

Heart Healthy Nutrition Resources

Websites and Apps:

Dietitians of Canada	www.dietitians.ca
EatRight Ontario	www.eatrightontario.ca
EaTipster	www.eatipster.com
EaTracker	www.eatracker.ca
EatWise	www.eatwise.ca
Health Canada	www.hc-sc.gc.ca
Heart & Stroke Foundation	www.heartandstroke.ca
Sodium 101	www.sodium101.ca



*For a free copy of *Canada's Food Guide*, go to:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>

Books:

American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th Edition
By American Heart Association (Crown Publishing Group, 2010)

Leslie Beck's Health Kitchen
By Leslie Beck (Penguin Group Canada, 2012)

Low-Fat Guilt Free Desserts
By Wendy Doyle (Anness, 2010)

Canadian Diabetes Meals for Good Health 2nd Edition
By Karen Graham (Robert Rose, 2012)

The Everyday Dash Diet Cookbook
By Marla Heller (Grand Central Publishing, 2013)

Lighearted at Home
By Anne Lindsay (Wiley, 2010)

1,001 Heart Healthy Recipes
By Dick Logue (Fair Winds Press, 2012)

