

Nutrition Times

March 2019 Nutrition Services

Nutrition Month 2019



[Health and food CC BY 2.0](#)

Every March dietitians use Nutrition Month to share information about nutrition. This year, the theme for the Nutrition Month is *Unlock the Potential of Food* with five topics that explore the potential of food:

- **Potential to Fuel:** Stay energized by planning nutritious snacks and meals into your day.
- **Potential to Discover:** Foster healthy eating habits in children by teaching them to shop and cook.
- **Potential to Heal:** Learn how food can promote healing.
- **Potential to Bring Us Together:** Enjoy the benefits of bringing families and friends together with food.
- **Potential to Prevent:** Understand how food can help prevent illness and lower the risk of chronic diseases like type 2 diabetes and heart disease. Read on for more information on this topic.

Potential to Prevent

Recent research shows that poor diet is the leading behavioral risk factor of death in Canada. Research also shows that obesity increases the risks of chronic diseases like type 2 diabetes, obesity and heart disease. With 64% of Canadian adults overweight or obese, it is clear that developing healthy eating habits can play an important role in preventing chronic disease.

A Healthy Pattern of Eating

Over the years, there have been different food guides and

nutrition guidelines but they all share similar messages around food choices and eating patterns. Healthy eating messages that have stood the test of time include choosing foods that are:

- **High in fiber** like whole grains, legumes, vegetables and fruits;
- **High in omega-3 fatty acid** like fish, seafood, nuts, seeds and plant oils such as flaxseed and canola oils;
- **High in antioxidant** like nuts, vegetables and fruits;
- **Less processed and lower in added sugar, salt and fat.**

Test out this healthy soup from Alberta Health Services. To add in a whole grain try adding barley and extra water or soup stock. For a meatless option replace the meat with dried red lentils or canned beans.

bit.ly/AHShamburgersoup



For more recipes that are part of a healthy eating pattern go to www.healthyeatingstartshere.ca or bit.ly/AHSrecipes

For more information on food and nutrition or Nutrition Month see UnlockFood.ca. Want to learn more about healthy eating to lower your risk of chronic disease? A dietitian can work with you to embrace food, understand it, and enjoy it while considering your goals and needs. Contact your local dietitians at:

Medicine Hat: (403) 529-8969

Brooks: (403) 793-6659

Lethbridge: (403) 388-6654

You can also meet with a dietitian at other sites in South Zone. To find out the locations call the numbers above or click [here](#).

Upcoming Nutrition Classes (most classes are free)

Brooks: 403-501-3315 or visit ahsbrooksnutrition.eventbrite.ca for information or to register.

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more! **Tues. Mar. 5, 2019, 6:30 – 8:00 p.m.**

Infant Nutrition: Information on feeding babies 0 to 12 months. **Wed. Mar. 13, 2019, 10:30 a.m. – 12:00 p.m.**

Alberta Healthy Living Program Classes: Ongoing, see below.

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more! **Mon. Mar. 4, 2019 or Mon. Mar. 11, 2019, 6 - 8 p.m.**

Register: 403-502-8215.

Infant Nutrition: Information on feeding babies 0 to 12 months. **Mon. Mar. 25, 2019, 2:45 – 4:00 p.m.**

Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Grocery Store Tour: March 18, 5:00 – 6:30 p.m. Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Alberta Healthy Living Program Classes: Ongoing, see below.



Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.

Grocery Store Tour: April 11, 1:30 – 4:00, S Superstore, Register 403-388-6654 or 1-866-506-6654

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: Lethbridge and area, 403-388-6654 or 1-866-506-6654

Medicine Hat, 403-529-8969

Brooks, 403-793-6659

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

2948 Dunmore Rd. SE 403-502-8200
Medicine Hat, AB
T1A 8E3

440 3rd Street East 403-501-3300
Brooks, AB
T1R 1B3

801 1st Avenue South 403-388-6666
Lethbridge, AB
T1J 4L5

For more information on this or other nutrition topics, go to www.healthyeatingstartshere



Nutrition, Food, Linen & Environmental Services

