

Heart Smart: the Best of HeartSmart Cooking by Bonnie Stern. Canada: Random House & Heart and Stroke Foundation, 2006

Bonnie Stern's new collection of healthy yet delicious recipes features old favourites as well as over one hundred new items and updated classics. Comprehensive nutritional analysis is provided for each recipe.

Availability for loan:

BB 220 S83 2006 Health Information and Wellness Centre, both locations
641.56311 STE Mississauga Library System
641.56311 STE Toronto Public Library System

Nutrition: Healthy Eating for Life Timonium, MD: Milner-Fenwick, 2007. 12:45 min.

The video stresses the importance of changing eating habits gradually. It discusses saturated and unsaturated fats, carbohydrates, and portion sizes.

Availability for loan:

BB 200 R38 2007 Health Information & Wellness Centre, both locations.

COMMUNITY RESOURCES

Dietitians of Canada

480 University Avenue, Suite 604
Toronto, ON, M5G 1V2
Tel: 416-596-0857
E-mail: centralinfo@dietitians.ca

Eat Right Ontario Helpline

Tel: 1-877-510-5102
9 a.m. – 5 p.m. Monday, Wed, and Fri
9 a.m. – 9 p.m. Tue and Thur

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga
100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto
150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System
905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library
416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Nutrition



INTERNET SITES

Dietitians of Canada

<http://www.dietitians.ca>

This is an excellent site from the experts on food and nutrition. Click on the Eat Well, Live Well link at the homepage to access numerous resources and information presented in an attractive format. Features include a meal planner, healthy body quiz, and access to dozens of fact sheets on nutrition topics.

Eat Right Ontario

<http://www.eatrightontario.ca>

This site is maintained by the government of Ontario and has been designed to help Ontarians improve their health through healthy, nutritious eating. Included are articles on nutrition and health, recipes, eating tips and meal planning advice.

Toronto Public Health

http://www.toronto.ca/health/nm_index.htm

Peel Public Health

<http://healthyeatingpeel.ca>

Both Public Health departments covering Trillium area provide current and accurate information on a variety of nutrition topics. Healthy recipes and advice on grocery shopping are among the many useful features.

Health Canada <http://tinyurl.com/dzlnud>

Health Canada provides a wealth of material on the subject of healthy eating, including the Canada Food Guide, a Nutrition Facts table, and information on nutrition labelling.

Harvard School of Public Health Nutrition Source

<http://www.hsph.harvard.edu/nutritionsource>

This site from Harvard provides excellent information on diet and nutrition. There are links to specific pages on subjects like carbohydrates, fats, fruits & vegetables etc., which offer straightforward facts on the benefits of such foods and how they form part of a healthy diet.

British Nutrition Foundation

<http://www.nutrition.org.uk>

This site is recommended for both layout and content. It provides extensive information on the subject, and is easily navigable without too many distracting logos.

BOOKS & VIDEOS

10 Steps to Healthy Eating by Leslie Beck.
Toronto: Penguin Canada, 2008

Leslie Beck, a registered dietitian, presents a step by step method for permanently adopting healthier eating habits. This useful guide includes easy-to-implement tips on incorporating high quality foods into your diet, maintaining a healthy weight, and being active every day.

Availability for loan:

BB 200 B34 2008 Health Information & Wellness Centre, both locations
641.563 BEC Mississauga Library System
641.563 BEC Toronto Public Library System

Healthy Eating: a Guide to the New Nutrition A special report by Harvard Medical School.
Boston, MA: Harvard Health Publications, 2008.

This report provides information on how to choose safe, nutritious, and delicious foods

which can reduce the chances of developing heart disease, diabetes and other chronic conditions.

Availability for loan:

BB 200 H27 2008 Health Information & Wellness Centre, both locations

The American Dietetic Association's Complete Food & Nutrition Guide 3rd ed. by Roberta Larson Duyff & The American Dietetic Association.
Hoboken, NJ: John Wiley, 2006

A comprehensive guide which focuses on a healthy diet for all stages of life. It describes nutrition and health concepts in clear, straightforward language and has many useful charts, graphs and illustrations.

Availability:

BB 100 D89 REF 2006 Health Information & Wellness Centre, both locations. For use in the Centres only.
613.2 DUY Mississauga Library System
613.2 DUY Toronto Public Library System

Simply Great Food by Patricia Chuey & others.
Toronto: Robert Rose & Dietitians of Canada, 2007

Developed by the Dietitians of Canada, this book provides more than 250 nutritionally balanced, user-friendly recipes. Also included are nutrition advice, help with meal planning, nutrient analysis for each recipe, grocery shopping tips, and food safety information.

Availability for loan:

BB 220 C48 2007 Health Information & Wellness Centre, both locations
641.563 CHU Mississauga Library System
641.563 CHU Toronto Public Library System