

# NUTRITION Information Guide

## WEBSITES

### CANADA'S FOOD GUIDE

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

### DIETITIANS OF CANADA

[www.dietitians.ca](http://www.dietitians.ca)

### EAT RIGHT ONTARIO

[www.eatrightontario.ca](http://www.eatrightontario.ca)

### UNITED STATES DEPARTMENT OF AGRICULTURE

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: [askus@kpl.org](mailto:askus@kpl.org)

WEBSITE: [www.kpl.org/ref/healthlink.html](http://www.kpl.org/ref/healthlink.html)

IN PERSON: at any KPL location

## COMMUNITY CONTACTS

### Eat Right Ontario

*Dietitian Advisory Service*

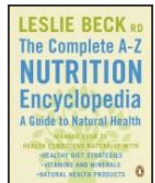
Phone: 1-877-510-5102 (call toll-free to speak to a Registered Dietician)

## BOOKS

### The complete A-Z nutrition encyclopedia: a guide to natural health

Leslie Beck 2010

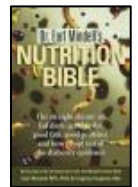
[613.203 Beck](#)



### Dr. Earl Mindell's nutrition bible

Earl Mindell 2010

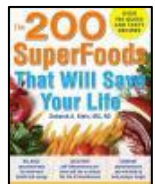
[613.2 Minde 2010](#)



### The 200 superfoods that will save your life

Deborah Klein 2010

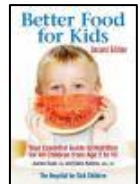
[613.2 Klein](#)



### Better food for kids: Your essential guide to nutrition for all children from age 2 to 10

Joanne Saab 2010

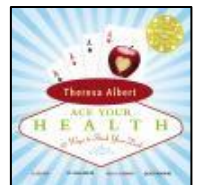
[641.5622 Saab 2010](#)



### Ace your health: 52 ways to stack your deck

Theresa Albert 2011

[613.2 Alber](#)



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