

# **NUTRITION, PHYSICAL ACTIVITY & HEALTH WEBSITES**

## **Osteoporosis Canada**

**<http://www.osteoporosis.ca>** You can determine how much calcium you consume in your daily diet by using the "calcium calculator". Also, there is a comprehensive list of the calcium content of a variety of foods, and information on living with osteoporosis.

**[http://www.osteoporosis.ca/wp-content/uploads/OC\\_Nutrition\\_October\\_2012.pdf](http://www.osteoporosis.ca/wp-content/uploads/OC_Nutrition_October_2012.pdf)**

Information on healthy eating for healthy bones

## **Health Canada**

**<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>**

For information on Canada's Food Guide to Healthy Eating as well as nutrition labeling and a healthy body weight. Check out the interactive Food Guide on-line!

## **Dietitians of Canada**

**<http://www.dietitians.ca>**

This website is full of useful, practical information about nutrition and health.

## **Dietary Supplements**

**<http://www.cc.nih.gov/ccc/supplements>**

This website is maintained by the National Institutes of Health in the U.S. and includes concise summaries of current information on vitamin and mineral supplements.

## **Centers for Disease Control and Prevention**

**<http://www.cdc.gov/Women/>**

Information on a variety of topics relating to Women's Health.

## **The North American Menopause Society**

**<http://www.menopause.org/for-women>**

Information on topics pertaining to menopause and aging.

## **Heart and Stroke Foundation of Canada**

**<http://www.heartandstroke.ca>**

Information about heart disease and a healthy lifestyle.

## **Salt Calculator**

**<http://www.projectbiglife.ca/sodium/>**

This site allows you to determine how much sodium you consume a day!

## **Dairy Farmers of Canada**

**<http://www.dairygoodness.ca/en/consumers/home.htm>**

This website contains information about the benefits of consuming dairy products for human health.

## **Flax Council of Canada**

**<http://www.flaxcouncil.ca>**

Detailed information about flaxseed and potential health benefits as well as recipes and ideas of how to incorporate flaxseed in your diet

## **Canadian Physical Activity Guidelines**

**<http://www.csep.ca/english/view.asp?x=804>**

Physical activity guidelines developed for Canadians. There are specific guidelines for children (5-11 years); youth (12-17 years); adults (18-64 years) and older adults (over age 64 years).