

## General Nutrition

| Resources              | Information   |
|------------------------|---|
| Canada's Food Guide    | Information on healthy food choices and eating habits<br><a href="https://food-guide.canada.ca/en/">https://food-guide.canada.ca/en/</a>  |
| Dining Out             | How to make smart menu choices<br><a href="https://www.unlockfood.ca/en/Articles/Dining-Out/Top-10-Tips-for-Eating-Out.aspx">https://www.unlockfood.ca/en/Articles/Dining-Out/Top-10-Tips-for-Eating-Out.aspx</a>   |
| Everyday Eating        | Nutrition information on a variety of topics<br><a href="https://www.unlockfood.ca/en/default.aspx">https://www.unlockfood.ca/en/default.aspx</a>   |
| Mental Health          | Nutrition information related to addiction recovery, anxiety and stress<br><a href="https://www.heretohelp.bc.ca/vision-alcohol-vol2/role-nutrition-recovery-alcohol-and-drug-addiction">https://www.heretohelp.bc.ca/vision-alcohol-vol2/role-nutrition-recovery-alcohol-and-drug-addiction</a><br><br><a href="https://www.anxietycanada.com/articles/healthy-eating/">https://www.anxietycanada.com/articles/healthy-eating/</a><br><br><a href="https://www.unlockfood.ca/en/Articles/Alcohol-and-smoking/Healthy-Habits-to-Cope-with-Stress.aspx">https://www.unlockfood.ca/en/Articles/Alcohol-and-smoking/Healthy-Habits-to-Cope-with-Stress.aspx</a>  |
| Texture Modified Diets | Information on texture modified diets (soft, minced, pureed), and foods that are allowed and foods to avoid<br><a href="https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/SoftFoodThickenedFluids-trh.pdf">https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/SoftFoodThickenedFluids-trh.pdf</a><br><br><a href="https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/SoftDiet-trh.pdf">https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/SoftDiet-trh.pdf</a><br><br><a href="https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/MincedDiet-trh.pdf">https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/MincedDiet-trh.pdf</a><br><br><a href="https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/PureedDiet-trh.pdf">https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/PureedDiet-trh.pdf</a> |

## Food Safety

| Resources   | Information  |
|-------------|--|
| Food Safety | How to prepare and store food in a safe and clean way<br><br><a href="https://www.utm.utoronto.ca/health/health-promotion/nutrition-healthy-eating/food-safety">https://www.utm.utoronto.ca/health/health-promotion/nutrition-healthy-eating/food-safety</a> |

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.