

Interactive Nutrition Profile

Are you interested in comparing your food choices to the Recommended Nutrient Intakes for Canadians? You can with the **EaTracker** program from Dietitians of Canada

The EaTracker will include feedback on your energy intake, protein, fat, carbohydrate, fibre and vitamins & minerals.

You can use the information from your Nutrition Profile to see how healthy you are eating. The EaTracker is from the Dietitians of Canada web site, just click on the link below and then click "EaTracker" . . .

<http://www.dietitians.ca/english/frames.html>

Also, while you are there check out the other interactive links such as the Meal Planner, Nutrition Challenge & Healthy Body Quiz!