

## Supports to help you along your healthy eating journey!

**Websites:** trusted and reliable information at your fingertips.

Eat Right Ontario – [www.eatrightontario.ca](http://www.eatrightontario.ca)

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

**Blogs:** check out these dietitian's sites for practical tips on meal planning, healthy snacks and updates on the latest nutrition buzz.

A Little Nutrition – [www.alittlenutrition.com](http://www.alittlenutrition.com)

Lindsay Pleskot – [www.lindsaypleskot.com](http://www.lindsaypleskot.com)

Vincci Tsui – [www.vinccitsui.com](http://www.vinccitsui.com)

Desiree Nielsen – [www.desireerd.com](http://www.desireerd.com)

Health Castle – [www.healthcastle.com](http://www.healthcastle.com)

**Food Tracking Programs:** consider tracking your food intakes to find out more information about your food choices and patterns.

My Fitness Pal – [www.myfitnesspal.com](http://www.myfitnesspal.com)

Eat Tracker – [www.eattracker.ca](http://www.eattracker.ca)

Fit Day – [www.fitday.com](http://www.fitday.com)

Lose It – [www.loseit.com](http://www.loseit.com)

**Dietitians Services:** connect with a nutrition professional

Loblaws Stores – contact your local Loblaws store to inquire about a free nutrition consultation with a registered dietitian.

Dietitians of Canada – check out the *Find a Dietitian* link to connect with a dietitian in your area.

Eat Right Ontario – connect to a dietitian for free via phone 1-877-510-5102 or email using the link on their website.