

Nutrition Articles and Videos for City Wellness Challenge

General:

- **Healthy Eating Goals:** <https://www.unlockfood.ca/en/Articles/Weight-and-Health/10-SMART%E2%80%9D-Healthy-Eating-Goals.aspx>
- **Reading Nutrition Labels on Foods:** <https://www.unlockfood.ca/en/Articles/Nutrition-Labeling/Understanding-Food-Labels-in-Canada.aspx>
 - **Short Video Clip on Reading Labels (1:06):** https://www.youtube.com/watch?v=vKYdgETc_PI&t=22s
- **Recipes & Meal Planning Tools:** <http://www.cookspiration.com/>
- **The Juicy Story on Juice:** <https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/The-Juicy-Story-on-Drinks.aspx>
- **How to Increase Plant-based Proteins in Your Diet:** <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Cooking-with-Legumes.aspx>
 - **Website with Plant-based Recipes (includes Videos):** <https://epicallyhealthy.wixsite.com/epichealth/blog>
- **Healthy Snacks:** <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>
- **The Benefits of Eating Together- For Children and Families:** <https://www.healthlinkbc.ca/hlbc/files/healthyeating/pdf/the-benefits-of-eating-together.pdf>
- **Added Sugars; Healthy Eating Tips:** (PEN Handout)
- **Sugary Drink Sense** (BC Handout Generator)
- <https://www.halfyourplate.ca/>

Mindfulness Section:

- **How to be Mindful of Your Eating Habits:** <https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/#section-2>
- **Hunger Cues:** <https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/hunger-cues/>
- **Take Time to Eat:** <https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/take-time-to-eat/>

Relaxation Section:

- **Healthy Habits to Cope with Stress:** <https://www.unlockfood.ca/en/Articles/Alcohol-and-smoking/Healthy-Habits-to-Cope-with-Stress.aspx>

Videos:

- **Meal Planning (1:27):** <https://www.youtube.com/watch?v=2NnSIVBwly4&list=PLmvAH-EKp89JVti82Sxpf259MIAvbiAlw&index=4>
- **Nutrition & Mental Health (4:24):** <https://www.youtube.com/watch?v=ZZvbk1jAlIc&t=3s>

- **Dietitian Q&A –**
 - **Top Questions about Carbs (6:39):** <https://www.youtube.com/watch?v=NTZ3tX7iXhw>
 - **Snacking (4:50):**
<https://www.youtube.com/watch?v=HQmn9ct3AEY&list=PLFfHPE7nZa5CV3EnyZaEssCp2e9bLZGBx&index=7>
 - **Staying Healthy while at Home (5:51):**
<https://www.youtube.com/watch?v=aMhSQLkq1Vk&list=PLFfHPE7nZa5CV3EnyZaEssCp2e9bLZGBx&index=6>
 - **10 Healthy Eating Myths Debunked (15:41):**
<https://www.youtube.com/watch?v=ZhfmK4dWeG4>
- **Recipes**
 - **Make Glazed Trout & Seafood Chowder (2:08):**
<https://www.unlockfood.ca/en/Videos/General-Healthy-Eating/Video-Make-Glazed-Trout-and-Seafood-Chowder>
 - **Falafal Recipe – Kid Approved! (2:56):**
<https://www.youtube.com/watch?v=cNbsLcUs5Es>