

Need Ideas for Recipes?

American Diabetes Association
www.diabetes.org

American Dietetic Association
www.eatright.org

American Heart Association
www.heart.org

Manitoba Beef Producers
<http://www.mbbeef.ca>

Buy Manitoba
www.buymanitobafoods.ca

Canadian Diabetes Association
<http://www.diabetes.ca/diabetes-and-you/recipes>

Canola Oil Council of Canada
www.mcgacanola.org

Dietitians of Canada
www.dietitians.ca
www.eattracker.ca -Recipe Analyzer
www.cookspiration.com - Recipe Sourcing App

Flax Council of Canada
www.flaxcouncil.ca

Heart and Stroke Foundation
<http://www.heartandstroke.com>

Manitoba Chicken Producers
www.chicken.mb.ca

Manitoba Egg Producers
www.mbeegg.mb.ca

Manitoba Local Produce Guide
<http://www.gov.mb.ca/agriculture/local-food/local-produce-guide.html>

Dairy Farmers of Manitoba
www.milk.mb.ca

Manitoba Pork Council
www.manitobapork.com

Manitoba Pulse Growers Association
www.manitobapulse.ca
<http://www.pulsecanada.com/food-health/recipes/pulse-canada-recipe-booklets> Pulses Cookbooks

Manitoba Turkey Producers
<https://mb.canadianturkey.ca>

Peak of the Market
www.peakmarket.com

WRHA Four Weeks of Healthy Menus – with grocery lists and recipes included
<http://www.wrha.mb.ca/healthinfo/rohealth/nutrition/resources.php>