

Websites for Reliable Nutrition Information

Healthy Eating:

- Dietitians of Canada
 - Unlockfood.ca www.unlockfood.ca/en/default.aspx
 - Cookspiration www.cookspiration.com
- Government of Canada – Food and Nutrition www.canada.ca/en/services/health/food-nutrition.html

Specific Conditions:

- Allergy Canada <https://foodallergycanada.ca/>
- Arthritis Society <https://arthritis.ca>
- Canadian Cancer Society www.cancer.ca
- Canadian Society of Intestinal Research www.badgut.org
- Celiac Association of Canada www.celiac.ca
- Diabetes Canada www.diabetes.ca/
- Heart and Stroke Foundation www.heartandstroke.ca/
- Hypertension Canada <https://hypertension.ca/>
- Osteoporosis Canada <https://osteoporosis.ca>
- Crohn's and Colitis Canada <https://crohnsandcolitis.ca/>

Food Safety:

- Canadian Partnership for Consumer Food Safety Education www.fightbac.org/

Mediterranean Eating Pattern Specific

- Oldways Cultural Food Traditions <https://oldwayspt.org/traditional-diets/mediterranean-diet>
- Olive Tomato: Elena Paravantes, RD <https://www.olivetomato.com/med-diet-101/>
- Mediterranean Living: Bill Bradley, RD <https://www.mediterraneanliving.com/mediterranean-diet-recipes/>
- Fully Mediterranean: Pam Fullenweider, RD <https://fullymediterranean.com/recipes/>
- The Domestic Dietitian: Creating a Mediterranean Diet at Home: Brynn McDowell, RD <https://thedomesticdietitian.com/mediterranean-diet-meal-plans/>
- The Mediterranean Dish: Suzy Karadsheh, Food blogger <https://www.themediterraneandish.com/mediterranean-diet-2/>
- Cardiac College: Healthy e University: University Health Network <https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/>

Cooking Skills

(Thanks to Riddhi Shukla, BSc, RD (ESPCN) and Virginia Cail, RD, CDE (Prairie Mountain Health) for these links!)

- Learn to Cook- Canadian Food Focus <https://canadianfoodfocus.org/learn-to-cook/>
- Video Resources- Home and Family <https://homefamily.net/video-resources/>
- Let's Get Cooking- Prince Edward Island Association for Community Living <https://peiacl.org/lets-get-cooking/>
- Rock What You've Got: Recipes for Preventing Food Waste- Guelph Family Health Study <https://guelphfamilyhealthstudy.com/2019/09/19/rock-what-youve-got-recipes-for-reducing-food-waste/>
- Cooking with Staple Foods Video-Mattawa Family Health Team <https://www.youtube.com/watch?v=NpHJPSOKNEs>
- Kitchen Tips and Food Handling <https://www.unlockfood.ca/en/Videos/Kitchen-Tips-and-Food-Handling.aspx>
- Quick and Tasty Meals Using Basic Cooking Skills <https://startcooking.com/>

For children:

- Learn How to Cook-Six by Sixteen <https://sixbysixteen.me/learn.html>
- Recipe Archives- Super Healthy Kids <https://www.superhealthykids.com/recipes/#search/q=video&c=eyJ2IjojNC4wIiwidGl0bGUiOiJWaWRlb3MiLCJncm91cFR5cGUiOiJ2aWRlb3MiLCJhcnJhbmdlbWVudCI6ImNvb3RlZG91cC1zZWZyY2gifQ%3D%3D>

From the USA:

Video Recipes- Food Hero <https://foodhero.org/recipes/recipe-categories/video-and-picture-recipes>