

# NUTRITION RESOURCES

[www.fraserhealth.ca](http://www.fraserhealth.ca)

## Prenatal through School-Aged Populations

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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](http://www.fraserhealth.ca/pregnancy)
- Infant and toddler: [www.fraserhealth.ca/feedingyourchild](http://www.fraserhealth.ca/feedingyourchild)
- Schools: [www.fraserhealth.ca/schoolhealth](http://www.fraserhealth.ca/schoolhealth)
- FH news and blogs: [www.fraserhealth.ca/news](http://www.fraserhealth.ca/news)

You can also follow Fraser Health on social media:



[www.twitter.com/Fraserhealth](http://www.twitter.com/Fraserhealth)

[www.facebook.com/FraserHealthAuthority](http://www.facebook.com/FraserHealthAuthority)

[www.instagram.com/fraserhealth](http://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 2019

## 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](#)

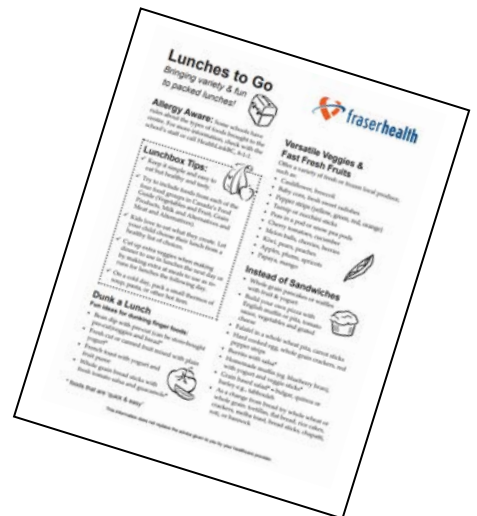


## Baby 6-12 Months

- [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](#)