

General Nutrition

Resources and Support for You

Web sites/Online Resources



Canada's Food Guide

food-guide.canada.ca/en

Learn about how much food you need everyday and what foods are best for you. Know the benefits of eating well and being active every day.

Canadian Cancer Society

www.cancer.ca/en/cancer-information/living-with-cancer/feeling-your-best/eating-well/?region=on

Find healthy eating tips to help prevent cancer.

Canadian Food Inspection Agency

inspection.canada.ca

Learn about food recalls, common foods that cause allergies and how to handle foods.

Diabetes Canada

www.diabetes.ca/nutrition---fitness

For people with diabetes, learn about carbohydrate counting, alcohol, sugars, sweeteners, portion sizes, and the Glycemic Index.

Heart and Stroke Foundation

www.heartandstroke.com

Learn about a heart-healthy diet and find recipes and tips for eating out.

Toronto Public Health

www.toronto.ca/community-people/health-wellness-care

Tel: (416) 338-7600

Find programs and services or search for nutrition information.

Unlock Food

www.unlockfood.ca

Toll-free (Health 811): 8-1-1

Find bilingual nutrition advice for Canadians,

including articles, a recipe collection, menu plans, videos and interactive healthy eating tools. Find a dietitian or call to speak with a dietitian.

Books / e-Books



Better baby food: Your essential guide to nutrition, feeding & cooking for all babies & toddlers / Kalnins, D.; Hospital for Sick Children, 2008.

Beyond the basics: Meal planning for healthy eating, diabetes prevention & management / Canadian Diabetes Association, 2007.

Healthy eating: a guide to the new nutrition / Harvard Health Publications, 2008
<http://bit.ly/2rbNyS4>

CDs / DVDs



Eat, play, and be healthy: The Harvard Medical School guide to healthy eating for kids / Walker, W. A., 2007. (CD)

Did you know?

Nutrition is an important part of healthy eating. Eating well can help you:

- Feel and look better
- Have more energy
- Lower risk of disease
- Maintain a healthy weight
- Have stronger muscles and bones.

A dietitian can provide advice on healthy eating. If you did not speak to a dietitian in the hospital, you can use any of the following resources for credible nutrition information.

Diabetes Education in the Community

Nutrition and diet play an important role in managing diabetes. Diabetes education can help with meal planning and provide a better understanding of the roles of foods and blood sugar control.

Diabetes Education Centre (DEC)

Healthy Living Clinic (Level 1)
Humber River Health
1235 Wilson Ave., Toronto, Ont. M3M 0B2
Tel: (416) 242-1000 ext. 23400
Fax: (416) 242-1058

The Centre provides education through group sessions and/or individual counseling. A doctor's referral is needed to enroll in the program (your family doctor can make a referral).

DEC Workshops for people with prediabetes or diabetes include:

Craving Change™: This free program can teach you how to change your relationship with food. Learn how to change your thinking, change your eating, understand why you eat the way you do, and comfort yourself without food.

Diabetes Friendly Grocery Store Tour: In this free workshop, you will learn how to build a balanced plate to control your blood sugars, read labels and choose healthy foods and snacks, eat well on a budget, and much more!

To learn more about Diabetes Programs or search for other Programs in Ontario, contact Diabetes Canada:

Toll free: 1 (800) 226-8464
Email: info@diabetes.ca

Individual/Group Nutritional Counselling



One-on-one nutrition advice or group classes are available. Speak with a dietitian about a diet for your condition (for example, Crohn's, Celiac, high cholesterol, high blood pressure).

Dietitians of Canada

members.dietitians.ca/DCMember/s/find-dietitian?language=en_US

If you are looking for a private practice dietitian in your area, you can search the Dietitians of Canada (DC) website. There may be a fee to see a private practice dietitian.

Home and Community Care

healthcareathome.ca / Tel: (416) 222-2241

Home and Community Care will help you access home care services, including a registered dietitian. You can speak with a case manager or care coordinator who will help you with the referral.

Black Creek Community Health Centre

www.bcchc.com / Tel: (416) 249-8000

2202 Jane St., Unit 5, North York Sheridan Mall
Toronto, ON M3M 1A4

The Black Creek Community Health Centre has nutrition advice for healthy eating. Topics include weight management, women's health, senior nutrition, diabetes, high cholesterol, high blood pressure, food allergies and intolerances. There are a number of adult programs for healthy meal preparations and lifestyle.

Food Share

foodshare.net / Tel: (416) 363-6441 ext 221

Food Share has some community programs. Call to find out about nutrition workshops or the Good Food Box program.

Home Delivery of Prepared Meals and Groceries



These organizations can deliver prepared meals to your home for a fee. Some provide bulk meals, frozen meals, hot meals or specialized diet meals (such as, diabetic, heart healthy, puréed). Contact the organization for more information.

Lumacare

lumacare.ca

497 Wilson Ave., North York, ON M3H 1V1

Tel: (416) 398-5510

Reconnect Community Health Services

www.reconnect.on.ca / Tel: (416) 248-2050

1281 St. Clair Ave., W., Toronto ON M6E 1B8

Email: contact@reconnect.on.ca

Meals on Wheels

www.mealsonwheels.ca

Grocery Gateway (order online to deliver to your home)

www.grocerygateway.com

Tel: (905) 564-8778 / Toll-free: 1 (877) 447-8778

Heart to Home Meals (order online to deliver to your home; meals for seniors)

www.hearttohomemeals.ca

Instacart (order online to deliver to your home)

www.instacart.ca

Food Banks

If you are in need of food supply, contact any of the food banks listed below. They will refer you to a food bank in your community.

Daily Bread Food Bank

www.dailybread.ca / Tel: (416) 203-0050

North York Harvest Food Bank

northyorkharvest.com / Tel: (416) 635-7771

Nutritional Supplements

You can use a nutritional supplement (such as Boost® or Ensure®, or generic versions, such as Life brand, Kirkland) when you have trouble eating well. Below is a list of places you can contact to learn more about nutritional supplements and how to order them. Your local pharmacy should also be able to special order most nutritional supplements for you if they are not available in store.

Abbott Nutrition

www.ca.abbott

Tel: 1 (514) 832-7000 / Toll-free: 1 (800) 361-7852

Ensure Hotline: 1 (800) 986-8501

Ensure Club (coupons): ensure.ca/en/ensure-club

Medical Mart

medimart.com

550 Matheson Blvd W, Mississauga, ON, L5R 4B8

Tel: (905) 624-2011

Nestlé Health Science

www.nestlehealthscience.ca/en

Toll-free: 1 (800) 565-1871

Ontario Medical Supply

www.oms.ca

Toll-free: 1 (800) 267-1069

Specialty Food Shop

www.specialtyfoodshop.ca

The Hospital for Sick Children (Main Floor)

555 University Ave., Toronto, ON M5G 1X8

Tel: (416) 813-5294

Sysco at Home

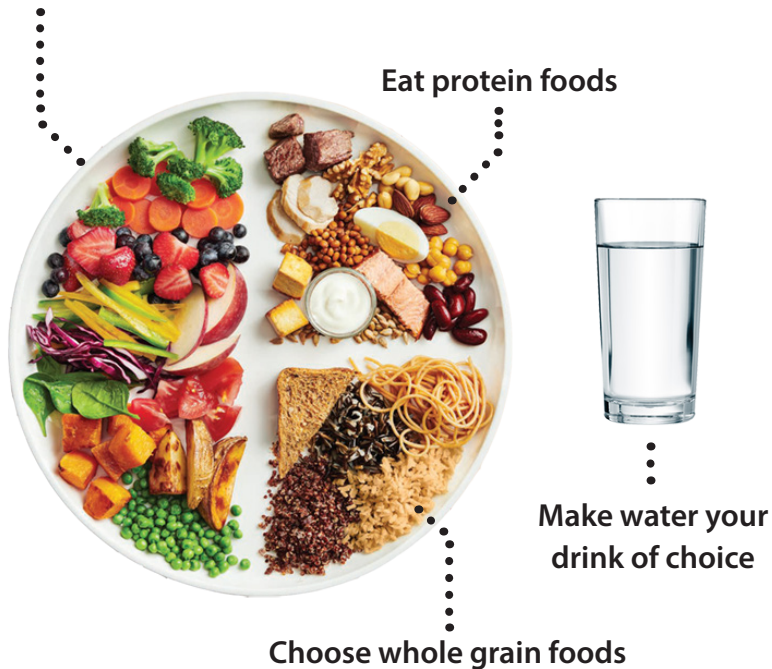
www.sysco.ca/location/toronto

Specialty products, such as Magic Cup and thickened fluids

Canada's Food Guide

Eat a variety of healthy foods each day.

Have plenty of vegetables and fruits



Eat protein foods



Make water your
drink of choice

Choose whole grain foods

Healthy Eating Habits

Healthy eating is more than the foods you eat. It is also about where, when, why, and how you eat.

✔ **Be mindful of your eating habits.**

- Take time to eat
- Notice when you are hungry and when you are full

✔ **Cook more often.**

- Plan what you eat
- Involve others in planning and preparing meals

✔ **Enjoy your food.**

- Culture and food traditions can be a part of healthy eating

✔ **Eat meals with others.**

Canada's Food Guide image and Healthy Eating Habits reproduced from: Health Canada. Canada's Food Guide. 2019 URL: <https://food-guide.canada.ca/en/>

The **Patient & Family Resource Centre** offers staff and residents in the community free access to our electronic, print and audiovisual collection on health and wellness matters. The items listed in this resource are a selection of some of the materials available to you.

To reserve any of the print items from the list, please contact us.

Patient & Family Resource Centre
Humber River Health
1235 Wilson Ave., Toronto, Ont. M3M 0B2
Tel: (416) 242-1000 ext. 81200 | Fax: (416) 242-1047
Web: <https://www.hrh.ca/resources/patient-family-resource-centre>
Email: pfrc@hrh.ca
Hours: Monday to Friday, 8:00 a.m. - 4:00 p.m.
We are located on Level 0, in front of the Food Court.

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The information provided in this handout is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.

English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.