

# **Nutrition Education Materials and Handouts**

## Go to the Nutrition Education Materials page (ahs.ca/nutritionhandouts).

There are many nutrition handouts available under different topics:

### **Healthy Eating**

- Choose Whole Grains
- Healthy Snacking
- Healthy Vegetarian Eating

#### **Getting More Calories and Protein**

- Adding Protein and Calories to Your Diet
- Adding Protein to Your Diet
- Making Smoothies with More Calories and Protein

## **Dysphagia (difficulty swallowing)**

- Dysphagia Soft Diet
- Easy to Chew Diet
- Minced Diet
- Pureed Diet
- Pureed Bread Products
- Thick Fluids

#### To order print copies of any nutrition handout:

- 1. Go to the <u>Healthy Eating Resources</u> or <u>Nutrition Education Materials</u> page on the Alberta Health Services website.
- 2. Click on Nutrition Resources Online.
- Enter the username and password provided (listed on the Alberta Health Services webpage). Login using username NFSpublic and password 2014nfs03. (This password is for everyone to use).
- 4. Click on "Browse catalogue" on the top left side corner.
- 5. In the search window, type a key word like "texture" The resources on that topic will be displayed. You can also enter the number found on the bottom right-hand corner.
- To print a single copy of any of the resources simply click on it and print. You **do not** need to order a package if you need less than 25. You can also print, save, or bookmark handouts from the <u>Nutrition Education Materials</u> page.

#### For recipes, go to Inspiring Healthy Eating

For more information contact: NutritionResources@ahs.ca

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Planning a Healthy Menu Toolkit-Appendix 2C

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