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
- Inuktitut
- 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 Plate: http://bit.ly/2gW415q
- Food and nutrition: http://bit.ly/2gW6qwU
- Healthy eating video: 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.

- Healthy eating and healthy aging: http://bit.ly/2gW8RQ4
- Heart healthy eating: http://bit.ly/2gW1qlz
- Iron: http://bit.ly/2gVX0Sa
- Calcium and vitamin D: http://bit.ly/2gW0UdY
- Fibre: http://bit.ly/2gW0STo
- Vitamin and mineral supplements: http://bit.ly/2ghYW7I
These sites give information in Greek on topics related to Nutrition.

- Eating well to maintain weight: [http://bit.ly/2gW1k3M](http://bit.ly/2gW1k3M)
- Eating well when you are older: [http://bit.ly/2gW5TeG](http://bit.ly/2gW5TeG)
These sites give information in Hindi on topics related to Nutrition.

- Tips for healthy eating: http://bit.ly/2qW0VhG
- Healthy snacks for kids: http://bit.ly/2gW8Hlt
- Food groups and portions: http://bit.ly/2gW8ZiG
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Nutrition: Inuktitut

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

- Traditional foods: https://bit.ly/2NM8NnB
- Simple cooking skills: https://bit.ly/2TnBT2T
- Calcium: https://bit.ly/2EFjSTB
- Healthy eating for kids: https://bit.ly/2XFlvt0
- Shopping wisely: https://bit.ly/2XLm44n
- Food labels: https://bit.ly/2NN51ul
- Food allergies: https://bit.ly/2TBYV5j
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/2qW2v3g
- Fruits and vegetables: http://bit.ly/2gi0MFw
- Calcium: http://bit.ly/2gW2Key
- Fibre: http://bit.ly/2gW8IBN
- Vitamin D: http://bit.ly/2qW5XuV
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.

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


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


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


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


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

- Cholesterol: [http://bit.ly/2gW4aWr](http://bit.ly/2gW4aWr)


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Nutrition: Spanish

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

- Dietary sodium: [http://bit.ly/2gWb1iy](http://bit.ly/2gWb1iy)
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**Nutrition: Swahili**

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

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


- Meal planning for diabetes: [http://bit.ly/2gW7st0](http://bit.ly/2gW7st0)
These sites give information in Urdu on topics related to Nutrition:


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Nutrition: Vietnamese

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

- Calcium and Vitamin D: [http://bit.ly/2gW5Z5M](http://bit.ly/2gW5Z5M)
- Dietary fats: [http://bit.ly/2gWeEp2](http://bit.ly/2gWeEp2)