

## General Resource Websites for Nutrition and Eating

- Canada's Food Guide  
<https://food-guide.canada.ca/en/>
- Unlock Food: brought to you by the Dieticians of Canada (articles, recipes, etc.)  
<http://www.unlockfood.ca/en/default.aspx>
- Mayo Clinic: 10 Tips for Picky Eaters  
<http://www.mayoclinic.org/healthy-living/childrens-health/in-depth/childrens-health/art-20044948>
- Kids Health: Toddlers at the Table- Avoiding Power Struggles (can read or listen)  
[http://kidshealth.org/parent/nutrition\\_center/staying\\_fit/toddler\\_meals.html](http://kidshealth.org/parent/nutrition_center/staying_fit/toddler_meals.html)
- Early On Centers: Parent and child programs for children 0-6 and resources  
<http://www.earlyyearsinfo.ca/resources.html>
- Healthy Babies Healthy Children: Each region has separate programs and services
- Public Health—Guelph-Wellington-Dufferin: Links to many resources including NutriStep, child health fairs, developmental screening  
[www.wdgpulichealth.ca](http://www.wdgpulichealth.ca)
- Public Health—Waterloo Region: Child, youth and family health resources including child health fairs, developmental screening  
[www.chd.region.waterloo.on.ca](http://www.chd.region.waterloo.on.ca)
- Caring for Kids: Healthy Eating, Healthy Snacks, Picky Eaters  
[https://www.caringforkids.cps.ca/handouts/healthy\\_eating\\_for\\_children](https://www.caringforkids.cps.ca/handouts/healthy_eating_for_children)  
[https://www.caringforkids.cps.ca/handouts/healthy\\_snacks\\_for\\_children](https://www.caringforkids.cps.ca/handouts/healthy_snacks_for_children)  
[https://www.caringforkids.cps.ca/handouts/when\\_your\\_child\\_is\\_a\\_picky\\_eater](https://www.caringforkids.cps.ca/handouts/when_your_child_is_a_picky_eater)
- About Kids Health (SickKids): Appetite Slumps in Toddlers  
<https://www.aboutkidshealth.ca/Article?contentid=637&language=English&hub=YourToddler>