



Info Rx

Nutrition, Active Living, and Healthy Growth

Eating a balanced diet and getting enough physical activity are important parts of maintaining health. Below are some resources that help families know how to have an active and balanced lifestyle.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f3420a5dc174e001293947f>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/nutrition/>



Alberta Health Services—Healthy Eating and Active Living

Information about healthy eating, physical activity, pediatric weight management, and body image is provided by Alberta Health Services.

<https://albertahealthservices.ca/nutrition/Page8247.aspx>



Alberta Health Services—Healthy Eating Starts Here

Alberta Health Services provides information about how to eat healthy where you live, work, learn, and play.

<https://www.albertahealthservices.ca/nutrition/page12598.aspx>



Alberta Health Services—Healthy Living Resources

Healthy living, active living, and healthy eating resources, includes Eat Smart Meet Smart.

<https://www.unlockfood.ca/en/Children.aspx>



Dietitians of Canada

Parents have many questions about raising healthy eaters—from dealing with picky eaters to packing healthy lunches. UnlockFood.ca provides guidance to help parents and caregivers promote healthy eating habits.

<https://www.unlockfood.ca/en/Children.aspx>



Healthy Parents Healthy Children

This website has information for expectant parents and parents of children 5 years of age and younger. Information about developmental stages, nutrition, and active living can be found here.

<https://www.healthyparentshealthychildren.ca/>



Raising Our Healthy Kids (Videos)

All 70 of these brief videos of the Raising Our Healthy Kids series easily provides parents and caregivers with current health information.

<http://raisingourhealthykids.com/>



Caring for Kids– Healthy Living

Developed by the Canadian Paediatric Society. Caring for Kids has information for parents of children of all ages about healthy eating and physical activity.

<https://caringforkids.cps.ca/handouts/healthy-living>



Inspiring Healthy Eating

Alberta Health Services has some delicious and nutritious recipes for you and your family.

<https://www.albertahealthservices.ca/nutrition/Page10996.aspx>



Kids Health Nutrition and Fitness Center

Written for kids, this page has information about staying fit and eating healthy. All the information provided has been reviewed by a doctor.

<https://kidshealth.org/en/kids/center/fitness-nutrition-center.html?WT.ac=ctg>



Kids with Food Allergies

Navigating food allergies can be difficult. Kids with Food Allergies offers free tools, educational materials, webinars, videos and other resources to help families and caregivers learn how to keep children safe and healthy.

<https://kidswithfoodallergies.org/>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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