

## Nutrition through Life Cycle

Resources	Information
Pregnancy	
Pregnancy	Information on nutrition during pregnancy <a href="https://www.unlockfood.ca/en/Articles/Pregnancy/">https://www.unlockfood.ca/en/Articles/Pregnancy/</a>
Infancy	
Infant Feeding	Guidelines on breastfeeding and introducing solids to babies <a href="https://www.unlockfood.ca/en/Articles/Infant-feeding.aspx">https://www.unlockfood.ca/en/Articles/Infant-feeding.aspx</a>
Teenage	
Teenagers	Nutrition information for teens <a href="https://kidshelpphone.ca/get-info/healthy-eating-nutrition-tips-fuel-your-body">https://kidshelpphone.ca/get-info/healthy-eating-nutrition-tips-fuel-your-body</a>  <a href="https://www.unlockfood.ca/en/Articles/Teenagers/Healthy-Weights-for-Teens.aspx">https://www.unlockfood.ca/en/Articles/Teenagers/Healthy-Weights-for-Teens.aspx</a>  <a href="https://www.unlockfood.ca/en/Articles/Adolescents-teenagers/Making-healthy-fast-food-choices-at-school.aspx">https://www.unlockfood.ca/en/Articles/Adolescents-teenagers/Making-healthy-fast-food-choices-at-school.aspx</a>
Seniors	
Seniors	Resources for eating well as you get older <a href="https://www.unlockfood.ca/en/Articles/Seniors-nutrition.aspx">https://www.unlockfood.ca/en/Articles/Seniors-nutrition.aspx</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.