

# Canadian Website Directory for Nutrition and Health

## Health

Health Canada  
[www.hc-sc.gc.ca/](http://www.hc-sc.gc.ca/)

Government of Canada  
[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

Canadian Institutes of Health  
Research  
[www.cihr-irsc.gc.ca](http://www.cihr-irsc.gc.ca)

Canadian Heart and Stroke  
Foundation  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

Canadian Diabetes Association  
[www.diabetes.ca](http://www.diabetes.ca)

Blood Pressure Canada  
[www.hypertension.ca](http://www.hypertension.ca)

Canadian Cancer Society  
[www.cancer.ca](http://www.cancer.ca)

Multiple Sclerosis Society of Canada  
[www.mssociety.ca](http://www.mssociety.ca)

Arthritis Society of Canada  
[www.arthritis.ca](http://www.arthritis.ca)

About Kids Health  
[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

Canadian Celiac Association  
[www.celiac.ca](http://www.celiac.ca)

Allergy Asthma Information  
Association  
[www.aaia.ca](http://www.aaia.ca)

Osteoporosis Society of Canada  
[www.osteoporosis.ca](http://www.osteoporosis.ca)

Canadian Obesity Network  
[www.obesitynetwork.ca](http://www.obesitynetwork.ca)

Natural Health Products Directorate  
of Health Canada  
[www.hc-sc.gc.ca/dhp-  
mps/prodnatur/about-  
apropos/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/prodnatur/about-<br/>apropos/index_e.html)

Women's Health Matters  
[www.womenshealthmatters.ca](http://www.womenshealthmatters.ca)

Canadian Women's Health Network  
[www.cwhn.ca](http://www.cwhn.ca)

Centres of Excellence for Women's  
Health  
[www.cewh-cesf.ca](http://www.cewh-cesf.ca)

Ontario Women's Health Network  
[www.own.on.ca](http://www.own.on.ca)

## Nutrition

Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)

Eat Right Ontario  
1-800-510-5102  
[www.ontario.ca/eatright](http://www.ontario.ca/eatright)

Eatsmart Ontario  
[www.eatsmart.web.net](http://www.eatsmart.web.net)

BC Dial-a-dietitian  
1-800-667-3438  
[www.dialadietitian.org](http://www.dialadietitian.org)

Nutrition Labelling Education Center  
[www.healthyeatingisinstore.ca/](http://www.healthyeatingisinstore.ca/)

Eating Disorders  
[www.something-fishy.org](http://www.something-fishy.org)  
[www.nedic.ca](http://www.nedic.ca)

Food Safety Network  
[www.foodsafetynetwork.ca](http://www.foodsafetynetwork.ca)

Whole Grains Information  
[www.wholegrainsbureau.ca](http://www.wholegrainsbureau.ca)

Leslie Beck (dietitian-author)  
[www.lesliebeck.com](http://www.lesliebeck.com)

## Physical Activity

ParticipAction  
[www.participaction.com](http://www.participaction.com)

## Recipes

Becel Canada  
[www.becel.ca](http://www.becel.ca)

Foodland Ontario  
[www.foodland.on.ca](http://www.foodland.on.ca)

The Food Network  
[www.foodtv.ca](http://www.foodtv.ca)

Dairy Farmers of Canada  
[www.dairygoodness.ca](http://www.dairygoodness.ca)

## Vegetables and Fruit

5 to 10 Program  
[www.5to10aday.com/](http://www.5to10aday.com/)

The Vegetarian Resource Group  
[www.vrg.org](http://www.vrg.org)

Canadian Produce Marketing  
Association  
[www.cpma.ca/](http://www.cpma.ca/)

### Canadian Food and Nutrition Organizations

#### [Canadian Institute of Food Science and Technology \(CIFST\)](#)

National association for food industry professionals. Position statement on food irradiation; links to academic, professional and industry publication websites.

[Canadian Obesity Network](#)

[Canadian Partnership for Consumer Food Safety Education](#)

Provides information on foodborne illness, the FightBAC campaign, and food safety education materials.

[The Canadian Research Institute for Food Safety](#)

(CRIFS) CRIFS is dedicated to the generation of new knowledge through basic and applied research, to the training of scientists and to providing information and expertise applicable to all sectors of the food industry.

[Food Service Hospitality](#)

Celebrates Canada's culinary traditions. Provides a members forum and resources, and features Canadian food specialists.

[The Food Safety Network](#)

The Food Safety Network at the University of Guelph provides research, commentary, policy evaluation and public information on food safety issues from farm-to-fork.

[Ryerson Polytechnic Food Security](#)

Information from the Toronto food security and research network as well as food security and food policy links.

[Back to Top](#)

**Canadian Government**

[Agriculture and Agri-Food Canada Online](#)

Extensive access to Canadian agriculture and food publications, resources, research, networks, and more.

[Canada Gazette](#)

[Canadian Food Inspection Agency](#)

Canada's federal food safety, animal health and plant protection enforcement agency. Site provides information for consumers and professionals on food safety (including biotechnology), food labeling and other topics.

[Food Processors of Canada](#)

A business tool developed by the Food Institute of Canada and Agriculture and Agri-Food Canada. Provides links to policy, regulatory, food safety, trade information and other sites.

[Food Value Chain Bureau](#)

The primary centre of knowledge of the food industry (the food and beverage processing, distribution and retail sectors) within Agriculture and Agri-Food Canada.

[Health Canada](#)

The main site for finding information and headline news from Health Canada.

[Health Canada Food Program](#)

The central site for information related to food safety and regulation.

[Health Canada - Nutrition Policy and Promotion Office](#)

Focal point for nutrition within Health Canada: Canada's Food Guide to Healthy Eating, Dietary Reference Intakes, Nutrition Labeling, Vitality and Healthy Weights resources.

[Health Promotion Online](#)

Doorway to Health Canada's health promotion information on the Internet, including information related to social marketing and partnership development.

### [Physical Activity Unit](#)

Health Canada's web site for information about physical activity, recreation and active living in Canada. Access to Canada's Physical Activity Guide.

### [Statistics Canada](#)

Access to a wide variety of statistics and reports from Statistics Canada.

### [Strategis](#)

Good information on industry statistics and Industry Canada services for business and consumer use.

### [Back to Top](#)

## **Dietetic Associations and Nutrition Foundations**

### [American Dietetic Association](#)

Nutrition factsheets, FAQs, recommended reading list, access to the online journal.

### [Australian Nutrition Foundation](#)

Provides information and advice on nutrition and promotes the health and well-being of Australians. Includes newsletters, publications, published papers.

### [British Nutrition Foundation](#)

Provides nutrition facts and information, nutrition news, publications, and more.

### [Dietitians of Canada](#)

Resources include factsheets and FAQs, a directory of Registered Dietitians in private practice, and an interactive component to help assess food choices, activity patterns and body weight.

### [Back to Top](#)

## **Food Industry Commodity Organizations**

[Beef Information Centre](#)

[Canadian Council of Grocery Distributors](#)

[Canadian Egg Marketing Agency - Nutrition section](#)

[Canadian Meat Council](#)

[Canadian Pork Council](#)

[Canadian Produce Marketing Association](#)

[Canadian Sugar Institute](#)

CSI maintains a database of the latest studies on sugar, carbohydrate and health, and provides various consumer and professional resources.

[Dairy Farmers of Canada](#)

[Food and Consumer Products of Canada \(FCPC\)](#)

[Turkey Farmers of Canada](#)

[Back to Top](#)

## **Health Agencies and Associations**

[American Council on Science and Health](#)

Information, including editorials and publications from this consumer education consortium concerned with issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment and health.

[American Institute for Cancer Research](#)

[The Arthritis Society](#)

[Canadian Cancer Society](#)

Information about research, events, patient service, public education and medical affairs.

[Canadian Diabetes Association](#)

Diabetes information, highlights of recent Diabetes Dialogue articles, access to CDA's Chinese web page, and membership information.

[Canadian Health Network](#)

Access to information and resources on a wide variety of health topics for consumers and health intermediaries, provided by a network of Canadian health organizations.

[Canadian Institute of Child Health](#)

[Canadian Medical Association](#)

[Canadian Paediatric Society](#)

Provides health and nutrition information, including the Infant Feeding Statement.

[Canadian Public Health Association](#)

Health resource centre, plain language service, HIV/AIDS clearinghouse, and information on national and international health programs, events and the journal.

[Child & Family Canada](#)

For a wide range of helpful articles on the health, well-being, development and care of children provided by a consortium of non-profit organizations.

[Healthy Eating is in Store for You](#)

[Heart and Stroke Foundation of Canada](#)

Provides research information, heart disease and stroke statistics, heart smart kids family fun activities, information about heart healthy eating and other heart health issues.

[National Council Against Health Fraud](#)

A voluntary health agency focusing on health fraud, misinformation and quackery as a public health problem.

[National Osteoporosis Foundation](#)

[Ontario Prevention Clearinghouse](#)

This site focuses on health promotion and prevention activities across Ontario.

[Osteoporosis Society of Canada](#)

[Back to Top](#)

**International Food and Nutrition Organizations**

[European Food Information Council \(EUFIC\)](#)

Information related to food safety and quality, nutrition and health, and food biotechnology.

[International Food Information Council Foundation \(IFIC\)](#)

IFIC provides food safety and nutrition information through its Food insight newsletter, information for reporters, publications list, information for educators, and additional resources.



[International Food Policy Research Institute \(IFPRI\)](#)

National and international strategies and policies for meeting the food needs of the developing world on a sustainable basis. Includes news releases and other information.

[World Health Organization](#)

Information about WHO, reports, what's new, information sources and other UN Web sites.

[Back to Top](#)

**US Government**

[Food and Drug Administration \(US FDA\)](#)

[Food and Nutrition Information Centre](#)

[Food Safety](#)

Gateway to US government food safety information, including news and safety alerts, consumer advice, and access to government agencies.

[Nutrition](#)

Easy access to all online US federal government information on nutrition, healthy eating, physical activity and food safety.

[National Institutes of Health \(NIH\)](#)

Information about NIH programs, grants and research.

[United States Department of Agriculture \(USDA\)](#)

The main web site for information from USDA. Links to food and nutrition information.

[Back to Top](#)

### **Searching for More ...**

[Arbor Nutrition Guide](#)

A comprehensive site to help search for food and nutrition information, including government sources, research, and nutrition and food science university departments.

[Canadian Universities Index](#)

Find home pages for universities in Canada, the United States and worldwide.

[CliniWeb International](#)

Direct links to Medline citations and other relevant web pages.

[Learn the Net](#)

Provides guidance in finding and evaluating online information, and in using newsgroups and mailing lists to support those dealing with a shared health concern.

[Medline Plus](#)

A plain language Medline search tool to help consumers find scientific information about diseases, conditions and other wellness issues.

[National Library of Medicine](#)

A comprehensive site for researching medical and nutrition information. Includes free access to Medline.

[Tufts University Nutrition Navigator](#)

A rating guide to nutrition websites presented by the Center on Nutrition Communication, School of Nutrition Science and Policy.

[WebMedLit](#)

Tracks abstracts in more than 20 mainstream medical journals and provides the latest health research findings.

[Wellness Letter - University of California at Berkeley](#)

Includes article summaries, index of past issues and subscription information, recipe file, encyclopedia of health basics, and guide to dietary supplements.

\* This information has been compiled by the Registered Dietitians of Compass Group Canada



LIVE