

Best Weight - Resource Listing

The Gate keeper, The Go Getter and the Sleepy Executive video: [The GateKeeper, The GoGetter and The Sleepy Executive 720p \(youtube.com\)](#)

Poodle Science video: [Poodle Science \(youtube.com\)](#)

Canada's Food Guide – for alternate versions: [Food guide snapshot – Other languages - Canada.ca](#) + see Eating...More Than Food (additional healthy eating guidance from Health Canada) at [Healthy eating recommendations - Canada's Food Guide](#)

Meal Planning – see “What is Meal Planning” resource and following links:

- Mealime: [Mealime - Meal Planning App for Healthy Eating - Get it for Free Today!](#)
- Eat This Much: [The Automatic Meal Planner - Eat This Much](#)
- Diabetes Canada – balance meal plans for different cultures and dietary restrictions:
 - o [Meal planning - Diabetes Canada](#)
- Unlockfood.ca: [Menu Planning - Unlock Food](#)
- My Menu Planner: [cookspiration.com/menuplanner.aspx](#)

Sleep: see “Sleep Hygiene” resource and consider “Dream On” group from TVFHT (see [Dream On – CBT for Insomnia - Thames Valley FHT](#))

Stress: consider:

Mental Health group offerings from TVFHT at [Register for a Program - Thames Valley FHT](#) / Bounce Back: [Home - BounceBack Ontario](#) / Ontario Structured Psychotherapy (OSP) Program: [Ontario Structured Psychotherapy Program](#)

Bariatric Surgery: Ontario Bariatric Network - [Home - Ontario Bariatric Network](#)

Next Steps:

- “Healthy Lifestyle Balance” (East Elgin FHT, [East Elgin Family Health Team » Programs \(eefht.ca\)](#)). A multi-week group program.
- Intuitive Eating program (TVFHT): [Intuitive Eating - Thames Valley FHT](#)
- Private/Consulting Dietitian (RD) services (London-Middlesex): see “Private Practice Registered Dietitians London and Middlesex County” resource or check this link for the latest listing: [Registered Dietitians — Middlesex-London Health Unit](#)
- DC Membership Directory at [Member Directory DOC \(dietitians.ca\)](#)
- 8-1-1 ([Health811 - Health811](#)) - For questions about food and eating, you can now speak to a Registered Dietitian by calling [811](#) (TTY:1-866-797-0007). Dietitians are available Monday, Wednesday, and Friday from 9:00 a.m. to 5:00 p.m., and Tuesday and Thursday from 9:00 a.m. to 9:00 p.m.. The phone number is toll-free and translation services are available by request.