

Exceptional Diets- Recourses

The internet provides an abundance of information regarding nutrition and special diets.

As you will do your own research, please let us know when you come across great websites and additional resources, we would like to add them to this list.

TIP:

- Google shopping lists, most dietary requirements have free, printable lists available online!
- Research your grocery list for specific diets, you might be surprised the selection already available!
- Read food labels as many ingredients are hidden and misleading

List of ingredients and allergens on food labels

<https://inspection.canada.ca/food-labels/labelling/industry/list-of-ingredients-and-allergens/eng/1628716222800/1628716311275>

Canada's Food Guide

https://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf

Gluten

Canadian Celiac Association

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

Allergens and gluten sources labelling

<https://www.canada.ca/en/health-canada/services/food-allergies-intolerances/avoiding-allergens-food/allergen-labelling.html>

Gluten free recipes

<https://vibrantlyfree.com/>

Vegan

UnlockFood

<https://www.unlockfood.ca/en/Articles/Vegetarian-and-Vegan-Diets/What-You-Need-to-Know-About-Following-a-Vegan-Eati.aspx>

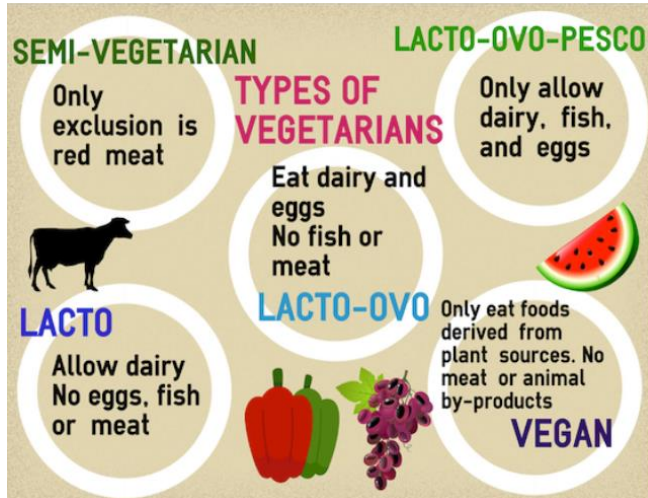
Vegan Society of Canada

<https://www.vegancanada.org/>

Vegetarian

Vancouver Vegetarian Society:

<https://vancouvervegetariansociety.com/faq/>



Vegetarian organization list:

https://en.wikipedia.org/wiki/List_of_vegetarian_organizations

Keto

Food list

<https://vibrantlygfree.com/>

Lactose intolerance

Canadian Digestive Health Foundation

<https://cdhf.ca/digestive-disorders/lactose-intolerant/what-is-lactose-intolerance/>