

MARCH IS NUTRITION MONTH

Nutrition Bites

Special Edition

*March is all about Nutrition, Food and Health. And each year shines the light on a different and exciting theme. You may recall that last year's theme was **MORE THAN FOOD**, emphasizing that healthy eating has much more to do than food itself.*

Dietitians encouraged Canadians to cook more often, embrace culture and tradition, and listen to your body and hunger cues!

www.nutritionmonth2021.ca



GOOD FOR YOU.

Dietitians Help **You** Find **Your** Healthy.



Why this theme?

"In our busy, fast paced world, myths and misinformation on the internet, social media and other sources make nutrition and healthy eating confusing. Not to mention what is "good for you" is not the same for everyone. There is no one-size-fits all approach to healthy eating. Dietitians understand the science of nutrition and the unique needs of each person based on their health, their preferences and their culture and food traditions.

Nutrition Month 2021 will centre on the idea that healthy eating looks different for everyone. Dietitians will push back against simplified notions of 'a healthy meal' and 'rules' and share examples of how culture, food traditions, health conditions and personal circumstances influence what healthy eating can look like."

Bottom line: A Dietitian's main priority is to listen and understand your personal and nutritional needs, and provide you with tailored and individualized support that will help you achieve your OWN goals!



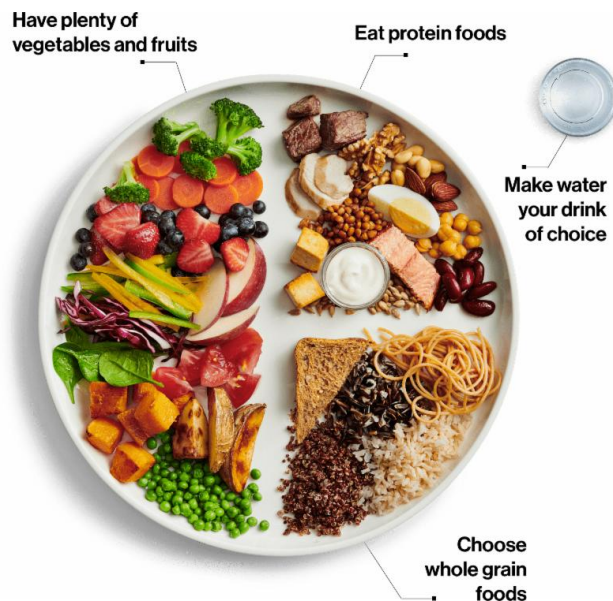
"Culture and food traditions shape how we and our clients eat. Whether it is using a bowl, eating a mixed meal rather than following a perfect "healthy plate" model of eating or being curious and learning from the communities we support, these traditions impact our nutrition care..."

Understanding and appreciating these many facets is central to our practice so that we, as dietitians, can assist all Canadians in accessing culturally safe and appropriate food and nutrition advice, care and support."

Does the New Canada Food Guide Reflect the Cultural Diversity among Canadians?

"Canada is a country that prides itself on its diversity, and so the inclusion of culture and food traditions in the new food guide is important.

The foods shown on the plate are only examples of healthy food choices. These foods were chosen based on



a number of considerations, such as cost, variety, cultural relevance and availability as fresh, frozen, canned or dried.

There are many healthy food choices beyond those depicted on the plate. Choosing a variety of different foods within each food grouping can help meet nutrient needs while at the same time aligning with a preferred eating style.

This concept of proportionality can be used whether meals or snacks are served on a plate, in a bowl, on a shared platter, buffet-style or others. It applies to snacks, breakfasts, mixed dishes and family meals – and even to smaller portions for younger children, who may require less food." (Emily Bell, MSc, RD)

FOR MORE INFORMATION ON THE TOPIC OF CULTURE AND FOOD TRADITION IN THE DIETETICS WORLD, [CLICK HERE](#)



"Dietitians support individuals with an array of health conditions using their evidence-based knowledge and expertise.

We collaborate with fellow health professionals to tailor the nutrition focus for both the client's health needs but also for their own informed decision desires."

Registered Dietitians work with individuals in all stages in life. Each individual that Dietitians connect with and support is unique-there is not one diet that fits all.

During this difficult time, the presence and support of Dietitians in our Long Term Care Homes (among all essential workers) has been tremendous!



"In long-term care facilities, the **focus shifts**

from treating acute illnesses and managing chronic diseases, to promoting quality of life. Each resident's care plan and goals are much different than the others, where one may require supplements to

Dietitians in Long Term Care Homes focus on a number of indicators that help ensure that our loved ones are receiving adequate intake, nutrients, hydration and much more.

Here is what one Dietitian featured during this Nutrition Month had to say about healthy eating in a long term care setting:

support their weight and oral intake, and others may require additional interventions to maintain adequate hydration and normalize their electrolytes. Whether it is maintaining their current level of functioning, ensuring they are still able to safely chew and swallow, or providing comforting foods, the wishes and rights of the residents are always respected and considered." (Christine Francis, RD, DDEPT)

FOR MORE INFORMATION ON THE TOPIC OF HEALTH CONDITIONS IN THE DIETETICS WORLD, [CLICK HERE](#)



Personal Circumstances

"Personal circumstances can also shape the nutritional needs of the Canadians who dietitians support and ensuring equity is critical.

Advocating for social justice and considering factors that impact a client's ability to implement nutrition recommendations all play an important part of nutrition care."



Jackie Silver, RD, is a dietitian who advocates for people with physical and intellectual disabilities

Why does this Nutrition Month theme resonate with you?

"The Nutrition Month theme resonates with

me because people with physical (such as spinal cord injury or cerebral palsy) or intellectual disabilities (such as autism or Down's Syndrome) have unique nutritional needs that often differ from the general population and thus it is crucial to tailor nutrition advice to each individual. **Further, one in five Canadians over the age of**

15 (about 6.2 million people) has one or more kinds of disabilities, which means there are many opportunities for dietitians to work with this population." (Jackie Silver, RD)

It is necessary to tailor nutrition advice to each individual that Dietitians assess! Sustainable behavioural and dietary changes which improve quality of life are most important. We use creative ways to solve unique challenges to help you improve and find YOUR HEALTHY!

FOR MORE INFORMATION ON THE TOPIC OF PERSONAL CIRCUMSTANCES IN DIETETICS, [CLICK HERE](#)

Top Picked Recipes by Dietitians!

Click [here](#) to view this Nutrition Month's Recipe E-Book for access to all 15 Recipes! Download for FREE!

Here is a sneak peak of what you will find...



SPICY RED LENTIL & HAVARTI SOUP



PEAR RASPBERRY YOGURT MUESLI



GARLIC TOMATO CHICKPEAS



MUJADARRAH



CITRUSY CHICKEN SALAD WITH FETA



OATMEAL CHOCOLATE LENTIL BITES

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Visit [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca) for more resources and information

References:

Adapted from the Dietitians of Canada's Nutrition Month materials. Find more information about Nutrition Month at [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)