

Nutrition Nuggets for Parents

A guide to find nutrition information for your family and your child.

Feeding Toddlers & Young Children



Canada's Food Guide

Canada.ca/FoodGuide

Healthy eating tips, recipes, videos



Healthy Parents, Healthy Children

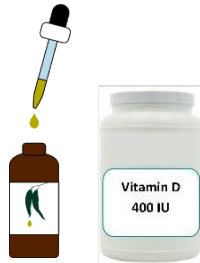


or online at:

healthyparentshealthychildren.ca

Vitamin D

All children need 400IU of Vitamin D each day.



PAD!S



Poison & Drug Information Service

1-800-332-1414

Advice about poisons, medicine and herbal products

Health Link

Call 811

24/7 health & nutrition advice



Healthy Eating Starts Here

AHS Nutrition Website

Visit www.ahs.ca/nutritionhandouts

Click Inspiring Healthy Eating for recipes



Click topic for nutrition information



Healthy Eating Resources	
Nutrition Education Materials	
Recipes to Help You Get Enough Calories and Protein	<p>Healthy Eating Starts Here Healthy Eating Resources Nutrition Education Materials</p> <p>The Nutrition Education Materials below provide nurses, physicians based resources for key nutrition topics. They support providers in Guidelines.</p> <ul style="list-style-type: none"> ▶ Pregnancy & Breastfeeding ▶ Infants ▶ Children/Adolescents ▶ Allergy
AHS Healthy Eating Environment	
Healthy Eating Starts Here Posters & Postcards	
Inspiring Healthy Eating	
Manuals and Toolkits	
Nutrition Guidelines and Resources for Healthy Eating	
Get to Know a Dietitian	

Key Nutrition Handouts

[Feeding Toddlers & Young Children](#)

[Healthy Drinks. Healthy Kids](#)

[Vitamin D for Babies & Children](#)

[Iron for Babies & Young Children](#)

[Conversation Cards](#)

[Snacks for Children](#)

[Plant – Based Beverages for Children](#)

Nutrition Nuggets for Parents

Healthy Parents Healthy Children - The Early Years Pages

Choking Hazards

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Feeding Your Toddler

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Feeding Your Preschooler

Page 386

Feeding Your Young Child

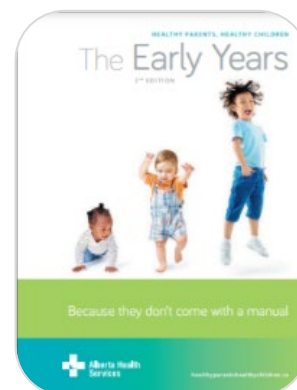
Pages 421-422

Food safety

Pages 56-60

Milk

Page 335-336



or online at:

healthyparentshealthychildren.ca

For information on the Feeding Relationship visit:
[Feeding Toddlers & Young Children](#)

Beyond the book...

Food safety

Health Canada

Canada.ca > [Health](#) > [Food and nutrition](#)
> [Food safety](#) > [General food safety tips](#)

- > [Safe food storage](#)
- > [Food safety tips for barbecuing](#)
- > [Home canning safety](#)
- > [Food safety tips for leftovers](#)
- > [Food safety tips for microwave ovens](#)
- > [How to read food date labels](#)
- > [Pesticides and food safety](#)
- > [Wild game food safety](#)



High mercury fish

Shark, swordfish, fresh or frozen tuna, white canned tuna, marlin, orange roughy, escolar

These fish are high in mercury and should be avoided or limited.

Some fish from Alberta lakes and rivers are also high in mercury.

Local fish consumption advisories:



Raising Our Healthy Kids Videos

Learn more about raising healthy infants, preschoolers and school aged children.



Scan QR code with phone camera or app to go directly to website.



Contact a Dietitian:

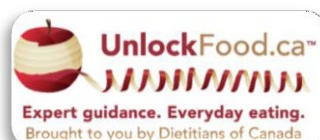
Health Link: 811

Lethbridge: 403-388-6653

Medicine Hat: 403-502-1411

Brooks: 403-501-3315

Cooking Skills & Recipes



Is it an allergic reaction?

Food allergy symptom checker

allergycheck.ca

Check if symptoms may be caused by a food allergy and if further advice from an allergy specialist is recommended

Note: does not replace expert medical advice

Questions? Contact your local health centre or call 811

