



Physiological Wellbeing Toolkit

Introduction to protein and protein high foods

Protein is an essential nutrient to keep your body functioning well. Here are some tips for healthy protein choices.

Commonly Used Natural Health Products

More and more Canadians are using natural health products. Learn about the potential health benefits and safety concerns of natural health products.

What is the difference between food allergies and intolerances?

What's the difference between a food allergy and food intolerance? Read about what foods to avoid for anyone with serious food allergies.

What You Need to Know to Prevent Type 2 Diabetes

Type 2 diabetes is the most common type of diabetes today. Read to learn the basics about diabetes and how to lower the risk.

Looking for more Nutrition Month content?

Nutrition Month's General Toolkit

Social Media Toolkit

Nourish to Flourish Posters

Nutrition Month's Planning Guide



PEN EVIDENCE UPDATE

Date: March 5, 2025

Time: 12:00 PM ET

Location: Virtual (via Zoom)

DIETITIANS DAY ADVOCACY TRAINING

Date: March 19, 2025

Time: 12:00 PM ET

Location: Virtual (via Zoom)

