



Walk BC Nutrition Resources

A list of websites where you can find reliable, user-friendly nutrition information and activities

SportMedBC

www.sportmedbc.com

- 💡 Ask the Dietitian
- 💡 Nutrition Library
- 💡 Fact Sheets

BC Dairy Foundation

www.bcdairyfoundation.ca

- 💡 Handouts
- 💡 Calcium Counter
- 💡 Food Track
- 💡 Posters

American Dietetics Association

www.eatright.org

- 💡 Good Nutrition reading list
- 💡 Nutrition fact sheets

Mission Nutrition

www.missionnutriton.ca

- 💡 Nutrition activities for families

Canadian Diabetes Association

www.diabetes.ca

- 💡 Meal Planning Tools
- 💡 Fact Sheets
- 💡 Recipes



Programming Ideas

Some ideas of how you can incorporate nutrition into your waking program.

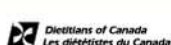


- 💡 Grocery Store Tour
- 💡 Healthy Recipe Exchange
- 💡 Healthy Snack Sampling
 - 💡 Vegetarian Day
- 💡 Grocery Store Scavenger Hunt
 - 💡 Dietitian Talk
- 💡 Tip of the day or week
 - 💡 Recipe of the week
- 💡 Food Challenge of the week

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AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



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