

Where can I find food allergy information online?

- **Health Canada:** Information about the 11 most common food allergens, and how to stay safe. <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/food-allergies.html>
- **Food Allergy Canada**
 - The most common food allergens: <https://foodallergycanada.ca/about-allergies/food-allergens/>
 - How to read food labels: <https://foodallergycanada.ca/allergy-safety/food-labelling/>
 - Dining out, childcare, travelling and more: Click on 'living with allergies' at <https://foodallergycanada.ca>
- **Allergic Living Magazine:** Meal ideas for people with food allergies. You can search for recipes by allergy. <https://www.allergicliving.com/recipes/>

Where can I learn about general eating, feeding, and health online?

- **HealthLink BC:** Tips on starting solid foods for babies. Meal and snack ideas for children. <https://www.healthlinkbc.ca/healthy-eating/your-age-and-stage/children>
- **Canada's Food Guide:** Eat many different healthy foods each day. Include fruit and vegetables, protein, and whole grains. <https://www.canada.ca/foodguide>
- **Ellyn Satter:** Keep mealtimes joyful, and decrease stress about feeding. <https://www.ellynsatterinstitute.org/how-to-feed/>
- **The Foundry:** Body image and eating support. The Foundry is a wellness resource designed for youth and young adults in BC. <https://foundrybc.ca/resource/body-image-eating/>. Explore their other links for healthy eating and mindfulness information.

Should I talk to a dietitian?

A dietitian may be able to help if:

- Your child is not growing well.
- Your child does not eat many different foods.
- Your family is struggling to find allergen-free food choices.
- Your family is struggling with mealtimes.

How can I talk to a dietitian?

1. Ask your pediatrician, family doctor, or allergist to refer you to an outpatient dietitian. The Medical Services Plan (MSP) pays for outpatient dietitians.
 - Hospitals with pediatric outpatient dietitians: BC Children's Hospital, Surrey, Victoria (VGH), Nanaimo, Kelowna, Kamloops, Prince George.
2. Call **8-1-1** (HealthLink BC) and ask to talk to a dietitian. You do not need a doctor to refer you. MSP pays for HealthLink BC.
3. If you have extended health benefits or are willing to pay yourself, you can find a private dietitian in your area. You do not need a doctor to refer you. MSP does not pay for private dietitians. When choosing a private dietitian, read about them first.
 - Have they worked with allergies, children, or both?
 - Do they have "RD" behind their name? This means they are a Registered Dietitian.
 - We suggest you see a dietitian that tries to keep your child's diet varied.

How is a dietitian different?

- "Registered Dietitian" is a controlled job title in Canada. All BC Dietitians are part of the College of Dietitians of British Columbia. They have the letters "RD" after their name. They have completed a specific university degree, internship, entrance exam, and continuing professional development. They work together in the health care system with doctors, nurses and other health professionals.

- “Nutritionist” is not a controlled title in BC. There is no standard training for this title. This means that their knowledge and credentials can vary. Some dietitians may call themselves nutritionists. Check if your nutritionist has “RD” after their name.
- “Certified Nutritional Practitioner” or “Registered Holistic Nutritionist” are trademarked titles for graduates of private nutritionist schools.

Where can I learn about healthy living and weight management?

- **HealthLink BC Eating and Activity Program for Kids**
 - Phone-based program for BC children and teens aged 0-18. Work with a pediatric dietitian and a fitness expert. The program is free. You do not need a doctor to refer you.
<https://www.healthlinkbc.ca/healthy-eating/healthy-weight/kids-program>
- **Live 5-2-1-0**
 - Healthy living goals for families. <https://www.live5210.ca/about-live-5-2-1-0/the-live-5-2-1-0-message/>
 - Download handouts and tracking sheets to check your progress.
<https://www.live5210.ca/resources/families/>
- **Shapedown BC**
 - Healthy living program for families with children or teens aged 6-17. This program is free. Ask your doctor to refer you to this program.
<http://www.bcchildrens.ca/our-services/clinics/shapedown-bc>
- **Kelty Eating Disorders**
 - Learn about eating disorders, and find services in BC.
<https://keltyeatingdisorders.ca/>
- **HealthLink BC Body Image and Eating Disorders**
 - Find online information or in-person services in BC.
<https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc/body-image-and-eating-disorders>