

More Than Food: Nutrition Month 2020

Adapted from Dietitians of Canada

March is Nutrition Month and this year Canadian dietitians are talking about how healthy eating is about so much More than Food! Dietitians are encouraging Canadians to consider not only what they eat, but how they eat too.

Why this theme? Dietitians counsel their patients, clients and communities on More than Food. We love food, yes, and we believe in its potential to enhance lives and improve health, but we take a broad view of the factors that impact healthy eating—including how we eat.

In 2019, Health Canada released the new Canada's Food Guide. During the revision process, Dietitians of Canada advocated strongly that Health Canada include considerations beyond nutrients and talk about how we eat, not just what we eat in the new guide. This is how dietitians were already talking about food, and they wanted National Dietary Guidance to reflect that. This included consideration of food literacy, food culture and traditions, food availability and sustainability.

The 2020 Nutrition Month campaign recognizes the Healthy Eating Habits that are part of the new Canada's Food Guide: <http://www.canada.ca/foodguide>

Below are tips and suggested resources for Nutrition Month 2020.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

For over 30 years, through Nutrition Month, dietitians across the country raise awareness about nutrition, enhance the visibility of the profession and promote the use of dietitians. By translating the science of nutrition into terms everyone can understand, dietitians help unlock the potential of food and support healthy living for all Canadians.

Dietitians have the knowledge, compassion and flexibility to help Canadians achieve their goals.

Here are some suggested resources that are relevant in the midst of school closures because of COVID-19):

Reducing Food Waste at Home:

<https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Cooking-Methods/Tips-On-Reducing-Food-Waste-At-Home.aspx>

Cooking with Kids <https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Cooking-with-Kids.aspx>

Healthy Tips for Feeding Your Grandchildren <https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Healthy-Eating-and-Healthy-Weights/Healthy-Tips-For-Feeding-Your-Grandchildren.aspx>

Being mindful of your eating habits

<https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/>

Cook more often <https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/>

For questions, contact nutritionmonth@dietitians.ca or visit www.dietitians.ca. Find more information about Nutrition Month at www.nutritionmonth2020.ca

