

Nutrition Resources for a Healthy Heart

UnlockFood.ca

“Heart Health” section: <https://www.unlockfood.ca/en/Articles/Heart-Health/>

Menu planner: <https://www.cookspiration.com/menuplanner.aspx>

Heart and Stroke Foundation of Canada’s online “Healthy eating” section

<https://www.heartandstroke.ca/healthy-living/healthy-eating>

Pulse Canada recipes

<https://pulses.org/nap/pulse-recipes/>

Mediterranean Diet information

Mediterranean Diet Pyramid:

https://oldwayspt.org/system/files/atoms/files/OW_MediterraneanDietPyramid_0.pdf

Make Each Day Mediterranean: Your Guide to the Mediterranean Diet:

https://oldwayspt.org/system/files/atoms/files/NewMedKit_0.pdf

Vegetarian/Vegan Mediterranean Diet Pyramid:

<https://oldwayspt.org/system/files/atoms/files/VEG101-brochure-PRINT19.pdf>

Overnight Oats:

<https://cookieandkate.com/overnight-oats-recipe/>

<https://wholefully.com/8-classic-overnight-oats-recipes-you-should-try/>

Canada’s Food Guide

<https://food-guide.canada.ca/en/>

How can I find a dietitian near me?

Dietitian services covered by OHIP

- Your family doctor or specialist may be able to refer you to an outpatient clinic with access to a dietitian.
- If you belong to a Family Health Team or Primary Care Network, ask to speak to the dietitian who is part of the healthcare team.
- Public Health Units and Community Health Centres may offer counselling, free programs and workshops with access to a dietitian. Check your local health unit.
- If you have diabetes or are at risk for diabetes, you can ask your doctor or self-refer to a publicly funded Diabetes Education Program.
- You can call Telehealth Ontario toll-free at 1-866-797-0000
 - ➔ Dietitian Counselling Service: Call to speak with a dietitian for advice and information on nutrition and healthy eating. Available Mon-Fri 9am-5pm.
 - ➔ Interpretation services for more than 300 languages
- If you receive home care services, you can call your case manager to see if they can have a home care dietitian come to the house. You usually do not need a referral from your doctor.
- If you live in a long-term care home, you can speak to the dietitian who works at your home.

Paid dietitian services

- You can also see a dietitian and pay a fee for an appointment. Visit the “[Find a Dietitian](#)” tab at <https://www.dietitians.ca/> to find a dietitian near you. You can search by postal code, city and/or health condition. Most employee benefit plans cover dietitian services. Check your plan today.
- Some grocery stores and pharmacies offer appointments with a dietitian along with some programming like cooking demonstrations and workshops. Check with your local store.

Adapted from: <https://www.unlockfood.ca/en/Articles/About-Dietitians/How-can-I-find-a-dietitian-near-me.aspx>

March 2022