



March is Nutrition Month

This year's theme is "Take the Fight out of Food! Spot the problem, Get the facts, Seek support."

Eating should be joyful, not a source of frustration and confusion. Figuring out the best foods to buy, prepare, serve or eat with your family can be quite challenging. Here is an example on how to use the three-step approach:

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

- 1. Spot the problem. Find out what's causing the fight with food first.** When stressed at school or upset with friends or family, you may turn to food for comfort.
- 2. Get the facts. Use facts from dependable sources to decide what needs to be done to solve the problem.** Turning to food when you feel angry or stressed is called emotional eating. Remember to eat when you are hungry and stop when you're full, instead of eating because you're bored or stressed.
- 3. Seek support. Put the plan in action with support from family, friends or a health professional.**

Did you know...

Mindful eating involves really seeing, tasting, hearing, smelling and feeling food.

For more information visit: www.NutritionMonth2017.ca

Adapted from the Dietitians of Canada's Nutrition Month campaign materials.

