

# Nutrition Websites for Parents



Do you have questions about your child's eating? Not sure what to serve for your next meal? Go to these websites:

## Healthy Parents, Healthy Children



- A guide to pregnancy and being a parent.
- [www.healthyparentshealthychildren.ca](http://www.healthyparentshealthychildren.ca)

## Raising our Healthy Kids



- Videos on feeding your child, family time and more!
- [www.raisingourhealthykids.com](http://www.raisingourhealthykids.com)

## Healthy Eating Starts Here



- Healthy eating recipes and handouts.
- [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)

## Searching other websites?

There are many websites with nutrition information that can be very different. When looking for nutrition advice, ask yourself the following questions:

### Who is the author?

- Is the author an expert on nutrition?
- Why do you trust this author?

### Does the website present facts or opinions?

- Are sources listed to back up the information?
- Does the website favour one opinion about a nutrition issue?

### When was the website last updated?

- Nutrition information changes with new research. If the content hasn't been updated lately, it may not be current.
- The date is usually at the bottom of the page.



Do you have nutrition questions? Call



Health Link  
Health Advice 24/7

