

Website Links for Factsheets and Handouts by Topic

Leadership and Policies

Healthy Workplace Policy (Province of Nova Scotia)

www.gov.ns.ca/psc/default.asp?mn=1.161.514.520

Capital Health's Healthy Eating Position Statement

www.cdha.nshealth.ca/default.aspx?page=DocumentRender&doc.Id=919

Be the Manager You'd Love to Have: Managing a Healthy Workplace (Not included)

www.gov.ns.ca/psc/default.asp?mn=1.161.514.537

Food Guide Basics

Eating Well with Canada's Food Guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Using the Food Guide (Not included)

www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/index_e.html

Check Your Choices

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=6038

Small Steps Matter

Every Step Counts ... Go the Healthy Way ...

www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/fact_sheets/index.asp?fn=view&id=4021&idstring=4021

Label Reading

Look at the Label, All about Nutrients, Take 5 to Read the Facts, Using Percent Daily Value (% Daily Value), Serving Up Nutrition Facts, All about Carbohydrates

www.healthyeatingisinstore.ca/pdf/ENG_RGB_FactSheet.pdf (colour)

www.healthyeatingisinstore.ca/pdf/ENG_BW_FactSheet.pdf (black and white)

Make Wise Food Choices Wherever You Go! LSI: Label Scene Investigator

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=6594

Portion Control

Keep An Eye on Your Portion Size ... Go the Healthy Way...

www.dietitians.ca/english/pdf/fact%20sheet_2_colour_english.pdf

Portion Distortion (slideshow) (National Heart, Lung, and Blood Institute)

<http://hp2010.nhlbihin.net/portion/>

Healthy Eating on the Go!

Making Wise Food Choices Where We Live, Work, and Play

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=6747

Make Wise Food Choices, Wherever You Go!—A Crossword Puzzle

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=6593

On the Go! ... And Eating Well

www.dietitians.ca/english/pdf/factsheet1_eng.pdf

Eating Out/On the Road

Make Wise Food Choices, Wherever You Go! Eating Out Smarts!

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=6592

Fast Food Options: Tips for Making Healthy Choices

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=6040

Healthy Eating on a Budget

Eating Value for Your \$

<http://www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=2527>

Break the Fast! (Breakfast)

Breakfast ... Break the Fast

http://jupiter.hpechu.on.ca/web_disk/1-1/Resources/General/CDIP/CDIP_Break_the_Fast.pdf

Breakfast on the Run

http://jupiter.hpechu.on.ca/web_disk/1-1/Resources/General/CDIP/CDIP_Beakfast_on_the_Run.pdf

Baggin' It (Packed Lunches)

Healthy Lunch Checklist—Making Healthy Lunches Everybody's Bag

www.canadian-health-network.ca/servlet/ContentServer?cid=1127088711204&pagename=CHN-RCS%2FPage%2FHLTGPageTemplate&c=Page&lang=En

Lunch to Go! Food Safety Tips

www.inspection.gc.ca/english/fssa/concen/tipcon/bagboxe.pdf

Thanks for the Great Lunch!

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=5758

Food Safety

Safe Food Handling: The Core Four Practices

www.fightbac.org/content/view/full/6/11/

Food Handling Information

www.gov.ns.ca/agri/foodsafety/factsht/

Temperature Danger Zone

www.gov.ns.ca/agri/foodsafety/pdfs/thermzone.pdf

Temperature Danger Zone

www.gov.ns.ca/agri/foodsafety/pdfs/dangzone.pdf

Food Thermometers for Safe Cooking

www.gov.ns.ca/agri/foodsafety/pdfs/therm.pdf

Snack Attack

Step Right Up to Healthy Eating: Colour Your Choices with Vegetables and Fruit

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=5766

Step Right Up to Healthy Eating: It's Always a Great Time for Grains!

www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/fact_sheets/index.asp?fn=view&id=5760&idstring=5760

Step Right Up to Healthy Eating: Marvelous Milk Products

www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/fact_sheets/index.asp?fn=view&id=5764&idstring=5764

Step Right Up to Healthy Eating: Making the most of Meat and Alternatives

www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/fact_sheets/index.asp?fn=view&id=5762&idstring=5762

Dietitians of Canada's Healthy Lunches to Go Tour offers Top Tips for Stress Free and Nutritious Lunch Time Meals

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=7876#

What Are Some Healthy Snacks For Adults? (Not included)

www.canadian-health-network.ca/servlet/ContentServer?cid=1009140&pagename=CHN-RCS%2FCHNResource%2FFAQCHNResourceTemplate&c=CHNResource&lang=En

Body Weight, Dieting, and Body Image

Frequently Asked Questions at the Healthy Eating Centre: How to Lose weight without going on a diet.

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=8026

Healthy Images – A Positive Way to Look at Yourself

www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=1102

BMI

www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/cg_quick_ref_ldc_rapide_ref_e.pdf

How Can I Achieve a Healthy Weight?

www.canadian-health-network.ca/servlet/ContentServer?cid=1108908986392&pagename=CHN-RCS%2FCHNResource%2FFAQCHNResourceTemplate&c=CHNResource&lang=En

What Is Body Image?

www.canadian-health-network.ca/servlet/ContentServer?cid=1001991&pagename=CHN-RCS%2FCHNResource%2FFAQCHNResourceTemplate&lang=En&c=CHNResource

Healthy Ways Healthy Weight (booklet—35 pages)

www.dairygoodness.ca/NR/rdonlyres/5BC8CE6C-FDFB-418A-A750-5857608E043C/0/Healty_Weight_ENG_complet.pdf

What Is the Latest on Weight Loss and Weight Management? (Not included)

www.dietitians.ca/resources/resourcesearch_Print.asp?fn=print&contentid=1316

Beyond the Low Carb Hype—Should I Try a Low Carbohydrate Diet to Lose Weight? (Not included)

www.dietitians.ca/resources/resourcesearch_Print.asp?fn=print&contentid=2349

Healthy Images—A Positive Way to Look at Yourself (Not included)

www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/fact_sheets/index.asp?fn=view&id=1102&idstring=1102

Asking Food Questions

Is Organic Food More Nutritious?

www.canadian-health-network.ca/servlet/ContentServer?cid=1112196212437&pagename=CHN-RCS%2FCHNResource%2FFAQCHNResourceTemplate&c=CHNResource&lang=En

Fact Sheets on *Fair Trade* from Transfair

www.transfair.ca/en/fairtrade/

Atlantic Canadian Organic Regional Network

<http://acornorganic.org/index.html>

Nova Scotia Department of Agriculture *Food For Thought* brochure

www.gov.ns.ca/agri/marketing/contact/agriculture/foodft/index.shtml

Food Options That Are Available Within 100 Miles Of You (Not included)

<http://100milediet.org>

Can Local Food Be Healthier? (Not included)

http://nsfarmersmarkets.ca/index.php?option=com_content&task=view&id=43&Itemid=96

Buy Local (Not included)

www.selectnovascotia.ca/

For Other Activities/Factsheets on Buying Local/Organic Food

<http://foodthoughtful.ca>

All About Organics (Not included)

<http://cog.ca/orgquickfacts.htm>

Where to Find Farmers Markets NS Farmers Markets (Not included)

www.nsfarmersmarkets.ca

Shift Work and Healthy Eating

Are There Special Nutritional Considerations for Shift Workers?

[www.canadian-health-](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1079885074043&pagename=CHN-RCS/CHNResource/FAQCHNResourcePrintTemplate&c=CHNResource&lang=En&prnversion=yes)

[network.ca/servlet/ContentServer?cid=1079885074043&pagename=CHN-RCS/CHNResource/FAQCHNResourcePrintTemplate&c=CHNResource&lang=En&prnversion=yes](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1079885074043&pagename=CHN-RCS/CHNResource/FAQCHNResourcePrintTemplate&c=CHNResource&lang=En&prnversion=yes)

I Work Evening and Night Shifts. Can You Give Me Healthy Ideas for Healthy Food Choices?

[www.canadian-health-](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1079885075194&pagename=CHN-RCS/CHNResource/FAQCHNResourcePrintTemplate&c=CHNResource&lang=En&prnversion=yes)

[network.ca/servlet/ContentServer?cid=1079885075194&pagename=CHN-RCS/CHNResource/FAQCHNResourcePrintTemplate&c=CHNResource&lang=En&prnversion=yes](http://www.canadian-health-network.ca/servlet/ContentServer?cid=1079885075194&pagename=CHN-RCS/CHNResource/FAQCHNResourcePrintTemplate&c=CHNResource&lang=En&prnversion=yes)

Have SAS! (Safe Alert Shiftwork)

www.cdha.nshealth.ca/default.aspx?page=SubPage¢erContent.Id.0=8454&category.Categories.1=323

Setting and Achieving Healthy Eating Goals

Making the Most of You

www.dairygoodness.ca/NR/rdonlyres/65239672-C146-4616-8424-101E5EF42450/0/MMOYengNEW.pdf

Eating Well with Canada's Food Guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Trying and Preparing Healthy Foods

My Fruit and Veggies

www.5to10aday.com/en_recipes.asp

Nutrition Matters: Tips for Low Fat Cooking

www.toronto.ca/health/pdf/nm_tips_for_low_fat_cooking.pdf

Achieving and Maintaining a Healthy Body Weight

Making the Most of You

www.dairygoodness.ca/NR/rdonlyres/65239672-C146-4616-8424-101E5EF42450/0/MMOYengNEW.pdf

Physical Activity and Healthy Eating

Eating Well with Canada's Food Guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Canada's Physical Activity Guide

www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html

Stairway to Health—Getting Started
www.phac-aspc.gc.ca/sth-evs/english/gettingstarted.htm

Stairway to Health—Ideas to Encourage Stair Use
www.phac-aspc.gc.ca/sth-evs/english/increasestairuse.htm

Stairway to Health—Benefits of Stairway to Health Program
www.phac-aspc.gc.ca/sth-evs/english/benefits.htm

Stairway to Health—Barriers to Developing a Stairway to Health Program
www.phac-aspc.gc.ca/sth-evs/english/barriers.htm

Stairway to Health—Using Point of Choice Signage
www.phac-aspc.gc.ca/sth-evs/english/usingpocsignage.htm

Walking ... Take the S.M.A.R.T. Step
www.physiotherapy.ca/PublicUploads/222460SMARTWalkingInfo.pdf

Making the Most of You
www.dairygoodness.ca/NR/rdonlyres/65239672-C146-4616-8424-101E5EF42450/0/MMOYengNEW.pdf

Make Wise Food Choices, Wherever You Go! Supermarket Smarts
www.dieticians.ca/resources/resourcesearch.asp?fn=view&contentid=6504

Additional Resources

Eating Well with Canada's Food Guide: First Nations, Inuit and Métis
www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index_e.html

Step Right Up to Healthy Eating: Food Allergies and Food Intolerances—What's the Difference?
www.dieticians.ca/resources/resourcesearch.asp?fn=view&contentid=6739