



## MARCH IS NUTRITION MONTH!

### TOGETHER, WE CAN UNLOCK THE POTENTIAL OF FOOD!

For over 30 years, Dietitians of Canada has worked towards raising awareness “about the importance of healthy eating by identifying dietitians as the most credible source of food and nutrition information” <sup>(1)</sup>. During the month of March, *Dietitians of Canada* and dietitians across this country share their passion with the public and spread the word about the chosen campaign!

**Back by popular demand, this nutrition month campaign is all about unlocking the potential of food!** “Everyday, dietitians help Canadians unlock the potential of food to enhance lives, improve health, inspire children, fuel activities and bring people together” <sup>(1)</sup>.

**Learn how you can unlock the potential of food this month, with the support from your nutrition experts!**



To help fuel our bodies and mind throughout the day, eating balanced and regular meals and snacks is key!

However, many of us experience challenges during our daily lives that prevent us preparing, planning or designating time for a meal!

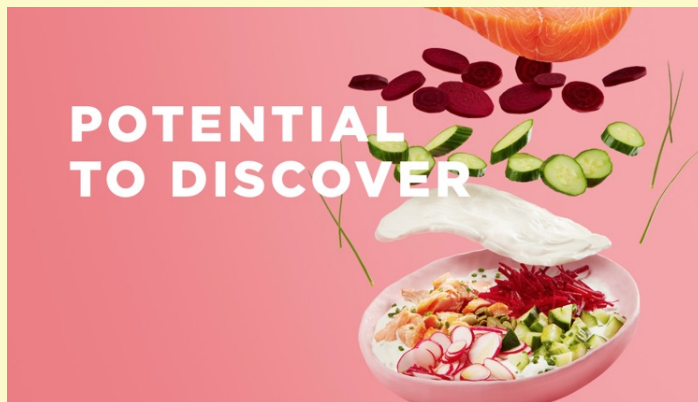
If you can relate to this, you are not alone! “**Almost half of all Canadians say that eating a balanced diet is challenging because they are too**

**busy”** <sup>(2)</sup>. The solution for many Canadians (approximately 30%) is snacking during the day to stay alert, productive and energized!

Choosing nutritious snacks is a great way to stay fuelled! Dietitians of Canada asked dietitians what their favourite snacks are. Here are examples of 5 nutritious snacks that provide our bodies with optimal fuel and nourishment:

- Veggies and hummus
- Almond butter on banana slices
- Greek yogurt topped with berries
- Whole grain toast with peanut butter
- Handful of trail mix with nuts and seeds

**To learn more about the potential of fuel, click [here!](#)**



Nutrition experts strongly suggest getting children and teens involved in the kitchen to help with meal and snack planning, building and preparation.

#### **WHY?**

It increases their exposure to nutritious foods, leads to healthier eating habits, and builds food skills. However, “a recent survey found that 38% of parents rarely or never let their child prepare a meal or a snacks”<sup>(3)</sup>.

If you are not sure how to involve your children or grandchildren in the kitchen, Dietitians of Canada has put together **5 tips on how to get the young ones involved, along with a guideline of kitchen skills based on age!**

**Click [here](#) to learn more about the potential to discover!**

Check out these two kid-approved, fun, and nutritious snacks to get you started in the kitchen! (Click on the image for the full recipe)





A healthy and nutritious “diet” is considered one of the lifestyle factors that promote quality of life, health and wellness, and **prevent** the risk of illness and disease.

There is an abundance of evidence from high quality studies that demonstrate a strong link *between eating*

*nutritious foods and reducing our risk for heart disease, cancer, type 2 diabetes and more.*

Back in January, we looked at some of the best eating patterns that promote health and wellness, such as the Mediterranean Diet and the DASH diet. These diets are supported by research that has followed large groups of people for a long period of time and have consistently demonstrated positive findings and results.

Everyday, dietitians educate, guide and support others in choosing healthier food choices and habits, for **PREVENTATIVE** health purposes. Dietitians work with you to create specific goals that are sustainable, practical and tailored to you!



**Dietitians not only play a role in PREVENTION, they are key players in HEALING PROCESS!**

The knowledge, experiences and training that dietitians undergo make them an asset in a number of different workplaces, such as:

- Hospitals, rehabilitation facilities
- Community health centres, diabetes education programs
- Long term care residences, senior residences
- Private practice
- Grocery stores and many more locations...

When seeking nutritional advice, always be sure to know who is communicating the message or information (especially when searching online) and that they are qualified to do so!



Click [here](#) to learn more about the potential to prevent!  
Click [here](#) to learn more about the potential to heal!



**The social component to food and eating is proven to be an important factor in our health and wellness, at all ages.**

Here's why Dietitians of Canada encourages Canadians to share meals with others as often as possible:

- "**Children** who eat with their family have more nutritious diets, better academic performance, a lower risk for being overweight and less risk of eating disorders...increased intake of vegetables and fruit, and a decreased intake of sugar-sweetened beverages" <sup>(4)</sup>
- "**Teens** who share family meals get better grades, and are less likely to smoke, use drugs or alcohol, or to participate in serious fights" <sup>(4)</sup>
- "**Adults** who eat with friends and family tend to eat more vegetables and fruits, drink less pop, eat fewer meals at fast food restaurants, and have lower body mass indexes" <sup>(4)</sup>
- "**Older adults** who eat as part of a group have better diets, improved nutrient intake and lower rates of malnutrition" <sup>(4)</sup>

The message of sharing meals with others has consistently been encouraged since the beginning of this year. The new Canada's food guide (released in January) also reinforces the importance of undistracted meal time and enjoying the time spent with others.

Click [here](#) to learn more about the potential to bring us together!

## **6 FEATURED RECIPES FROM THE NUTRITION MONTH CAMPAIGN!**

All featured recipes are brought to you by the Dietitians of Canada app  
**COOKSPIRATION.**

Cookspiration helps Canadians with meal planning, building and preparation, while providing variety and creativity that the whole family will enjoy. Cookspiration provides recipes and ideas for meals, and snacks that are budget-friendly and kid-approved, for every day of the week!

Download the app or visit [cookspiration.com](http://cookspiration.com) for ideas to help you during the week and unlock the potential and power of food.

*Click on the images below for the recipe.*



**OVERNIGHT  
HEARTY OATMEAL  
BREAKFAST**



**CREPES FILLED  
WITH AVOCADO,  
ROASTED  
PEPPERS, AND  
FETA**



**LAYERED TOP TO  
BOTTOM BEET  
SALAD**



**GREEK SALAD**



**CRISPY CHICKPEAS  
AND PUMPKIN  
SEEDS WITH LIME**



**MINT CHOCOLATE  
PUDDING**



## **OUR NEXT MAIN WELLNESS EVENT...**

### **DUMP THE DIET**

**April 2nd 2019 5:30pm-8:30pm**

*To order your tickets copy link:*

**<https://www.eventbrite.com/e/dump-the-diet-do-macros-calories-fasting-really-matter-tickets-54509075111>**

**OR**



# Dump the diet

Do macros, calories and fasting really matter?

Learn how to achieve your best self and maintain a healthy weight. No fad diets or unrealistic restrictions.

PRESENTED BY

Registered Dietitian Filomena Vernace-Inserra & Cookbook Author Fina Scropo

APRIL 2, 2019

Fontana Primavera Event Centre, Vaughan

- ❖ Interactive panel discussions
- ❖ Cooking demos & recipe samples
- ❖ Giveaways & door prizes

[www.eventbrite.com/e/dump-the-diet-do-macros-calories-fasting-really-matter-tickets-5450907511](http://www.eventbrite.com/e/dump-the-diet-do-macros-calories-fasting-really-matter-tickets-5450907511)

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Information retrieved from:

(1) Dietitians of Canada. Campaign Info. Retrieved from: <https://www.dietitians.ca/Media/Nutrition-Month/Campaign-Info.aspx>

(2) Dietitians of Canada. The potential to fuel factsheet. Retrieved from: <https://www.dietitians.ca/Downloads/Public/07---Nutrition-Month-2019/English-Factsheets-2019/NM-2019-FactSheet-01-Fuel-EN.aspx>

(3) Dietitian of Canada. The potential to discover factsheet. Retrieved from: <https://www.dietitians.ca/Downloads/Public/07---Nutrition-Month-2019/English-Factsheets-2019/NM-2019-FactSheet-02-Discover-EN.aspx>

(4) Dietitians of Canada. The potential to bring us together factsheet. Retrieved from: <https://www.dietitians.ca/Downloads/Public/07---Nutrition-Month-2019/English-Factsheets-2019/NM-2019-FactSheet-05-Bring-Us-Together-EN.aspx>

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