

## Nutrition Education Materials and Handouts

Go to the [Nutrition Education Materials](https://ahs.ca/nutritionhandouts) page ([ahs.ca/nutritionhandouts](https://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 [Healthy Eating Resources](#) or [Nutrition Education Materials](#) page on the Alberta Health Services website.
2. Click on [Nutrition Resources Online](#).
3. 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.
6. 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 [Nutrition Education Materials](#) page.

For recipes, go to [Inspiring Healthy Eating](#)

For more information contact: [NutritionResources@ahs.ca](mailto:NutritionResources@ahs.ca)