberta.ca/search/Pages/results.aspx?k=emotional%20eating>

Content: Emotional eating information

Website Address: <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=hw194870&lang=en-ca>

Content: Prenatal and pediatric nutrition

Website Address: <https://myhealth.alberta.ca/health/Pages/HealthVideoPlayer.aspx?xCat=HCNutrition#HCNutrition>

Content: Additional nutritional concerns and resources

HealthParentsHealthyChildren

Website Address: <https://www.healthyparentshealthychildren.ca/>

Content: Prenatal and pediatric nutrition