

Websites to Check Out



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There are plenty of useful websites, but sometimes they're hard to find. The following is a list of websites that have practical information. Also check out the handout called "Credible Nutrition Resources", which has other trustworthy websites listed.

Health Canada—Nutrition Page. Includes Canada's Food Guide and other resources

<http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/>

National Institute of Nutrition. Useful for educators and parents.

<http://www.nin.ca>

Canadian Food Information Council. Lots of in-depth articles on current issues in foods and nutrition

<http://www.cfic.ca/>

Dairy Farmers of Canada. Aimed at a variety of users, but has some good recipes.

<http://www1.dairyfarmers.org/eng/producers/index.asp>

Dole Foods. Fun kids section.

<http://www.dole.com/>

Canadian Egg Marketing Agency. Lots of recipes.

<http://www.canadaegg.ca/>

Mission Nutrition. Excellent site for educators.

<http://www.missionnutrition.ca/>

Dairy Farmers of Ontario. Great site for educators; lots of resources.

<http://www.milk.org/>

Freggie Tales. Very kid friendly site with resources for educators.

<http://www.freggietales.com/>

Healthy School Meals Resource System. Has recipes for schools; mostly aimed at schools with cafeterias/

<http://schoolmeals.nal.usda.gov/Recipes/>

Dietitians of Canada. The Eat Well, Live Well section has great nutrition info and games for the whole family.

<http://www.dietitians.ca>

Milk Maritime. Recipes and activities.

<http://www.justaddmilk.ca/>

Canadian Cancer Society. Variety of information and recipes.

<http://www.5to10aday.com/>

Kidnetic. Fun kids website.

<http://www.kidnetic.com/>