<table>
<thead>
<tr>
<th>Resources</th>
<th>Information</th>
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</thead>
</table>
| Pregnancy      | Information on nutrition during pregnancy  
https://www.unlockfood.ca/en/Articles/Pregnancy/ |
| Infancy        | Guidelines on breastfeeding and introducing solids to babies  
| Teenage        | Nutrition information for teens  
https://kidshelpphone.ca/get-info/healthy-eating-nutrition-tips-fuel-your-body  
| Seniors        | Resources for eating well as you get older  

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.