



## ***"Dump The Diet: Do Macros, Calories & Fasting Really Matter?"***



On April 2nd, Fina Scroppo and yours truly hosted our 'Dump The Diet' event at Fontana Primavera Event Centre in Vaughan!

With the abundance of nutrition information at our finger tips, we are continuously exposed to strategies and 'better' ways to lose weight and feel great. This event was dedicated to dispelling the myths around weight loss and providing guests with nutrition and health information that is credible, reliable, rooted in science, and realistic!

As well, our event included, for the first time, an interactive panel discussion with clients who have committed to a healthier path and

have succeeded in losing weight and feeling better! Our panelists shared their personal journeys and their top tips to help others achieve their health goals.

We also provided delicious recipe samples, created by Fina, as well as plenty of prizes, gift bags and freebies from our sponsors!

Fina and I are so thankful for everyone who supported and joined us for a wonderful, informative, inspiring and fun evening!

Stay tuned for our next main event coming in October this year. Be sure to keep reading *Nutrition Bites* for updates.



This newsletter is dedicated to our event, the panelists that shared their stories, the sponsors who supported us, and to everyone that attended and made this event a memorable and fantastic evening.

Thank you all!

## Meet the Panelists!

### ***Their Stories... and Before & After Pictures***

*To read each of the panelists full stories that they shared at the event, click on their picture! Learn about their journey, experience with a Registered Dietitian, and their evolving relationship with food!*

**AMANDA COLAGIACOMO**



**MONICA COLAGIACOMO**



## DANIELLA ABATE



PIC•COLLAGE

## MARY BARBIERI



Before After



**CHRISTINE  
KUHN**





**LAURA  
PIZZOLON**







Each of the panelists were asked what their top 5 recommendations were to achieving their "healthiest best". See the top 5 below...

## Top 5 ► Achieving Your Best Self

By Our Panelists

### 1. You are your first priority

- It's OK to say "no" to others in order to work on yourself and your goals.
- You can *best* provide for your loved ones when you are your happiest and healthiest.
- You have to take care of yourself; no one else will do it for you.
- There is never a good time to start... Just Do It!
- Surround yourself with people who love and support you and your journey.

### 2. Plan your meals & rethink your plate

- Choose a day to plan out meals for the week, snacks, a grocery list.
- Meal prep – from batch cooking to planning leftovers to simply chopping veggies for weekday snacks. This will help you save time and make healthy choices.

### 3. Move it!

- This doesn't have to mean going to the gym. Find something you enjoy doing and get your body moving.
- Find a partner to workout with to help keep you accountable.
- Pre-plan your activity schedule for the week.
- Make it fun by adding variety, listening to music or an audiobook, incorporating it into family time, or joining an exercise group.
- Dump the all-or-nothing attitude – a little exercise is always better than nothing! Whether you have 10 minutes to go for a walk or 30, it all adds up.

### 4. Practice meditation & mindfulness

- There is no ideal way to do this. It's whatever works for you. Find a quiet time or place in the day, even for a minute or two, when you can sit still.
- Simply close your eyes, focus on your breathing for 2 minutes to help you feel grounded.
- Observe how meditation can help reduce stress and anxiety. Overtime it can improve your overall mental and emotional health.

### 5. Reframe it: The scale does not define who you are

- The scale does not define your worthiness; don't value yourself based off a number.
- Be kind to yourself. For more on inspiration on treating yourself with compassion, visit Body Kindness, [www.bodykindnessbook.com](http://www.bodykindnessbook.com) by author Rebecca Scritchfield, RD, and creator of the DARN principle.

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*Thank you for your support and generosity leading up to and during the event. Your dedication and passion for health,*



*wellness, and supporting others reach their nutrition and health related goals is inspirational!*









## **SPRING HAS SPRUNG RECIPES**

With the Spring weather finally rolling in,  
check out these spring inspired recipes!

### **STRAWBERRY RHUBARB CRUMBLE**

This Spring, experiment with rhubarb in the kitchen, or even in your own backyard garden, if possible!





Rhubarb is a locally grown vegetable (although many of us think of it as a fruit) that is nutritious and delicious. Nutritionally, rhubarb contains Vitamin C, antioxidants, potassium and calcium!

Try this Strawberry Rhubarb Crumble, created by *Amy's Healthy Baking*. The recipe provides great substitution ideas to meet your needs and preferences.

Click [here](#) to learn more about Rhubarb.

Photo: Amy's Healthy Baking

Click [here](#) for the recipe!

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## BUTTERNUT SQUASH, SPINACH AND FETA FRITTATA

This recipe, provided by *Cookspiration*, is nutrient dense and filling, that is perfect to have at any meal.

While very high in vitamin A and vitamin B12, and high in magnesium, folate and riboflavin, feel free to add your favourite veggies to boost its nutrient profile.

Photo: Cookspiration



Click [here](#) for the recipe !

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### **A few other highlights of the evening:**

*Below is our group participating in a Stretch Break led by  
Silvana Taffo of Executive Squash & Fitness*



Thank you to our fantastic volunteers. Pictured from left to right: Alessia I, Maria L, Annarita M, Filomena and Fina, Amanda, and Sara D.





## What To Do With Easter Leftovers?

*Reprinted with permission from Fina Scropo*

Here are some ideas on how to best re-invent leftovers so that they don't go to waste after the big family meals of weekend past.



### What To Do With Leftover Lamb:

- Leftover lamb shepherd's pie: topped with sweet potato, chunky veggies like celery and carrots and peas
- Wrap, pita pockets or gryros with tzatziki sauce or feta with pickled onion or beets
- Salad with goat cheese, cucumber, spinach, fresh mint, red pepper,
- Soup/stew – with white beans or lentils, swiss chard and rosemary or fresh oregano – curry and cumin and turmeric
- Buddha lamb bowl – strips of grilled zucchini, ribbons of carrots, spiralized beets, brown rice or quinoa



-Quesadilla or tacos with lamb -- grilled red onion, goat cheese, tomatoes, lime and cilantro

-Lamb ragu with whole grain fettuccine pasta

-Lamb pizza – sundried tomato, gorgonzola, basil on whole wheat crust or cauliflower crust

### **What To Do With Leftover Vegetables:**

-add them to Risotto

-Salad (grilled veggies and fresh veggies go well)

-Frittata (and then use up the extra eggs you bought and didn't get to use)

-toss them with whole grain pasta or quinoa for a quick dinner; just add some protein for a balanced meal

### **What To Do With Leftover Ham (and potatoes):**

-Frittata: from asparagus frittata to ham and potatoes to ricotta and mint, frittatas are versatile & they have the benefit of being packed with great springtime veggies like asparagus, red onions, mushrooms, baby spinach/kale

-add them to a veggie-barley soup with handfuls of added greens (bok choy, spinach, Swiss chard)

-how about pizza? Ham, potato and caramelized onion pizza. Top it with handfuls of fresh arugula

### **How About Those Hard-Boiled Eggs?**

- egg salad sandwich using some plain yogurt, crunchy celery and cucumber, chives and fresh herbs. Add a sprinkle of smoked paprika for more pizzaz.

- In pasta – with ham, eggplant and bocconcini

- In a wrap; breakfast burrito

- On cucumber canape

- With sautéed greens

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**For more information on booking appointments & upcoming workshops, contact Filomena at 905-265-2140 or [dietitian@innerhealth1.ca](mailto:dietitian@innerhealth1.ca)**