

# Reliable Resources

## for healthy eating

Osteoporosis Program at the University Health Network and Mt. Sinai Hospital



**Dietitians of Canada:** This website is the voice of professional dietitians in Canada, and provides go-to information for healthy eating for everyday life. <http://www.dietitians.ca/>

- Have a look, especially under the “Your Health” tab.
- Check out the “Can I trust this nutrition advice?” webpage, which lists five tips on spotting nutrition advice that may not be trustworthy. <http://www.dietitians.ca/Media/News-Releases/2015/Misinformation.aspx?ref=digest>

**Healthy eating for healthy bones:** The Osteoporosis Canada’s webpage on healthy eating for healthy bones offers up-to-date recommendations that experts can agree on. Scroll all the way down to find more, great resources. <http://www.osteoporosis.ca/osteoporosis-and-you/nutrition/>

**Recipes for healthy bones:** The International Osteoporosis Foundation keeps an online cookbook, which consists of unique, international recipes that are rich in calcium and vitamin D. Each recipe is also accompanied by nutritional information for bones, like the amount of calcium, vitamin D and protein found in the recipe. <http://www.iofbonehealth.org/recipes/>

**Eatracker:** This recipe analyzer is brought to you by the Dietitians of Canada. It generates a basic nutrient profile for almost any recipe, including the amount of calories, protein, fats, carbohydrates, and key vitamins and minerals found in the recipe. [https://www.eatracker.ca/recipe\\_analyzer.aspx](https://www.eatracker.ca/recipe_analyzer.aspx)

**Canadian Nutrient File:** This Health Canada website generates a very detailed nutrient profile for the foods we eat. It includes a long list of vitamins and minerals and types of fatty acids, amino acids and carbohydrates found in a certain food (e.g., baked wild, Atlantic salmon). <http://webprod3.hc-sc.gc.ca/cnf-fce/start-debuter.do?lang=eng>

**In-season and local:** This Foodland Ontario’s calendar shows which local fruits and vegies are in-season throughout the year: <https://www.ontario.ca/foodland/page/availability-guide>

**Healthy eating resources on Osteoconnections.com:** Check out our webpages on healthy eating, brought to you by the University Health Network & Mt. Sinai Hospital Osteoporosis Program: <http://osteconnections.com/patient-materials/>  
<http://osteconnections.com/osteoporosis-information/osteoporosis-and-nutrition/>

