

Take the Fight out of Food!



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Food Fads: Ugh! How do I know which information to trust?



Aliya

This is Aliya. She has tried following online nutrition advice and what she's heard from friends on social media, but hasn't found it to be helpful. She is trying to find reliable online information about food and nutrition. She wants facts she can trust, so she tries the three-step approach:

Spot the problem.

Aliya says: "there is so much nutrition information online! How can I tell if something is a fad? I don't know what to believe."

Get the facts.

Aliya needs to separate food facts from fiction. She finds a resource on the Dietitians of Canada website to help her determine if the facts she reads online are accurate. She learns that she needs to read websites carefully and ask herself these questions:

- Is the website promising a quick fix or a miracle cure?
- Do I have reasons to mistrust the person, organization or company that runs the website?
- Are they trying to sell me something instead of educate me on how to make better food choices?



Dietitian Pro Tip

Shannon Crocker
MSc, RD

- Be careful if a product claims a long list of conditions it "cures." Nothing is a cure-all for everything.
- As a dietitian, words that raise a red flag and make me take a second look are detoxify, purify, cleanse and miracle.
- Investigate! Don't accept nutrition information online without checking who wrote it and if it's based on science.

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



Pork, Apple and Cabbage Barley Casserole



Avocado, Roasted Squash and Black Bean Tacos



Hearty Beef Minestrone



Broccoli Lentil Salad with Tumeric Yogurt Dressing

Find all 12 feature recipes at
www.NutritionMonth2017.ca



Track eating and activity on the go with **eaTracker**.
Get inspired with recipe ideas from **Cookspiration**.



Food Fads

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Get the facts (cont'd).

- Are the website writers unqualified to be giving me nutrition information?
- Do they have facts that sound too good to be true?
- Does the information come from personal opinions rather than scientific evidence?
- Is the content missing reviews or verification by medical experts?
- Are the website claims based on a single study that may draw the wrong conclusion?

She answers “yes” to most of these questions, which means some of the facts she reads are not reliable.

Seek support.

Aliya learns that she should not trust everyone who has an opinion about food and nutrition. She will consult with a regulated health care professional, such as a physician or dietitian.

Armed with her new rules for evaluating websites, she finds these reliable websites:

- www.dietitians.ca
- www.eatrightontario.ca
- www.healthlinkbc.ca
- www.healthycanadians.gc.ca
- www.dietitians.ca/memberblogs

Since she still has questions, she finds a dietitian in her area at www.dietitians.ca/find.

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Digestive Woes: Eek! What's causing all this gas?



Belinda

Meet Belinda. She is fighting with an embarrassing problem – excess gas. She burps a lot and often feels gassy and bloated. She wants to solve her problem, but is not sure where to start. After some online research and opinions from friends, she thinks a gluten-free diet may help, but isn't sure. She tries the three-step approach:

Spot the problem.

Belinda says: “Everything I eat seems to give me gas – my friend says to stop eating wheat and gluten. Will that help me?”

Get the facts.

After reading a medical website, Belinda learns that gas, bloating and burping may be caused by:

- Swallowed air
- Certain food or drinks
- Medicines
- Supplements

She is relieved to learn that gas, bloating and burping are all common and can be normal. She also notes that they can be the sign of a condition, such as lactose intolerance, irritable bowel syndrome or celiac disease. She is unsure of the reason for her symptoms, and reads that it's important not to self-diagnose.



Dietitian Pro Tip

Emily Mardell
RD

- Digestive woes are unique to the person who is having the issues. Self-diagnosing, without the care and support of a dietitian, can lead to unnecessary food and nutrient restriction. Don't miss out on amazing nutritious food if you don't have to!
- A dietitian helps guide your journey to better gut health. Our aim is to maximize variety, nutrition and the enjoyment of eating.

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



Spiced Yogurt
Chicken Tikka



Lemon Almond
Sauteed Greens



No-Bake Coconut
& Banana Lentil
Energy Bites



Avocado, Roasted
Squash and Black
Bean Tacos

Find all 12 feature recipes at
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Digestive Woes

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Get the facts (cont'd).

She needs the help of her doctor or dietitian.

She wants to learn more about her friend's suggestion to give up gluten in case she has celiac disease, so she visits the Canadian Celiac Association website (www.celiac.ca). She learns that if she needs to be tested for celiac disease, she needs to be eating gluten (a protein found in wheat and other grains) before the test to get accurate results. If she took her friend's advice to remove gluten from her diet, she could get a "false negative" result.

She also learns that she should work with a dietitian before eliminating foods, since they can help her plan a balanced diet and ensure she meets nutrient needs. She also finds helpful advice by searching the term "gas" on these trusted websites:

- www.dietitians.ca
- www.healthlinkbc.ca
- www.eatrightontario.ca

Seek support.

Now Belinda knows not to self-diagnose or rely solely on advice from the internet or well-meaning friends. She will talk to her doctor about her symptoms. If necessary she will see a gastroenterologist (digestive health doctor). She is eager to see a dietitian to help figure out which foods may be causing her discomfort. She will find support from a dietitian at www.dietitians.ca/find.

If she is diagnosed with a digestive disorder, she learns that there are not-for-profit organizations, which offer support groups where clients can talk to others with the same condition (in meetings or online).

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Picky Eating: Grr! Why is family mealtime such mayhem?



Tanya

This is Tanya. She works full-time and prepares dinner for her family every night. She often struggles to get a meal on the table that everyone will enjoy. One child is quite picky, one doesn't want to try new things, and no one agrees on the foods they like. Tanya knows she has to end the mealtime madness, but isn't sure where to start. She tries the three-step approach:

Spot the problem.

Tanya says: "I'm frustrated trying to make family meals that everyone will enjoy."

Get the facts.

Tanya visits www.dietitians.ca and searches "picky eaters." She reads that parents and children have different jobs at mealtime. Her job is to decide which nourishing foods are served, when dinnertime is, and where they will eat. It's then up to her children to decide what and how much to eat from what Tanya offers.

She quickly realizes that some small changes can make mealtime more enjoyable for everyone. She will try to stop telling her kids to "eat everything on their plate" rather she'll let them choose what or how much to eat. And now she knows not to let the kids decide where they want to eat (which is often in front of the TV instead of at the dinner table). As she continues to read information on [Eat Right Ontario](#) and [Healthlink BC](#) websites, she learns that:



Dietitian Pro Tip

Nathalie Regimbal
MSc RD

- Keep mealtimes pleasant! Your child's attitude towards certain foods can be related to the mood in which it was served.
- Don't talk about picky eating while at the dinner table. Keep the conversation light.
- Take pleasure in tasting and discovering new foods and over time, your children will imitate your behaviour. You have more influence than you think!

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



No-Bake Coconut & Banana Lentil Energy Bites



Egg, Tomato and Cheese Breakfast Pizzas



Lemon Almond Sautéed Greens



Avocado and Grapefruit Winter Salad

Find all 12 feature recipes at
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Picky Eating

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Get the facts (cont'd).

- Up to 35 per cent of toddlers and preschoolers are described by their parents as picky eaters.
- Children take their nutrition cues from their parents, so she can set a good example by preparing and eating nourishing choices.
- Children's appetites can be erratic and that's okay! The amount her children eat will vary each day depending on their appetite, fatigue, activity level and if they are having a growth spurt. It doesn't always mean they are picky – it is normal.
- Getting kids involved with grocery shopping, prepping and cooking food can help them become more interested in trying new things.
- It can take 8-15 tastes or more before a child will like a new food.
- Kids may seem picky or may eat a small amount because they are simply not hungry at meal times.
- It's best to offer three meals and two or three snacks at regular times each day and to make sure kids aren't grazing throughout the day. This will help the kids come to the table hungry since even a little milk, juice or few crackers can spoil a child's appetite.

Seek support.

Tanya feels better knowing that she's not the only mom with picky eaters! She wants to learn more about making mealtime more pleasurable at her house, so she finds a dietitian in her area at www.dietitians.ca/find.

She also learns that her local grocery store has dietitians who offer grocery store tours and cooking classes for kids. She will get her kids more involved in shopping, prepping and cooking meals so they are more interested in it. And she will talk to fellow parents about feeding their children so she learns new recipes and ideas.

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Eating and Stress: Help! I eat when I'm stressed!



Samuel

Meet Samuel. He works full time while raising a family, and has a typical busy lifestyle. He's frustrated because he often makes poor food choices to cope with stress. He wants to find the right tools to deal with stress and negative emotions without relying on comfort food, so he tries the three-step approach:

Spot the problem.

Samuel says "When I'm stressed at work or frustrated at home, I turn to food for comfort. I want to learn better eating habits."

Get the facts.

Samuel calls a dietitian at his provincial dietitian contact centre. He learns that craving food when you feel stressed instead of hungry is called emotional eating. He recognizes some of his own patterns in the information the dietitian tells him, such as:

- Eating too much without realizing it
- Craving foods that are high in calories, fat and sugar
- Feeling even more stress and anxiety after eating too much

Samuel learns about mindful eating as a way to manage his eating habits. It involves paying attention to eating using all senses: really seeing, tasting, hearing, smelling and feeling food.



Dietitian Pro Tip

Amy Yiu
RD

- Instead of turning to comfort food, fight stress by doing something you enjoy. Listen to music, take a walk, talk to a friend, exercise, cuddle your pet or read a book.
- Emotional hunger craves fatty foods or sugary snacks, such as chips or baked goods.
- Better choices are nutrient-dense foods that nourish our body and mind. Try fruit, yogurt, veggie sticks with hummus, nuts or whole grain crackers.

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



Avocado and Grapefruit Winter Salad



Broccoli Lentil Salad with Tumeric Yogurt Dressing



Bean-Stuffed Cabbage Rolls



Egg, Tomato and Cheese Breakfast Pizzas

Find all 12 feature recipes at
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Eating and Stress

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Get the facts (cont'd).

So instead of eating a whole bag of chips when he's stressed, he can learn to be more mindful of his choice – perhaps eat a smaller portion or choose a more nutritious snack. Mindful eating can help him become more aware of the reason why he's eating, so he eats when he's hungry and stops when he feels full.

Samuel learns that with the help of a dietitian, he can become more aware of his emotional and physical responses to food. With training, he can manage his stress-related eating and pay more attention in the present moment when he's making food choices.

Seek support.

Samuel learns that many dietitians are coaches who offer mindful eating principles during individual or group counselling sessions. He decides to find a dietitian at www.dietitians.ca/find to help with stress reduction techniques and mindful eating.

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Managing a Condition: Sigh! How can I manage my diabetes?



Tim

This is Tim. He's 58 years old and has type 2 diabetes. Sometimes he struggles when making food choices because he's unsure how certain foods affect his blood sugar levels. He particularly has trouble when he's eating at restaurants or in a food court. He knows he needs to make some changes in his diet, but is unsure where to start. He tries the three-step approach:

Spot the problem.

Tim says "I have diabetes, and I'm overwhelmed by everyday food decisions at home or when eating out."

Get the facts.

To learn more about diabetes, Tim starts his research on the Canadian Diabetes Association website at www.diabetes.ca. He learns that he can live a long and healthy life by managing his diabetes. Management of diabetes includes:

- Eating well
- Being physically active
- Monitoring blood sugar levels
- Taking medications as prescribed



Dietitian Pro Tip

**Laurie Barker
Jackman**
RD

- Food is a key component in managing diabetes, so having a dietitian as a part of your care team will help you achieve your health goals.
- There is not a simple one-diet-fits-all approach. A dietitian can work with you to meet your individual goals.
- Portions are usually larger than we need when dining out. Divide your meal and take leftovers home to enjoy for another meal or split with your dining companion.

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



**Bean-Stuffed
Cabbage Rolls**



**Indian Spiced
Lentils**



**Spiced Yogurt
Chicken Tikka**



**Spicy Avocado
Hummus**

Find all 12 feature recipes at
www.NutritionMonth2017.ca



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Managing a Condition[!] (e.g. diabetes):

Visit NutritionMonth2017.ca

Get the facts (cont'd).

- Managing stress
- Keeping blood sugar levels in the target range set with his health care team.

Tim didn't seek any nutrition advice for diabetes because he was afraid it meant giving up foods he loved. But as he reads more about nutrition and diabetes, he understands that a dietitian can help him fit his favourite foods into his eating routine. He also finds out that planning meals doesn't need to be complicated. Following a few basic tips may be all he needs.

He reads about the "Plate Method" as a practical way to figure out portion sizes and food choices when dining out.

After getting the facts, he is curious to learn more from a dietitian.

Seek support.

Tim learns that he can call the Canadian Diabetes Association at 1-800-BANTING (226-8464) to ask questions about diabetes. He already has a doctor, but since most diabetes care plans include a team approach, he will work with a dietitian too. He can find a dietitian at a local diabetes clinic or at www.dietitians.ca/find.

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