

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](#)