

Recommended Websites

For more information and resources on healthy eating, visit these websites:

- Becel Heart Health Information Bureau. www.becelcanada.com
- Canadian Cancer Society www.cancer.ca
- Canadian Council of Food and Nutrition. www.ccfm.ca
- Canadian Diabetes Association www.diabetes.ca
- Canadian Health Network. www.canadian-health-network.ca
- Dairy Farmers of Canada. www.diarygoodness.ca
- Dietitians of Canada www.dietitians.ca
- Health Canada. www.hc-sc.gc.ca
- Heart and Stroke Foundation www.heartandstroke.ca
- Nova Scotia Health Promotion and Protection www.momsanddads.ca
- Nova Scotia Health Promotion and Protection www.thrivingworkplaces.ns.ca/index.shtml
- Nova Scotia Health Promotion and Protection www.gov.ns.ca/HPP/healthyeating.html
- Nutrition Labelling Education Centre. www.healthyeatinginstore.ca
- Nutrition Resource Centre www.nutritionrc.ca
- Public Health Agency of Canada. www.phac-aspc.gc.ca
- StepsCount www.stepscount.com/
- 5 to 10 a day For Better Health Campaign www.5to10aday.com