

NOURISH TO FLOURISH

NUTRITION MONTH 2026



Learn what a dietitian can do for you.



Presented by  **Dietitians of Canada**
Les diététistes du Canada



Nutrition is important for good health across the lifespan.



Nutrition could be the missing piece of the puzzle for your mental health.



Food connects families, communities and cultures.



Taking control of our emotional connections with food can support healthier eating.