

## web resources

The Internet is a valuable resource, but finding reliable health information can be a challenge. So we've done the research for you. Listed below are some non-profit educational sites specifically for Canadians.

### GENERAL HEALTH

**Health Essentials: Now online!**  
[www.healthessentialsmagazine.com](http://www.healthessentialsmagazine.com)

Public Health Agency of Canada:  
[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Canadian Health Network:  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca)

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

### DIGESTIVE HEALTH

Canadian Digestive Health Foundation:  
[www.cdhf.ca](http://www.cdhf.ca)

About GERD: [www.aboutgerd.org](http://www.aboutgerd.org)

### CARDIOVASCULAR HEALTH

Canadian Hypertension Society:  
[www.hypertension.ca](http://www.hypertension.ca)

Heart and Stroke Foundation:  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

Canadian Cardiovascular Society:  
[www.ccs.ca](http://www.ccs.ca)

Canadian Diabetes Association:  
[www.diabetes.ca](http://www.diabetes.ca)

### RESPIRATORY HEALTH

Asthma Society of Canada: [www.asthma.ca](http://www.asthma.ca)

The Lung Association: [www.lung.ca](http://www.lung.ca)

Canadian Network for Asthma Care:  
[www.cnac.net](http://www.cnac.net)

The Children's Asthma Education centre:  
[www.asthma-education.com](http://www.asthma-education.com)

## CANADA'S FOOD GUIDE:

### New, improved and online

Canada's food guide was first introduced to the public in July 1942 as an effort to prevent nutritional deficiencies during wartime rationing. It has since been transformed many times but continues to guide food selection and promote the nutritional health of Canadians.

The 2007 Canada Food Guide is the result of a thorough revision of the 1992 Guide that included consultations with different groups, the incorporation of new evidence about nutritional needs and the development of web-based interactive tools to help people use the Guide in daily life.

It's all available at: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

### What you'll find

- ✓ The Food Guide can now be downloaded in Arabic, Chinese, Farsi (Persian), Korean, Punjabi, Russian, Spanish, Tagalog, Tamil and Urdu.
- ✓ A new emphasis on the importance of physical activity, and a link to the Canada Physical Activity Guide that provides easy ways to incorporate activity into your day.
- ✓ An interactive Web component, "My Food Guide" to help you personalize Food Guide information according to your age, sex and food preferences. Print off a personalized Food Guide Serving Tracker to record your daily food intake.
- ✓ Recommendation that all Canadians over the age of 50 take a vitamin D supplement.
- ✓ A Food Guide for First Nations, Inuit and Metis people that includes traditional aboriginal foods and activities.
- ✓ A section on counting food guide servings in a meal (includes menus from many different ethnic cuisines).