



NUTRITION RESOURCES

PUBLIC HEALTH
1-800-361-5653

york.ca/nutrition


York Region

Helpful resources to help keep you and your family healthy

Canada's Food Guide can help you discover that healthy eating is more than the foods you eat. Visit Canada.ca/FoodGuide for up-to-date information and practical tips about healthy eating.



To get free advice from a Registered Dietitian about nutrition and healthy eating, call Telehealth Ontario at 1-866-797-0000

Wondering if your child is a healthy eater? Find out and get feedback on your toddler or preschooler's eating habits at nutritionscreen.ca



For easy-to-understand information on nutrition, food, healthy eating, and disease prevention, visit UnlockFood.ca



For resource guides on nutrition while pregnant or for babies and young children visit foodandhealthtoday.com/store
Digital copies available for free.

