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
- Calcium: http://bit.ly/2gVRuij
- Vitamin D: http://bit.ly/2gVZr7h
Multilingual Resource Guide...

*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
- What is obesity? http://bit.ly/2gw0GwT
- Childhood obesity: http://bit.ly/2gVUrPV
These sites give information in Chinese on topics related to Nutrition.


Nutrition: Farsi

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


- **Tips for healthy eating:** [http://bit.ly/2gW0VhG](http://bit.ly/2gW0VhG)


- **Healthy snacks for kids:** [http://bit.ly/2gW8HIt](http://bit.ly/2gW8HIt)

- **Food groups and portions:** [http://bit.ly/2gW8ZiG](http://bit.ly/2gW8ZiG)
Multilingual Resource Guide...

Nutrition: Inuktitut

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

- Simple cooking skills: https://bit.ly/2MhUoze
- Shopping wisely: https://bit.ly/332wIFL
These sites give information in Italian on topics related to Nutrition.


- Heart healthy eating: [http://bit.ly/2gW2v3g](http://bit.ly/2gW2v3g)


- Calcium: [http://bit.ly/2gW2Key](http://bit.ly/2gW2Key)


- Vitamin D: [http://bit.ly/2gW5XuV](http://bit.ly/2gW5XuV)
These sites give information in Korean on topics related to Nutrition.

- Healthy eating for healthy aging: http://bit.ly/2gW6vAZ
- Heart healthy eating: http://bit.ly/2gW906j
- Iron: http://bit.ly/2gi3T0n
- Calcium and vitamin D: http://bit.ly/2gWcNAw
- Dietary fats: http://bit.ly/2gWcMws
- Vitamin and mineral supplementation: http://bit.ly/2gW8TrI
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)
Multilingual Resource Guide...

Nutrition: Punjabi

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


- Healthy eating for seniors: http://bit.ly/2gW2NqI
These sites give information in Russian on topics related to Nutrition.

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


Multilingual Resource Guide...

Nutrition: Spanish

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
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.


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

- Cholesterol: http://bit.ly/2gWcHst
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