
Lifestyle STEPS to a Healthier You!

Resources for Healthy Lifestyles

BOOKS

- Josephson, R. (1998). *The HeartSmart shopper: Nutrition on the run*. Vancouver, BC: Orca Book Publishers. ISBN: 1-55054-552-3.
- Pearson, L. (1998). *When in doubt eat broccoli*. Toronto, ON: Penguin Books. ISBN: 0-14-026751-4.
- Toews, J., & Parton, N. (1998). *Never say diet*. Toronto, ON: Key Porter Books Limited. ISBN: 1-55013-925-8.
- Toews, J., & Parton, N. (1998). *Never say diet!...7 days a week: A lifestyle planner*. Toronto, ON: Key Poster Books Limited. ISBN: 1-55263-008-0.

COOKBOOKS

- Hollands, M., & Howard, M. (1996). *More choice menus: And more recipes to help make healthy meal planning easier*. Toronto, ON: Macmillan Canada. ISBN: 0-7715-7368-5.
- Jamal, K. (1998). *Heartsmart flavours of India*. Vancouver, BC: Douglas & McIntyre. ISBN: 1-55054-612-0.
- Lindsay, A. (1998). *Anne Lindsay's new light cooking*. Toronto, ON: Ballantine Books. ISBN: 0-345-39854-8.
- Stern, B. (1997). *More Heartsmart cooking with Bonnie Stern*. Toronto, ON: Random House of Canada, Limited. ISBN: 0-679-30863-6.
- Wong, S. (1996). *Heartsmart Chinese cooking*. Vancouver, BC: Douglas & McIntyre. ISBN: 1-55054-496-6.

OTHER RESOURCES

- **Shop Smart Tours**
 - free tours given by Registered Dietitians at local Save On Foods/Overwaitea
 - to find out about a tour at your local store phone: **1-800-448-2118**
 - Save On Foods tours webpage: http://www.saveonfoods.com/1/brightlife/healthy_eating/shopsmart.htm
 - Overwaitea tours webpage: <http://www.overwaitea.com/owfg/nutrition/shopsmart.htm>
- **Canada's Food Guide to Healthy Eating**
 - website: http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html
- **Canada's Physical Activity Guide**
 - for a free guide phone: **1-888-334-9769**
 - website: <http://www.hc-sc.gc.ca/hppb/paguide/main.html>
- **Dial-A-Dietitian**
 - free nutrition hotline staffed by Registered Dietitians/Nutritionists
 - call - Greater Vancouver: **(604) 732-9191**, Toll-free in B.C.: **1-800-667-3438**
 - website: <http://www.dialadietitian.org>
- **Private Practice Dietitians**
 - fee for individual consultation service
 - for consultants in your area, phone Dial-A-Dietitian

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.



ONLINE FAD DIET REVIEWS

- **The Diet Channel**

A links site managed by a registered dietitian with links to reviews of fad diets at:
[http://www.thedietchannel.com/weight.htm#Fad Diets](http://www.thedietchannel.com/weight.htm#Fad%20Diets)

- **Wheat Foods Council Grains Nutrition Information Center (U.S.A.)**

Has a special section to dispel the myths and misunderstandings about diet and nutrition at:
http://www.wheatfoods.org/nut_info/strs.html

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