PERFORM Colloquium, April 23, 2020 – Further Reading

- **What to eat to maintain an immune system-friendly diet** – Leslie Beck, RD, The Globe and Mail

- **No, you probably can’t ‘boost’ your immune system to prevent coronavirus. Here’s why.** – Cara Rosenbloom, RD, The Washington Post

- Recipes: Guelph Family Health Study – **Rock what you’ve got**, “Making a casserole from what's on hand”, Cookspiration & Défi Santé

- **General Food Safety tips & Safe food storage** – Health Canada, Food Safety in the Home, CPHA

- Mindful eating: Dr. Jean Kristeller – **The joy of eating half a cookie**, Michelle May – **Am I Hungry?**, Thich Nhat Hanh and Dr. Lilian Cheung – Savor, Dr. Jan Chozen-Bays – Centre for Mindful eating, Susan Albers – Eating mindfully, Hedy Kober – **How mindfulness can help us?** TED Talk

- **Nudge** – Improving decisions about health, wealth, and happiness, Dr. Richard Thaler and Dr. Cass R. Sunstein

- Canadian Society for Exercise Physiology - **Canadian 24-HR Movement Guidelines**