



Dealing with Constipation

<https://vch.eduhealth.ca/en/permalink/phem899>

Catalogue Number: FK.515.D43

Current Revision August-03-2016

Date:

Language: English

Status: Available

Description: Patient information about dealing with constipation

Format: Brochure

Topic: Symptoms, Diseases & Conditions

Procedures, Treatments & Tests

Subject: Constipation

Keywords: stool

diets

fluids

fibre

Exercises

meal plan

digestive system

bowel movements

prevention

metamucil

benefibre

Reading Level: 8

Date Issued: March-21-2006

Legacy Numbers: HED.2012

Documents

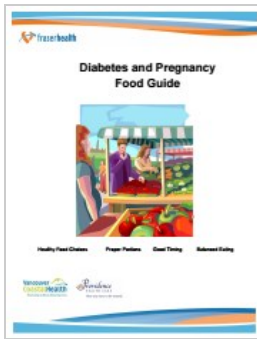


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Diabetes and Pregnancy Food Guide



<https://vch.eduhealth.ca/en/permalink/phem3978>

Catalogue Number: FL.860.D531

Current Revision January-24-2020

Date:

Language: English

Status: Available

Description: Food guide for pregnant women with diabetes provides information about how food affects blood sugar, meal plan, snack ideas, food label reading, and includes food and activity log.

Format: Booklet

Topic: Healthy Living

People with Chronic Diseases

Subject: Food & Nutrition

Diabetes

Pregnancy and Nutrition

Keywords: meal plan

label reading

nutrition

blood sugar

carbohydrates

weight

fluids

protein

Reading Level: 8

Date Issued: January-24-2020

Related Records:

Diabetes and Pregnancy Food Guide - FL.860.D531

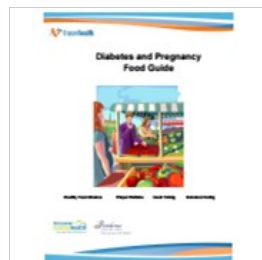
Diabetes and Pregnancy Food Guide (Arabic) - FL.860.D531.AR

Diabetes and Pregnancy Food Guide (Simplified Chinese) - FL.860.D531.CS

Diabetes and Pregnancy Food Guide (Punjabi) - FL.860.D531.PU

Diabetes and Pregnancy Food Guide (Vietnamese) - FL.860.D531.VI

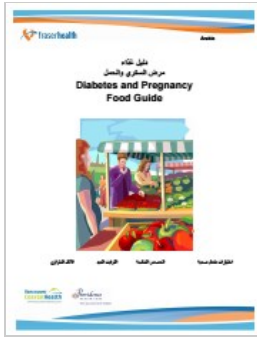
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Diabetes and Pregnancy Food Guide (Arabic)

<https://vch.eduhealth.ca/en/permalink/phem3977>

Catalogue Number: FL.860.D531.AR

Current Revision Date: 24-Oct-2020

Date:

Language: Arabic

Status: Available

Description: Food guide for pregnant women with diabetes provides information about how food affects blood sugar, meal plan, snack ideas, food label reading, and includes food and activity log.

Format: Booklet

Topic: Healthy Living

People with Chronic Diseases

Subject: Food & Nutrition

Diabetes

Pregnancy and Nutrition

Keywords: meal plan

label reading

nutrition

blood sugar

carbohydrates

weight

fluids

protein

Atabic

Reading Level: 8

Date Issued: 24-Oct-2020

Related Records:

Diabetes and Pregnancy Food Guide - FL.860.D531

Diabetes and Pregnancy Food Guide (Arabic) - FL.860.D531.AR

Diabetes and Pregnancy Food Guide (Simplified Chinese) - FL.860.D531.CS

Diabetes and Pregnancy Food Guide (Punjabi) - FL.860.D531.PU


Diabetes and Pregnancy Food Guide (Vietnamese) - FL.860.D531.VI

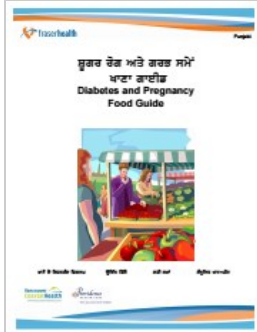
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Diabetes and Pregnancy Food Guide (Punjabi)

<https://vch.eduhealth.ca/en/permalink/phem3980>

Catalogue Number: FL.860.D531.PU

Current Revision 24-Oct-2020

Date:

Language: Punjabi

Status: Available

Description: Food guide for pregnant women with diabetes provides information about how food affects blood sugar, meal plan, snack ideas, food label reading, and includes food and activity log.

Format: Booklet

Topic: Healthy Living
People with Chronic Diseases

Subject: Diabetes
Pregnancy and Nutrition

Keywords: meal plan
label reading
nutrition
blood sugar
carbohydrates
weight
fluids
protein
Punjabi

Reading Level: 8

Date Issued: 24-Oct-2020

Related Records:

Diabetes and Pregnancy Food Guide - FL.860.D531

Diabetes and Pregnancy Food Guide (Arabic) - FL.860.D531.AR

Diabetes and Pregnancy Food Guide (Simplified Chinese) - FL.860.D531.CS

Diabetes and Pregnancy Food Guide (Punjabi) - FL.860.D531.PU

Diabetes and Pregnancy Food Guide (Vietnamese) - FL.860.D531.VI

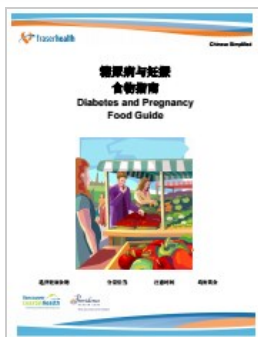
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Diabetes and Pregnancy Food Guide (Simplified Chinese)

<https://vch.eduhealth.ca/en/permalink/phem3979>

Catalogue Number: FL.860.D531.CS

Current Revision Date: 24-Oct-2020

Language: Chinese Simplified

Status: Available

Description: Food guide for pregnant women with diabetes provides information about how food affects blood sugar, meal plan, snack ideas, food label reading, and includes food and activity log.

Format: Booklet

Topic: Healthy Living
People with Chronic Diseases

Subject: Food & Nutrition
Diabetes
Pregnancy

Keywords: meal plan
label reading
nutrition
blood sugar
carbohydrates
weight
fluids
protein
Chinese Simplified

Reading Level: 8

Date Issued: 24-Oct-2020

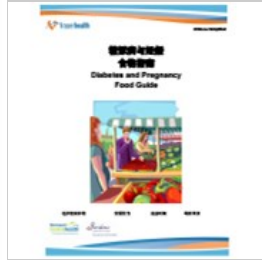
Related Records:

Diabetes and Pregnancy Food Guide - FL.860.D531

Diabetes and Pregnancy Food Guide (Arabic) - FL.860.D531.AR

Diabetes and Pregnancy Food Guide (Simplified Chinese) - FL.860.D531.CS

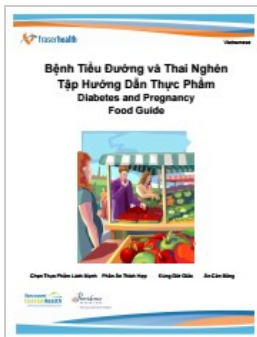
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Diabetes and Pregnancy Food Guide (Vietnamese)

<https://vch.eduhealth.ca/en/permalink/phem3981>

Catalogue Number: FL.860.D531.VI

Current Revision 24-Oct-2020

Date:

Language: Vietnamese

Status: Available

Description: Food guide for pregnant women with diabetes provides information about how food affects blood sugar, meal plan, snack ideas, food label reading, and includes food and activity

Format: Booklet

Topic: Healthy Living
People with Chronic Diseases

Subject: Diabetes
Pregnancy and Nutrition

Keywords: meal plan
label reading
nutrition
blood sugar
carbohydrates
weight
fluids
protein

Reading Level: 8

Date Issued: 24-Oct-2020

Related Records:

Diabetes and Pregnancy Food Guide - FL.860.D531

Diabetes and Pregnancy Food Guide (Arabic) - FL.860.D531.AR

Diabetes and Pregnancy Food Guide (Simplified Chinese) - FL.860.D531.CS

Diabetes and Pregnancy Food Guide (Punjabi) - FL.860.D531.PU


Diabetes and Pregnancy Food Guide (Vietnamese) - FL.860.D531.VI

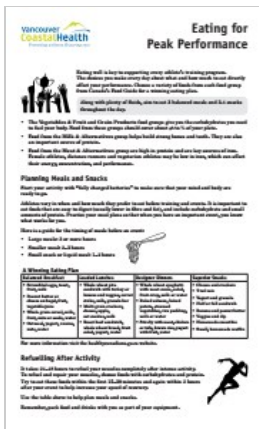
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Eating for Peak Performance

<https://vch.eduhealth.ca/en/permalink/phem1531>

Catalogue Number: BB.203.E14

Current Revision June-28-2016

Date:

Language: English

Status: Available

Description: What to eat and drink from Canada's Food Guide to live a healthy life

Format: Factsheet

Topic: Healthy Living

Subject: Food & Nutrition
Fitness & Exercise

Keywords: energy
beverages

meal

meal plan

diets

Fitness

nutrition

Reading Level: 9

Date Issued: October-19-2007

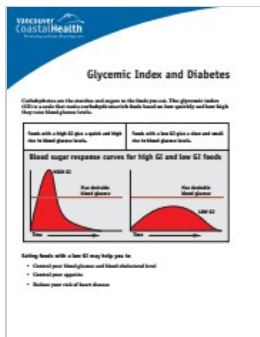
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Glycemic Index & Diabetes

<https://vch.eduhealth.ca/en/permalink/phem1473>

Catalogue Number: FL.860.G525

Current Revision August-26-2014

Date:

Language: English

Status: Available

Description: Information about the Glycemic Index & Diabetes

Format: Booklet

Topic: Healthy Living
People with Chronic Diseases

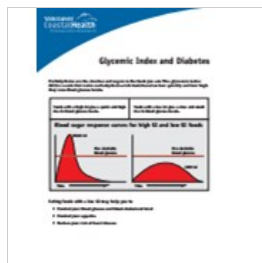
Subject: Food & Nutrition
Diabetes Mellitus

Keywords: Glycemic index
diets
carbohydrates
foods
grains
Menus
meal plan

Reading Level: 5

Date Issued: March-22-2007

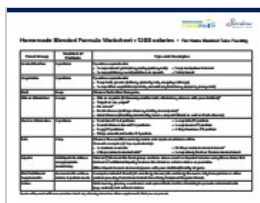
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Homemade Blended Formula Worksheet - 1200 calories - For Home Blended Tube Feeding

<https://vch.eduhealth.ca/en/permalink/phem4336>

Catalogue Number: BB.210.H642

Current Revision Date: 22-Aug-2022

Language: English

Status: Available

Description: Patient Handout for Home Blended Tube Feeding for 1200/day calorie goal.

Format: Factsheet

Topic: Procedures, Treatments & Tests
Healthy Living
Services & Resources

Subject: Diets
Nutritional Support
Food & Nutrition

Keywords: enteral feeding
tube feeding
blended food
formula
worksheet
meals
nutrition
diet
how to
meal plan
calories
food recommendations
food preparation
food alternatives
portions
nutritional supplement
food groups
patient information
patient instruction

Reading Level: 9

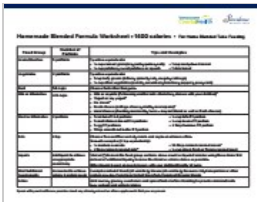
Date Issued: 22-Aug-2022

Documents



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Homemade Blended Formula Worksheet - 1400 calories - For Home Blended Tube Feeding

<https://vch.eduhealth.ca/en/permalink/phem4337>

Catalogue Number: BB.210.H643

Current Revision Date: 22-Aug-2022

Date:

Language: English

Status: Available

Description: Patient Handout for Home Blended Tube Feeding for 1400/day calorie goal.

Format: Factsheet

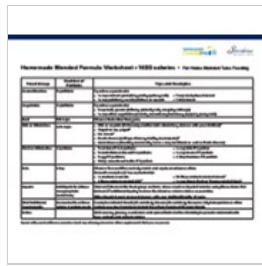
Topic: Procedures, Treatments & Tests
Healthy Living
Services & Resources

Subject: Diets
Nutritional Support
Food & Nutrition

Keywords: enteral feeding
tube feeding
blended food
formula
worksheet
meals
nutrition
diet
how to
meal plan
calories
food recommendations
food preparation
food alternatives
portions
nutritional supplement
food groups
patient information
patient instruction


Reading Level: 9

Date Issued: 22-Aug-2022



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