

## Selected Reliable Food-Related Websites

### Health Canada – My Food Guide

This interactive tool allows you to estimate the number of servings of foods you eat each day and compare your results with the current recommended number of servings for your age and gender profile. You can create and print out a copy of your own personal food guide! Use this personalized information to guide you toward making healthier food choices.

### Osteoporosis Canada

Beyond offering further information regarding foods, exercise and supplements for bone health, this website provides basic information about the diagnosis of and possible treatment options for osteoporosis. You can use the Calcium Calculator™ to estimate your daily calcium intake. Try some of the calcium-rich recipes! They also offer a toll-free bilingual information line: 1-800-463-6842 English and 1-800-977-1778 French.

### BC Women's Hospital and Health Centre – Osteoporosis Program

The BC Women's Hospital and Health Centre offers a clinic for women who have a doctor's referral and have been diagnosed with osteoporosis or osteopenia with several risk factors. They also offer 2 to 3 osteoporosis education classes each year that do not require a doctor's referral. Check with the health centre for the dates of these education classes. Health professionals from the Osteoporosis Program have developed the Osteofit exercise program. Osteofit classes are available at community centres throughout British Columbia. Check with your local community centre to see if they offer these classes. The Osteoporosis Program website provides downloadable resources on osteoporosis.

### BC HealthFile – Food Sources of Calcium and Vitamin D

This is a guide to food sources and recommended intakes of both calcium and vitamin D. If you think that you are not consuming enough vitamin D and calcium in the foods that you eat, then you may want to also check the calcium and vitamin D supplements HealthFile, available at: <http://www.healthlinkbc.ca/healthfiles/hfile68k.stm>

### Dial-a-Dietitian

If you live in British Columbia, Dial-a-Dietitian is a one-stop resource for asking any nutrition-related questions you have to a Registered Dietitian at the other end of the phone line. They offer translation services in 130 languages! Call toll-free from anywhere in BC 1-800-667-3438, or if you live in the metro Vancouver area call 604-732-9191. You can also view links and download quality food and nutrition resources about bone health and many other health issues from the website.

### Women's Health Matters

This website offers up-to-date information, news and research on aspects of women's health and lifestyle issues. The website content is reviewed by experts at Women's College Hospital, an affiliate of the University of Toronto, Ontario, Canada.

### **EATracker**

This assessment tool is offered by Dietitians of Canada and allows you to track your daily food intake and physical activities and compare your results to Health Canada's recommendations.

### **Health Canada – Canadian Nutrient File**

If you are interested in learning which nutrients are found in different foods, or foods that contain richer sources of particular nutrients, this is the site for you! It is a user-friendly database to find the nutritional content of foods. You can select the portion size of the food that you want to analyze.