



FEBRUARY 2018

**NUTRITION
RESOURCES**
www.fraserhealth.ca

NUTRITION RESOURCES

Prenatal, Infant, Toddler, Preschool and School-Aged Populations

Who are we?

We are the Fraser Health Public Health Nutrition program - Registered Dietitians who promote healthy eating using population-based strategies.

Why are we sending this list of resources to you?

There are so many sources of nutrition resources available on the web. We want to ensure that you have the best resources available in Fraser Health. We encourage you to share these resources with the families you work with.

What topics do the resources cover?

These resources cover pregnancy, infant, toddler, preschool and school-aged populations. A list of the resources is below.

How do I access the resources?

Resources are hyperlinked in the list below, or you can visit the Fraser Health Patient Education catalogue website and type in the name of the resource. <https://patienteduc.fraserhealth.ca/>
Feel free to share the links with families or download and print copies.

Are the nutrition resources available in other languages?

Yes, some resources are available in other languages. The link to each resource will tell you the languages available.



What are Fraser Health nutrition-related websites and social media we can refer to?

For more information on:

- Pregnancy: www.fraserhealth.ca/health-info/pregnancy-and-babies
- Infant and toddler nutrition: www.fraserhealth.ca/feedingyourchild
- School health: www.fraserhealth.ca/schoolhealth

For regularly updated news and articles, including blogs: <http://news.fraserhealth.ca>



twitter.com/FraserHealth

<http://www.facebook.com/FraserHealthAuthority>

<http://www.instagram.com/fraserhealth>

If someone wants to speak to a dietitian can we contact you?

We do not do 1:1 counselling. However there are many options when seeking out dietitian services. For individual nutrition needs, please call Healthlink BC at 811 to speak to a Registered Dietitian. If you are seeking a dietitian to speak to your group or to support healthy eating policy or programming, please contact your local Public Health Dietitian for your options.

How do I contact my local Public Health Dietitian?

Donna Whitham (donna.whitham@fraserhealth.ca) – Tricities, Surrey (Guildford only)

Nadia Guirguis (nadia.guirguis@fraserhealth.ca) – Surrey (North Surrey-Newton), White Rock

Joyce Wong (joyce.wong@fraserhealth.ca) – Maple Ridge, Langley, Cloverdale

Deanna Tan (deanna.tan@fraserhealth.ca) – Burnaby, New Westminster, Delta

Carole Chang (carole.chang@fraserhealth.ca) – on mat leave until summer 2018. Coverage by Etienne

Nemanishen (etienne.nemanishen@fraserhealth.ca) – Abbotsford, Agassiz, Chilliwack, Hope, Mission

NUTRITION RESOURCES 2018

Please print resources as needed to ensure you have the most recent version.

Resources available online at: <https://patienteduc.fraserhealth.ca/>

Pregnancy & Breastfeeding

[Baby's Best Chance](#)

[Healthy Eating for Pregnancy and Breastfeeding](#)

[A Healthy Punjabi Diet During Pregnancy](#)

[Breastfeeding](#)

[Pregnancy and Nutrition: Folate and Neural Tube Defects](#)

[My Food Guide Servings Tracker – for Pregnant Women 19-50 Years](#)

[Nausea and Vomiting in Pregnancy](#)

[Eat Safely, Eat Well: Food Safety During Pregnancy](#)

Baby 6-12 Months

[Baby's First Foods](#)

[Vitamin D for Babies and Toddlers](#)

[Healthy Eating for Babies 6-12 Months](#)

[Feeding Your Baby \(0 to 6 Months\)](#)

[Feeding Your Baby \(6 to 12 Months\): Make Your Baby's First Solid Foods Rich in Iron](#)

[Feeding Your Baby: Sample Meals for Babies 6 to 12 Months of Age](#)

[Feeding Your Baby \(6 to 12 Months\): Eating together with your baby as often as possible](#)

[Feeding Your Baby \(6 to 12 Months\): Your baby learns about food and how to eat by feeding herself](#)

[Feeding Your Baby \(6 to 12 Months\): Wait until your baby is 9 to 12 months before you offer milk](#)

[Feeding Your Baby \(6 to 12 Months\): Try to breastfeed for as long as you and your child wants](#)

[Live 5-2-1-0 Setting the Stage for a Healthy Childhood: Raising a Healthy Eater – Birth to 12 Months](#)

[Live 5-2-1-0 Infants, Toddler and Preschoolers: Setting the Stage for a Live 5-2-1-0 Child](#)

[Recipes for Your Baby 6-9 Months Old](#)

[Recipes for Your Baby 9-12 Months Old](#)

[Finger Foods for Babies 6 - 12 Months](#)

[Healthy Eating Guidelines for Your Vegetarian Baby: 6-12 Months](#)

[Reducing Risk for Food Allergy in Your Baby](#)

[Eczema and Food Allergy in Babies and Young Children](#)

[Safe Food Handling for Children Ages 5 and Under](#)

[Preventing Choking in Babies & Young Children: For Child Care Providers](#)

[Managing Constipation in Babies and Toddlers Under 2 Years of Age](#)

Toddlers and Preschoolers

[Toddler's First Steps](#)

[Vitamin D for Babies and Toddlers](#)

[Helping Your 1 to 3 Year Old Child Eat Well](#)



[How to Feed Your Growing Child Ages 2 to 5](#)

[Is My Child Growing Well](#)

[Live 5-2-1-0 Setting the Stage for a Healthy Childhood: Raising a Healthy Eater – 1 to 4 Years](#)

[Meal and Snack Ideas for Your 1 to 3 Year Old Toddler](#)

[Healthy Eating guidelines For Your Vegetarian Toddler: 1-3 years](#)

[Eating Routine for Young Children](#)

[Kids and Thirst](#)

[Bye Bye Baby Bottle](#)

[Eczema and Food Allergy in Babies and Young Children](#)

[Severe Allergic Reactions to Food – Children and Teens](#)

[Safe Food Handling for Children Ages 5 and Under](#)

[Preventing Choking in Babies & Young Children: For Child Care Providers](#)

[Managing Constipation in Babies and Toddlers Under 2 Years of Age](#)

School Age

[Helping Your School Age Child Eat Well](#)

[Lunches to Go](#)

[Eat Well, Play Well – At School](#)

[Vegetarian Nutrition for Youth](#)

[Severe Allergic Reactions to Food – Children and Teens](#)

[Sip Smart for Gr 4-7](#)

[Sugary Drink Sense – Teens](#)

[Lunch Room Monitoring – will be available by March 2018](#)

Vegetarian

[Healthy Eating Guidelines for Your Vegetarian Baby: 6-12 Months](#)

[Healthy Eating guidelines For Your Vegetarian Toddler: 1-3 years](#)

[Vegetarian Nutrition for Youth](#)

Formula Feeding

[Feeding Your Baby Formula: Before You Start](#)

[Feeding Your Baby Formula: Safely Making and Storing Formula](#)

[How to Prepare Concentrated Liquid Formula](#)

[How to Prepare Powdered Formula](#)

[How to Prepare Ready to Feed Formula](#)

[How to Clean and Disinfect](#)

[Bottle Feeding your Baby Birth to 6 Months](#)

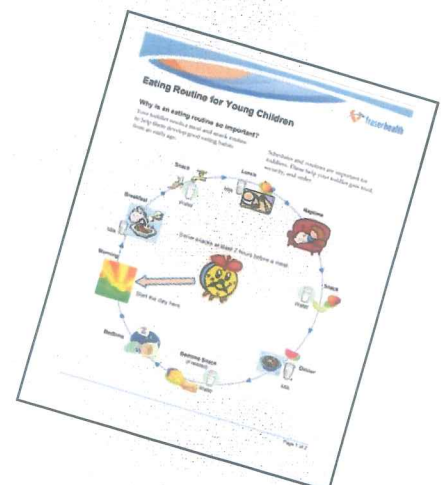
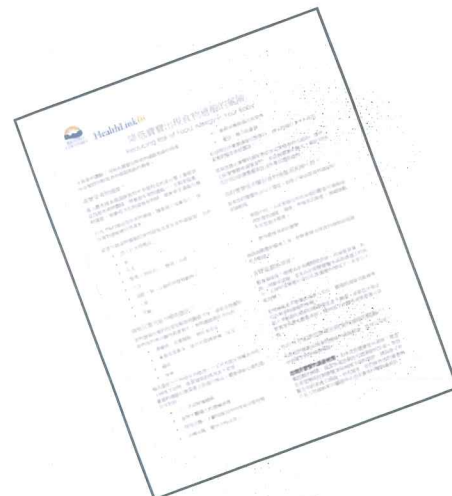
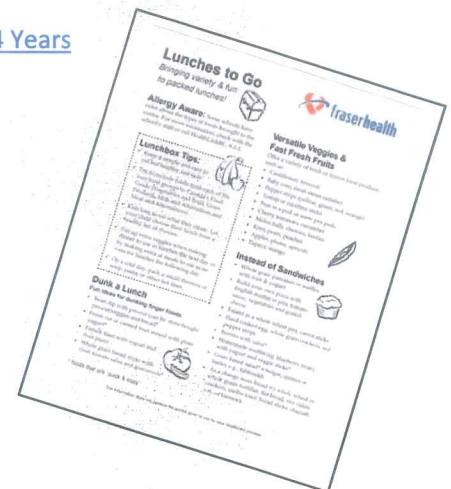
[Bye Bye Baby Bottle](#)

Allergy

[Reducing Risk for Food Allergy in Your Baby](#)

[Eczema and Food Allergy in Babies and Young Children](#)

[Severe Allergic Reactions to Food – Children and Teens](#)



Food Safety

- [Food Safety for Fresh Fruits and Vegetables](#)
- [Food Safety: Easy Ways to Make Food Safe](#)
- [Food Safety – Instructions on Food Labels](#)
- [Safe Food Handling for Children Ages 5 and Under](#)
- [Food Safety: Mercury in Fish](#)
- [Eat Safely, Eat Well: Food Safety During Pregnancy](#)
- [Nitrates in Well Water](#)
- [Pasteurized and Raw Milk](#)
- [Preventing Choking in Babies & Young Children: For Child Care Providers](#)
- [Unpasteurized Fruit Juices and Ciders](#)
- [Listeriosis](#)

Sugary Drinks

- [Sip Smart for Gr 4-7](#)
- [Sugary Drink Sense – Teens](#)
- [Sugary Drink Sense - Parents](#)
- [Energy Drinks](#)

Planning Resources

- [Eat Well Plate](#)
- [Eating Well with Canada’s Food Guide](#)
- [Eating Well with Canada’s Food Guide – First Nations, Inuit and Metis](#)

Nutrient-Specific

- [Vitamin D for Babies and Toddlers](#)
- [Fibre and Your Health](#)
- [Folate & Your Health](#)
- [Food Sources of Calcium and Vitamin D](#)
- [Iron and Your Health](#)
- [Iron in Foods](#)

Condition-Specific

- [Managing Constipation in Babies and Toddlers Under 2 Years of Age](#)
- [Eating for Peak Performance](#)

General Healthy Eating

- [Fueling your Mind and Body](#)
- [Digging Up the Dirt on Dieting](#)
- [Eat Well Play Well - At Home](#)
- [Live 5-2-1-0 Four Simple Guidelines for Raising Healthy Children](#)

