

Resources - Nutrition, Weight

- **Apps**
 - Cronometer <https://cronometer.com/>
 - Nourishly <https://www.nourishly.com/>
 - You Ate <https://youate.com/>

- **Resources/Tools**
 - Let's Talk About Weight: No size fits all <http://obesitycanada.ca/wp-content/uploads/2018/06/let-s-talk-about-weight-no-size-fits-all.pdf>
 - What's the best diet? Healthy Eating 101 <https://www.youtube.com/watch?v=fqhYBTg73fw&list=PL4TcyUrQ3YhLFVGN6ILCbG3kmrGgNZGER&index=1>
 - What is the single best drink for your health? <https://www.youtube.com/watch?v=YjutUrbIM3I>
 - WRHA Health Management Program Guide <https://wrha.mb.ca/groups>
 - Craving Change™ <https://wrha.mb.ca/groups/craving-change/>
 - Diabetes <https://wrha.mb.ca/groups/diabetes/>
 - Heart Health <https://wrha.mb.ca/groups/heart-health/>
 - Nutrition For Busy People <https://wrha.mb.ca/groups/nutrition-for-busy-people/>
 - Women's Health Clinic: Eat Your Heart Out program: <http://womenshealthclinic.org/wp-content/uploads/2018/12/Eat-your-Heart-Out-poster-web.pdf?x88868>

- **Websites**
 - Academy of Nutrition and Dietetics <https://www.eatright.org/>
 - Dietitians of Canada
 - Cookspiration <https://www.cookspiration.com/>
 - Unlock Food <https://www.unlockfood.ca/en/default.aspx>