

Useful Websites for Childhood Nutrition

EatRight Ontario – Childhood Nutrition www.eatrightontario.ca/en/Children.aspx

Healthy Canadians – Food & Nutrition www.healthycanadians.gc.ca/

Caring for Kids – Canadian Paediatric Society www.caringforkids.cps.ca/

Nutrition Resource Centre – www.nutritionrc.ca

Best Start Resource Centre – en.beststart.org/ or fr.meilleurdepart.org/

Physical Activity Resource Centre – parc.ophea.net