

Guidelines

Canada Food Guide

<https://www.canada.ca/en/health-canada/services/canada-food-guides.html>

Health Canada's Food Guide provides information for Canadians regarding food choices, healthy eating habits, and resources. It also provides recipes and tips for meal planning, eating healthy on a budget, and healthy snacking habits.

Programs

Craving Change Workshop - South Calgary Primary Care Network

<https://www.scpn.ca/workshops/29/Craving+Change>

A large portion of our eating habits are guided by our thinking habits. This course uses a cognitive-behavioural based approach to help you understand why you eat the way you do. It will also assist you to become more aware of your problematic eating triggers, and learn about how your eating decisions are influenced by factors other than hunger. This program is free, and runs for 6 weeks (1.5-hour class, once per week).

Health Basics Workshop - South Calgary Primary Care Network

<https://www.scpn.ca/workshops/42/Health+Basics>

A free, 8-week program (2-hour class, once per week) that helps people adopt healthy habits such as healthy eating, becoming more active, and finding balance in life.

Healthy Eating Workshop - South Calgary Primary Care Network

<https://www.scpn.ca/workshops/31/Healthy+Eating>

Lead by a Registered Dietician, this free, 2-hour workshop is like a crash course for healthy eating. Together, you will dispel common nutrition and dieting myths, learn how to read nutrition labels, become aware of common marketing schemes, and explore how to make healthier choices on a daily basis.

Other Resources

Healthy Eating - MyHealth.Alberta.ca

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=center1020>

MyHealth.Alberta.ca provides Albertans with valuable resources regarding their health and wellness. The Healthy Eating portion delivers easy-to-access information about getting started with healthy eating. It explores how to make changes become long-lasting habits, and provides trouble shooting and navigation tips to some common healthy eating barriers.

Programs

Body Image Workshop - South Calgary Primary Care Network

<https://www.scpn.ca/workshops/44>

A free, 4-hour program (2, 2-hour sessions) provided through a partnership with the South Calgary Primary Care Network and Recovery College. This course provides you with the opportunity to talk to others about the pressures we often feel to look a certain way. It will also explore how we can change the negative ways we think in order to feel happier and healthier.

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eaTracker - Dieticians of Canada (ASAP+ resources)

<https://www.eatracker.ca/>

Brought to you by Dieticians of Canada, eaTracker is an online resource that can be used to check your food and activity choices. It also helps analyze how your food choices compare to national guidelines and help plan your meals!

Prescription to Get Active

<https://www.prescriptiontogetactive.com/>

An Alberta program that provides practical resources and guides to physical activity. Visit the website and/or speak to your physician about Prescription to Get Active.