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Nutrition Month 2017 - Take the Fight out of Food!

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March is Nutrition Month, and Dietitians of Canada have a ton of great resources for you to **“Take the fight out of food!”**. Eating well can be a challenge, but it doesn’t have to be!

Currently over 3000 Canadians have taken the pledge to **“Take the Fight out of Food”**. To take the pledge visit www.nutritionmonth2017.ca and share your pledge to others via social media.

This year’s campaign focuses on three action steps Canadians can take to make the better food choice an easier choice.

- ✓ Spot the problem. Define what’s causing your fight with food first.
- ✓ Get the facts. Use facts from credible sources to decide what needs to be done to solve the problem.
- ✓ Seek support. Put the plan into action with support from a dietitian, family and friends.

The TOP 5 nutrition related “fights” or challenges most Canadians encounter are:

FOOD FADS: Ugh! How do I know which nutrition information to trust?

DIGESTIVE WOES: Eek! What’s causing all this gas?

PICKY EATING: Grr! Why is family mealtime such mayhem?

EATING AND STRESS: Help! Why do I always turn to food when I’m stressed?

MANAGING A CONDITION: Sigh! How can I manage my diabetes?

Do any of these sound familiar? If so, learn how to take the **“fight”** out of the above challenges by checking out the informative [Nutrition Month Factsheets](#) and learn the 3 action steps that can be taken for each.

Want to learn more or help spread the eating-well message at your workplace, school or community? Access free ambassador toolkit available (free posters, fact sheets, videos and tips) at Dietitians of Canada <http://www.dietitians.ca>.

Happy Nutrition Month Everyone!