

## Websites to Check Out Healthy Eating Information



### Health Canada

[www.hc-sc.gc.ca/index-eng.pho](http://www.hc-sc.gc.ca/index-eng.pho)

Includes Eating Well with Canada's Food Guide and other nutrition and healthy eating resources.

### Freggie Tales

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

Very kid friendly site with resources for educators.

### Mission Nutrition

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

Excellent site for educators. Great activities for children at home and at school.

### PEI Healthy Eating Alliance

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

The website features information about the alliance and activities, policies and supports to promote healthy eating for children. You will also find recipes and information about school nutrition policies and resources.

### Dietitians of Canada:

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

The Eat Well, Live Well section of this website has lots of practical and fun features. Some of the features include EaTracker, Nutrition Challenge, FAQs, Fact Sheets, Virtual Kitchen, Virtual Grocery Store Tour, Recipe Analyzer and many more.

### Heart and Stroke Foundation

<http://www.heartandstroke.com>

This site contains healthy living and healthy lifestyle information as well as a variety of healthy recipes for home and school.

### Eating Between the Lines (EBTL) Healthy Eating Program for Children

<http://www.ebtl.org>

The Eating Between the Lines website (EBTL) aims to foster an interest in nutrition issues and food awareness in a fun and informative environment while emphasizing early literacy. It includes separate sections for parents, enabling them to link nutrition and literacy activities in the home, and for educators, allowing the information to be used in the classroom.

### Nutrition Labels

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

Visit this site to learn how to read nutrition labels. This site also allows you to take a virtual grocery store tour!

### Canadian Living:

<http://www.canadianliving.com>

Based on the popular Canadian magazine, this website contains an extensive section of health and well being articles for the entire family. Busy families will be particularly interested in the *Make it Tonight* selection of recipes that can be prepared in 30 minutes or less and the *Step by Step* cooking lessons - not sure how to cook a turkey?

### Kraft Canada:

<http://www.kraftcanada.ca>

This site contains a large library of articles on a variety of nutrition topics including: antioxidants, calcium, fiber, fat, iron, sodium and much more. There are plenty of recipes to browse, including kid friendly recipes and super quick healthy meal ideas and a comprehensive 'encyclopedia' of vegetables - *Vegetables 101* will help your family learn more about new vegetables and fruits while introducing new recipes.

### Healthy U Recipe Collection

[www.healthyalberta.com/HealthyEating/344.htm](http://www.healthyalberta.com/HealthyEating/344.htm)

This site has a variety of healthy recipes for you and your family. Browse through the recipes, check out the featured recipes, a cookbook for kids, and photo illustrated recipe cards.

### Dairy Farmers of Canada:

<http://www.dairygoodness.ca>

Visitors can browse through the many milk product recipes - plenty of kid friendly and quick & easy recipes - or download the yearly milk calendar. You can learn more about *what's in milk* or view a set of articles on women's health issues on this site.

### **Toronto Public Health: Nutrition Matters**

[http://www.toronto.ca/health/nm\\_index.htm](http://www.toronto.ca/health/nm_index.htm)

This site contains a series of fact sheets written by Registered Dietitians who work within Public Health. Each fact sheet provides current and accurate information on a variety of nutrition topics, as well as information and suggestions that make healthy eating delicious and fun!

### **American Dietetic Association:**

[www.eatright.org](http://www.eatright.org)

If you have ever wanted more information on the latest books on nutrition, this site's *Good Nutrition Reading List* provides a guide to help you decide which books to invest in.

### **The Food Network:**

<http://www.foodnetwork.ca>

The Food Network offers a series of *handy printable* guides and reference charts for your kitchen such as: measurement conversion charts, temperature conversions, steak doneness charts while the *food glossary* will help you sort out your bananas from your plantains.

### **The Childcare Nutrition Resource System:**

<http://www.nal.usda.gov/childcare/recipes>

This website contains information for parents, educators, and food service providers. There are recipes designed for schools to use and a wealth of information on involving children with food preparation.

### **National Network for Child Care:**

<http://www.nncc.org/nutrition/recipe.kid.html>

The archives of the National Network for Child Care include articles on a variety of nutrition topics including: childhood obesity, meals and snacks, mealtime behaviour, food safety and other topics.

### **Kids Health:**

<http://www.kidshealth.org>

This site is sub-divided into sections especially for children, parents and a site for teens. Parents and children of all ages will enjoy pages specially designed to meet their areas of interest. One highlight of this site is a series of short movies designed to teach children about the human body.

### **Fruits and Veggies Matter**

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

This site includes information, tips and recipes on fruits and vegetables, including fruit and vegetable of the month, interactive tools and other helpful resources.

### **Kidnetic:**

<http://www.kidnetic.com>

The brightly colored entrance to this site is designed to catch the interest and attention of children but parents will also be interested in the 'recipe round up' that includes *brown bag specials*, *smart snacks*, *gross out delights* and *super sides*.

### **Eat Right Ontario:**

[www.eatrightontario.ca/en/Recipes.aspx](http://www.eatrightontario.ca/en/Recipes.aspx)

Why not learn more about how to create great tasting and nutritious meals by trying some new recipes. Here is a list of nutritious and delicious recipes, complete with nutrition information that will make everyday cooking and entertaining a healthy eating adventure.

### **Menu of Choices:**

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

Menu of Choices is an online resource that provides information and tools that support your school community in addressing healthy eating.

For more information please contact the PEI Healthy Eating Alliance (HEA) at 620-3881 or visit [www.healthyeatingpei.ca](http://www.healthyeatingpei.ca).

