

# Nutrition Month Display for Adults

March is Nutrition month here in Canada! Eating should be joyful and not a source of frustration and confusion. Dietitians of Canada's Nutrition Month campaign will help Canadians "Take the Fight out of Food": by guiding them through a three-step approach to improve their relationship with food, no matter what the struggle. To help you teach nutrition to the general public, dietitians and nutrition students from the University of Saskatchewan have teamed up to develop a display. This year's Dietitians of Canada's Nutrition Month theme, "Take the Fight out of Food!". To receive the Nutrition Month Poster, contact a Public Health Nutritionist in your region at 306-691-1500 or contact SaskMilk at (306) 949-6999 or [info@saskmilk.ca](mailto:info@saskmilk.ca). If you are setting up a display in a community facility and have a table available, you may consider printing other Nutrition Month resources. There are 12 recipes and 5 factsheets available at [www.nutritionmonth2017.ca](http://www.nutritionmonth2017.ca)

This package contains instructions and all materials needed to create the display.

Instructions:

- 1) Cover your chosen bulletin board in colored paper. Can be displayed in your work place, community centers or recreation facilities.
- 2) Print the materials.
- 3) Look at the layout map and place items accordingly.

March is Nutrition month

Take the fight Out of food!

Food Fight #1

Food Fight #3

Food Fight #2

Have Questions?

Tips to Evaluate

Take the Pledge

Dairy Farmers of Canada poster



Reliable Resources

# March is Nut



# rition Month





# Take the fight

Spot the problem. Get the

out of food !

facts. Seek support.

# Food Fight #1 – Help! I eat when I'm stressed.

**Mindless eating has been linked to overeating and increased stress and anxiety. Incorporating **mindful** eating can help!**



- **Dirty some dishes!**
  - Don't eat right out of the bag or box, put your meal or snack into a single serving bowl.
- **Why are you eating?**
  - Think about why you are really eating- are you actually hungry? Or are you bored or stressed?
- **Enjoy your food!**
  - Use all your senses to enjoy the look, taste, feel, sound and smell of food.
- **Eat without distractions!**
  - Don't eat in front of the television, your computer, smart phone, or in the car.
- **Slow down!**
  - Chew slower, take breaks and take time to assess when you are full.

# Food Fight #2 – Help! What nutrition information can I believe?

Did you know 49% of Canadians get their nutrition information online, on social media or from blogs?



However...Not all of this information is **accurate**

With so much nutrition information available...how do you know what to believe?!



# How do I know if nutrition information is accurate?

## The information is from a professional source

- Health Canada, Dietitians of Canada or from a Registered Dietitian

## The information is based on scientific evidence

- Beware of personal success stories, personal opinions, and people or companies that are trying to sell something

## The information is not promising a quick fix or miracle cure

- If it sounds too good to be true...it probably is!

## The information is current

- If it's older than 5 years, it's probably too old



# Reliable resources

If you have questions about nutrition and food, Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca) is your best source of information!

You can also visit the following websites for nutrition related information:

- [www.fhhr.ca/HealthyLifestyles.htm](http://www.fhhr.ca/HealthyLifestyles.htm)
- [www.eatrightontario.ca](http://www.eatrightontario.ca)
- [www.cma.ca](http://www.cma.ca)
- [www.nutritionmonth2017.ca](http://www.nutritionmonth2017.ca)

Like apps? Try these nutrition apps:

- Cookspiration – [www.cookspiration.com](http://www.cookspiration.com)
- eaTracker – [www.eatracker.ca](http://www.eatracker.ca)



# Food Fight #3 – Help! Family mealtimes are mayhem.

Do you have picky eaters at home? Try these tips to help your child develop good eating habits:

- Offer 3 meals and 2-3 snacks at regular times each day to make sure kids are not grazing throughout the day.
- Don't force your kids to "eat everything on their plate". Let them choose how much to eat.
- Avoid distractions. Turn off the TV, computers and smart phones and eat together at the dinner table.
- Set a good example by making and eating healthy foods.
- Get your kids involved in shopping, prepping and cooking foods.



# Have a question? Need help? Ask a Registered Dietitian!

Locate a Registered  
Dietitian near you through  
“Find a Dietitian” at  
[www.saskdietitians.org](http://www.saskdietitians.org) or  
[www.dietitians.ca/find](http://www.dietitians.ca/find)



# Take the Pledge!



Go to [www.nutritionmonth2017.ca](http://www.nutritionmonth2017.ca) to take the pledge to  
“Take the Fight Out of Food”

**Tweet about Nutrition Month!**

- Use [#NutritionMonth](https://twitter.com/hashtag/NutritionMonth) to show how you are taking the fight out of food!