

Resources for Healthy Lifestyles

Books for Healthy Lifestyles

Beck, L.

- Foods that Fight Disease. Penguin Group Canada, 2008.
- Leslie Beck's 10 Steps to Healthy Eating. Penguin Group Canada, 2008.

Dietitians of Canada

- Simply Great Food – 250 quick, easy and delicious recipes. Robert Rose, 2007.
- Cook Great Food: 450 Delicious Recipes. Robert Rose, 2002.

Hollands M, Howard M. Choice Menus: An Easy Guide with Recipes for Healthy Everyday Meal Planning. John Wiley & Sons Canada Ltd., 2004.

Lindsay, A. Anne Lindsay's new light cooking. Random House Books, 2006.

Pearson, L, Smith, M. Ultimate foods for ultimate health: and don't forget the chocolate. Whitecap Books, 2007.

Rinzler, C.A., Nutrition for Canadians for Dummies. John Wiley and Sons, 2008

Toews, J, Parton, N. Never Say Diet: Discover Your Body's Inner Wisdom & Learn How To Use It Key Porter Books Limited, 2002.

Tribole, E. Eating on the Run-3rd Edition. Human Kinetics, 2003.

Websites and Other Resources

The American Institute for Cancer Research (AICR) – recipes from the AICR test kitchen. Search the online database for recipes. Available from the home page at www.aicr.org

Dietitians of Canada – provide a variety of tools to help you evaluate your food choices, plan menus and test your nutrition knowledge.
www.dietitians.ca

- EATracker – get personalized feedback on your daily food and activity choices.
- Recipe Analyzer – use this tool to find out the nutrients in your favourite recipes, and how many Food Guide servings your recipe provides.

EatRight Ontario – Search for tasty, healthy recipes.

- <http://www.eatrightontario.ca>

Health Canada

- "Eating Well with Canada's Food Guide" www.healthcanada.gc.ca/foodguide. For a free copy call 1-866-225-0709.
- "Canada's Physical Activity Guide" www.paguide.com
For a free guide call 1-888-334-9769.

Heart & Stroke Foundation - My Healthy Weight Action Plan (TM) An interactive 12 week plan to help participants lose weight and keep it off. Participants should complete an on-line assessment to help customize their plan to their own unique lifestyle and needs. Available at: http://ww2.heartandstroke.ca/hwplan.asp?media=hw_HSF2.

Supermarket Tours. Many supermarkets offer guided grocery tours by a registered dietitian who can answer your questions about food products and nutrition. Check with your local supermarket to see if they offer tours provided by a registered dietitian.



Additional Resources

- Private Practice Dietitians. Fee for individual consultation service. To find a private practice dietitian in your area, go to: www.dietitians.ca/public/content/find_a_nutrition_professional/find_a_dietitian.asp
- Health Canada, "Eating Well with Canada's Food Guide" www.healthcanada.gc.ca/foodguide
- "Canada's Physical Activity Guide" www.paguide.com. For a free guide, phone 1-888-334-9769
- EATracker – get personalized feedback on your daily food and activity choices. www.eatracker.ca
- Dietitians of Canada – find a variety of interactive areas to help you assess your food choices, plan menus and test your nutrition knowledge. www.dietitians.ca/eatwell

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