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TAKE THE FIGHT OUT OF FOOD!

Food should be joyful and not a source of everyday confusion and frustration. Yet, for many people this is not the case! Eating well is more than just eating the right amount of nutrients. Eating well includes sharing meals with friends and family, experimenting with a new recipe, and enjoying a favourite food without guilt. March is Nutrition Month and this year, it is dedicated to helping Canadians “Take the Fight out of Food”. Throughout the month, registered dietitians across British Columbia and the country will be supporting you to improve and enhance your relationship with food. If you are fighting with food, try this three step approach:

1. Spot the problem.

You may or may not realize that there is something causing you to be frustrated with food.

Are you struggling with a picky eater in your family? Do you use food to deal with your stress or emotions? Are you struggling to manage a health condition with food? Do you feel overwhelmed by fad diets? By recognizing the cause of your frustration, you are taking the first step towards enjoying eating.

2. Get the facts.

We have an overload of food and nutrition information at our fingertips through social media, blogs and new articles. But it can be hard to know what information is credible, especially when it seems the information is always changing. When reading food and nutrition information, ask yourself the following questions:

Is the website based on personal testimonials? Is someone trying to sell you something? Is the information based only on one research study?

If the answer is yes to any of these questions, this information may not be reliable. The key is to look for food and nutrition information from regulated health professionals like registered dietitians. You can find reputable nutrition information at www.healthlinkbc.ca/healthy-eating/for-everyone or at www.dietitians.ca/ under the “Your Health” tab. If you like blogs, check out the [Dietitians of Canada -Member Blogs](#) for a full listing of blogs that promote reliable food and nutrition information.

3. Seek support.

It can be easier to tackle your frustration with food when you feel supported. When you’re ready to take action, seek support from your family and friends and connect with a Registered Dietitian for some personalized advice that fits your lifestyle. To speak to a registered dietitian free of charge, you can call HealthLink BC at 8-1-1.

With the right information and support, you will be well on your way to bringing the joy back to eating.

For more information on Nutrition Month, check out NutritionMonth2017.ca

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