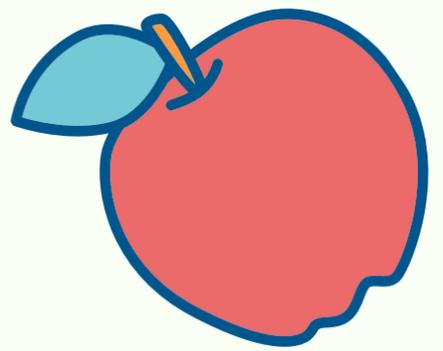


HELPFUL WEBSITES + APPS



Have nutrition goals? There's an app for that. Use these apps and websites to up your game.

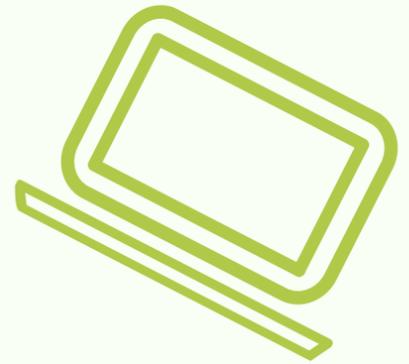
BUDGETBYTES.COM

A recipe website that integrates the cost per serving of food. Great for maximizing your food budget.



COOKSMARTS.COM

If you want video tutorials on the elements of great cooking, such as roasting, stirfrying, making marinades, and more, check out this website. It also has great infographics on how to capture the flavours of different cuisines from around the world in your own kitchen (Thai, Spanish, Italian, Chinese, Mexican, and more).



COOKSPIRATION.COM

Nothing but dietitian approved recipes here. No lengthy blog posts or advertising, just yummy, nutritious and easy to follow. Recipes are usually 5 steps or less and contain ingredients you can find in a normal grocery store and prepare with normal kitchen equipment.



PINCHOFYUM.COM

Delicious recipes that are nutritious and unprocessed. Learn about how to use an Instant Pot, food processor or slow cooker to your advantage, and how to make freezer meals that you will love to eat.

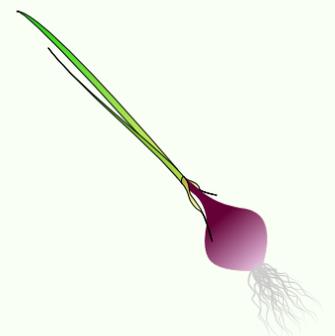
WWW.STARTCOOKING.COM

Are you a busy person who just never got around to learning the basics of cooking? This website is for you. You'll learn how to make quick and tasty meals, plus learn the basic cooking skills you'll need.



UNLOCKFOOD.CA

A Dietitians of Canada website loaded with recipes and articles about topics of interest, such as picky eating, healthy eating on the go, osteoporosis, and more.

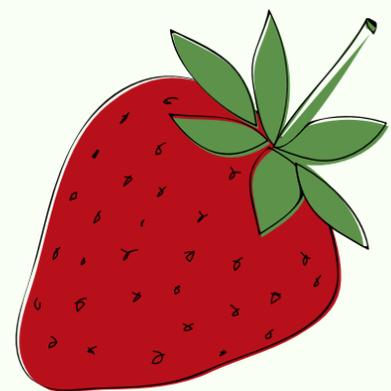


ATE FOOD DIARY

A food tracking app that is designed for intuitive eating, not dieting. Take pictures of your food with the goal of healthier eating, tracking patterns in digestive health, and more.

CRONOMETER

This app was created by dietitians and uses the most accurate database available. It allows you to track detailed nutrition information, such as vitamin and mineral intake.



NOURISHLY

This app allows you to track your food intake, mood, sleep, digestive symptoms and more. Includes features that are specific to several health conditions, including IBS and diabetes.

MYFITNESSPAL

Track your food and fluid intake with a database of over 10 million nutrition labels. The on-line recipe importer makes logging recipes a breeze. Integrates with Fitbit to give you personalized feedback on your nutrition intake and exercise.

