

UNLOCK THE POTENTIAL OF FOOD

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THE POTENTIAL TO HEAL

Learn how food can promote healing and how dietitians work in health care teams to make a difference.

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. Visit NutritionMonth2018.ca

Dietitians believe in and understand the potential of food to enhance lives and improve health. Dietitians can help you select and prepare the foods you need to meet your nutrient needs. They use food to promote healing, and educate about how nutrition can help prevent or manage certain conditions, such as diabetes, celiac disease, swallowing problems (dysphagia), heart conditions, cancer and more. This Nutrition Month, dietitians want to remind you of the potential of food for healing.

DIETITIANS ARE HERE TO HELP

Dietitians are members of the health care team and work with doctors, nurses, pharmacists and other health care professionals to provide quality care, and they use food to promote healing. You can find dietitians working in many places, including:

- Hospitals
- Doctor's offices
- Private practice offices
- Community health centres
- Public health offices
- Rehabilitation facilities
- Seniors' residences



DIETITIAN PRO TIP

Gina Sunderland
MSc RD
Winnipeg, MB

Dietitians empower patients, clients and communities to embrace, understand and enjoy food. We consider a client's ethnic background, personal needs (including taste and accessibility) and translate the science of nutrition into terms they can understand! We unlock food's potential and support healthy living for all Canadians.

TRY THIS!



Spanish bulgur



Roasted salmon and broccoli with lemon parmesan sauce



Avocado, mango, black bean salad on wilted kale

These recipes are tasty and fun to make. Dietitians of Canada makes no claim to the impact of these recipes on your health.

Find all 15 feature recipes at www.NutritionMonth2018.ca



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



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- Long-term care settings
- Cooking studios
- Grocery stores
- Diabetes education centres

Dietitians use foods to help you get the nutrients needed for the growth and repair of your body. Their advice helps prevent disease, treat conditions and keep the immune system healthy.

WORK WITH A DIETITIAN

Lifestyle interventions from a dietitian, such as nutrition counselling, physical activity and behaviour modification, can help heal patients/clients in many situations. Here are some examples:

- Working with a dietitian can help people with diabetes manage their blood sugar levels.
- Dietitians work with their clients on lifestyle changes that can improve blood pressure, cholesterol levels and help promote weight control.
- In the cancer care setting, advice from dietitians promotes healing, weight maintenance, and manages side effects of treatments to help patients feel their best.
- Dietitians can help people with celiac disease plan and navigate a gluten free diet, to promote gut healing and restore nutrient absorption.
- People with swallowing problems (dysphagia) can work with a dietitian as part of a health care team to find the right meal pattern, food texture, supplements and assistive devices to stay well-nourished.

DIETITIAN PRO TIP



Mandy Megan Conyers-Smith RD
Edmonton, AB

Like all regulated health professionals, dietitians undergo comprehensive and rigorous training, both on the job and in universities. Dietitians are held accountable to the highest standards of education and ethics, which means they look beyond fads and gimmicks to deliver reliable, life-changing food-related advice that supports prevention and healing.

WANT TO UNLOCK THE POTENTIAL OF FOOD?

TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Find a dietitian at www.dietitians.ca/find.

Find all 5 fact sheets at www.NutritionMonth2018.ca

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