These resources are provided to you by the Registered Dietitians from the Fraser Health Population & Public Health Nutrition program.

Why are we providing this list of resources to you?
There are so many sources of nutrition resources available on the internet. We want to ensure that you have evidence-based resources available in Fraser Health. You are encouraged to share these resources with the families you work with.

How are these resources accessed?
Resources are hyperlinked in the list below, or you can visit the Fraser Health Patient Education Catalogue website and type in the name of the resource. Feel free to share the links with families or download and print copies. Many resources are available in other languages. The link to each resource will tell you the languages available.

For more information from Fraser Health go to:
- Pregnancy: www.fraserhealth.ca/pregnancy
- Infant and toddler: www.fraserhealth.ca/feedingyourchild
- Schools: www.fraserhealth.ca/schoolhealth
- FH news and blogs: www.fraserhealth.ca/news

You can also follow Fraser Health on social media:

www.twitter.com/Fraserhealth
www.facebook.com/FraserHealthAuthority
www.instagram.com/fraserhealth

Public Health Dietitians are available to support organizations to develop healthy eating programming and policies, and healthy food environments. For questions about your individual nutrition needs, please call Healthlink BC at 811 or ask your physician for a referral to a dietitian.
NUTRITION RESOURCES 2020

Pregnancy & Breastfeeding

Baby’s Best Chance
Breastfeeding
Eat Safely, Eat Well: Food Safety during Pregnancy
Folate & Your Health
Healthy Eating for Pregnancy and Breastfeeding
Healthy Punjabi Diet during Pregnancy
Iron and Your Health
Iron in Foods
Nausea and Vomiting in Pregnancy
Pregnancy and Nutrition: Folate and Neural Tube Defects

Baby 6-12 Months

Baby’s First Foods
Eczema and Food Allergy in Babies and Young Children
Feeding Your Baby: Sample Meals for Babies 6 to 12 Months of Age
Finger Foods for Babies 6-12 Months
Healthy Eating for Babies 6-12 Months
Healthy Eating Guidelines for Your Vegetarian Baby: 6-12 Months
Live 5-2-1-0 Setting the Stage for a Healthy Childhood: Raising a Healthy Eater – Birth to 12 Months
Managing Constipation in Babies and Toddlers Under 2 Years of Age
Preventing Choking in Babies & Young Children: For Child Care Providers
Recipes for Your Baby 6-9 Months
Recipes for Your Baby 9-12 Months
Reducing Risk for Food Allergy in Your Baby
Safe Food Handling for Children Ages 5 and Under
Vitamin D for Babies and Toddlers

Toddlers and Preschoolers

Appetite to Play – Resources for Early Years Care Providers
Bye Bye Baby Bottle
Eating Routine for Young Children
Eczema and Food Allergy in Babies and Young Children
Healthy Eating Guidelines For Your Vegetarian Toddler: 1-3 years
Helping Your 1 to 3 Year Old Child Eat Well
How to Feed Your Growing Child Ages 2 to 5
Kids and Thirst
Live 5-2-1-0 Setting the Stage for a Healthy Childhood: Raising a Healthy Eater – 1 to 4 Years
Managing Constipation in Babies and Toddlers Under 2 Years of Age
Meal and Snack Ideas for Your 1 to 3 Year Old Toddler
Nutri-eSTEP for Toddlers and Nutri-eSTEP for Preschoolers – online assessment
Preventing Choking in Babies & Young Children: For Child Care Providers
Severe Allergic Reactions to Food – Children and Teens
Toddler’s First Steps
Vitamin D for Babies and Toddlers

School Age
Digging Up the Dirt on Dieting
Eat Well, Play Well – At School
Eating for Peak Performance
Energy Drinks
Helping Your School Age Child Eat Well
Lunch Room Monitoring
Lunches to Go
Severe Allergic Reactions to Food – Children and Teens
Sip Smart for Gr 4-6
Sugary Drink Sense – Teens
Vegetarian Nutrition for Youth

Vegetarian
Healthy Eating Guidelines for Your Vegetarian Baby: 6-12 Months
Healthy Eating Guidelines For Your Vegetarian Toddler: 1-3 years
Vegetarian Nutrition for Youth

Allergy
Eczema and Food Allergy in Babies and Young Children
Reducing Risk for Food Allergy in Your Baby
Severe Allergic Reactions to Food – Children and Teens

Food Safety
Easy Ways to Make Food Safer
Eat Safely, Eat Well: Food Safety During Pregnancy
Food Safety in Child Care Facilities
Food Safety: Easy Ways to Make Food Safe
Food Safety for Fresh Fruits and Vegetables
Food Safety – Instructions on Food Labels
Food Safety: Mercury in Fish
Foods to Avoid for People at Higher Risk of Food-Borne Illness
Listeriosis
Manganese in Drinking Water
Nitrates in Well Water
Pasteurized and Raw Milk
Preventing Choking in Babies & Young Children: For Child Care Providers
Safe Food Handling for Children Ages 5 and Under
Unpasteurized Fruit Juices and Ciders

**Canada Food Guide and other Planning Resources**
Appetite to Play - Resources for Early Years Care Providers
Canada’s Food Guide - A Snapshot
Canada’s Food Guide – Healthy Eating Recommendations
Eating Well with Canada’s Food Guide – First Nations, Inuit and Metis
Food Flair™ Early Learning Practitioners Resource

**General Healthy Eating**
Benefits of Eating Together For Children and Families
Food Sources of Calcium and Vitamin D
Healthy Eating on a Budget