

Appendix 10: Available Resources

The following resources can be downloaded and printed or ordered through various organizations.

Resource Name	Where it's from	Where to Download or Order this Resource
Canada's Food Guide poster, Canada's Food Guide Snapshot in various languages, healthy weight gain during pregnancy	Health Canada	https://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/7?ReadForm&cat=00030&lang=eng& (to order resources free of charge)
Canada's Food Guide; recipes, tips and resources	Health Canada	https://food-guide.canada.ca/en/ (to download resources, or order them free of charge)
Pulses Cookbooks: (Northern-Inspired Pulse Recipes; Cooking with Pulses; Pulses and the Gluten Free Diet; Community Food Centres Canada Recipe Book) Fact Sheets	Pulses Canada	http://www.pulsecanada.com/resources/ (to download)
Various resources	Dairy Farmers of Manitoba (Nuton)	https://nuton.ca/program/health-professionals/ (to download, order resources for a charge and some free of charge)
Healthy eating resources	Manitoba Egg Farmers	http://www.mbeegg.mb.ca/resource-s-nutrition-order.html (to order copies, free of charge)
Various resources	Diabetes Canada	https://orders.diabetes.ca/collections/all?page=1 (to download, or order hard copies for a fee)
Various resources	National Indigenous Diabetes Association	http://nada.ca/ (to download)
24-Hour Movement and Activity Guidelines for: the Early Years; Children & Youth; Adults and Older Adults	Canadian Society for Exercise Physiology	https://csepguidelines.ca/ (to download)