Multilingual Resource Guide...

*Nutrition*

We have compiled online resource lists for patients who speak languages other than English. This topic includes the following languages:

- Amharic
- Arabic
- Bosnian
- Chinese
- Farsi
- Greek
- Hindi
- Italian
- Korean
- Lao
- Nepali
- Punjabi
- Russian
- Somali
- Spanish
- Swahili
- Tagalog
- Urdu
- Vietnamese

To see other available resource lists, or to request other topics or languages, please contact us: https://libguides.lib.umanitoba.ca/wrha

Available in alternate format on request
These sites give information in Amharic on topics related to Nutrition.

- Healthy eating guidelines: http://bit.ly/2gVXVSH
- Healthy school lunches: http://bit.ly/2gVTHKS
- Calcium: http://bit.ly/2gVRuij
- Vitamin D: http://bit.ly/2gVZr7h
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**Nutrition: Arabic**

These sites give information in Arabic on topics related to Nutrition.

- Healthy eating video: [http://bit.ly/2gVU1cm](http://bit.ly/2gVU1cm)
These sites give information in Bosnian on topics related to Nutrition.

- Healthy breakfasts: [http://bit.ly/2gW1sQN](http://bit.ly/2gW1sQN)
- Childhood obesity: [http://bit.ly/2gVUrPV](http://bit.ly/2gVUrPV)
These sites give information in Chinese on topics related to Nutrition.

These sites give information in Farsi on topics related to Nutrition.

- Iron: [http://bit.ly/2gVX0Sa](http://bit.ly/2gVX0Sa)
- Calcium and vitamin D: [http://bit.ly/2gW0UdY](http://bit.ly/2gW0UdY)
- Fibre: [http://bit.ly/2gW0STo](http://bit.ly/2gW0STo)
These sites give information in Greek on topics related to Nutrition.

- Healthy heart eating: http://bit.ly/2gi0luZ
- Eating well to maintain weight: http://bit.ly/2gW1k3M
- Eating well when you are older: http://bit.ly/2gW5TeG
- Eating well to age well (video): http://bit.ly/2gi42k9
- Eating well for kids: http://bit.ly/2fPUyk0
- Calcium: http://bit.ly/2fPU0uo
- Vitamin D: http://bit.ly/2gWdJEQ
Multilingual Resource Guide... *Nutrition: Hindi*

These sites give information in Hindi on topics related to Nutrition.

- Healthy snacks for kids: [http://bit.ly/2gW8HIt](http://bit.ly/2gW8HIt)
These sites give information in Italian on topics related to Nutrition.

- Tips for eating well: http://bit.ly/2gW91a9
- Eating well to maintain weight: http://bit.ly/2gW2xbo
- Heart healthy eating: http://bit.ly/2gW2v3q
- Fruits and vegetables: http://bit.ly/2gi0MFw
- Calcium: http://bit.ly/2gW2Key
- Fibre: http://bit.ly/2gW8lBN
- Vitamin D: http://bit.ly/2gW5XuV
These sites give information in Korean on topics related to Nutrition.


- Calcium and vitamin D: [http://bit.ly/2gWcNAw](http://bit.ly/2gWcNAw)


These sites give information in Lao on topics related to Nutrition.

- Healthy snacking: http://bit.ly/2gi8Mq0

- Portion sizes: http://bit.ly/2gW9U2t

- Sodium: http://bit.ly/2gi0VJd

These sites give information in Nepali on topics related to Nutrition.

- Vitamin D: [http://bit.ly/2gWaoWu](http://bit.ly/2gWaoWu)
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**Nutrition: Punjabi**

These sites give information in Punjabi on topics related to Nutrition.


These sites give information in Russian on topics related to Nutrition.

- Canada’s Food Guide: [http://bit.ly/2qWe1f6](http://bit.ly/2qWe1f6)


These sites give information in Somali on topics related to Nutrition.

- Cholesterol: [http://bit.ly/2gW4aWr](http://bit.ly/2gW4aWr)
- Vitamin D: [http://bit.ly/2gWao8X](http://bit.ly/2gWao8X)
These sites give information in Spanish on topics related to Nutrition.

- Intro to nutrition: http://bit.ly/2gWd9ao
- Dietary supplements: http://bit.ly/2gi6eIx
- Pregnancy and nutrition: http://bit.ly/2gWaLAn
- Dietary sodium: http://bit.ly/2gWb1iy
- Dietary protein: http://bit.ly/2gW8UM2
- Obesity: http://bit.ly/2gWbFge
- Malnutrition: http://bit.ly/2gW6D3o
- Iron: http://bit.ly/2gWaKMP
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Nutrition: Swahili

These sites give information in Swahili on topics related to Nutrition.

- Food groups and meal planning: http://bit.ly/2gW9jhw
- Childhood obesity: http://bit.ly/2gW9HfO
These sites give information in Tagalog on topics related to Nutrition.

- Food and nutrition: http://bit.ly/2qi03Et
- Meal planning for diabetes: http://bit.ly/2qW7st0
These sites give information in Urdu on topics related to Nutrition.


These sites give information in Vietnamese on topics related to Nutrition.

- Healthy eating for healthy aging: http://bit.ly/2gWg6HP
- Food safety: http://bit.ly/2gW5iJC
- Iron in foods: http://bit.ly/2gW8bKP
- Calcium and Vitamin D: http://bit.ly/2gW5Z5M
- Dietary fats: http://bit.ly/2gWeEp2