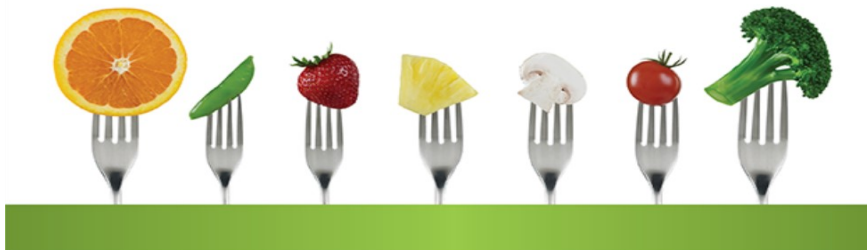


Take the fight out of food!

March is Nutrition Month and this year's theme is ***Take the Fight Out of Food! Spot the problem. Get the Facts. Seek Support.*** Your local hospitals want to help.



Registered Dietitians Deb Quintal (from CPDMH) and Elena Jascolt (from AGH & Fairview Manor) offer these tips to help get on track:

- ◆ Eating should be joyful - not a source of everyday frustration and confusion. Be aware of emotional eating. It occurs when you are stressed and turn to food for comfort, especially snacks between meals. Emotional eating leads to eating too much without realizing it, craving foods high in calories, fat and sugar and feeling more stressed and anxious after eating too much.
- ◆ Mindful eating can help. It involves eating with intention and attention. Be aware of what your body is telling you. Eat smaller portions. Make better choices. Try more nutrient dense foods that nourish our body and mind, such as fruit, yogurt, nuts or veggie sticks with hummus.
- ◆ And most importantly, seek support from a dietitian, family , co-workers and friends!

NEED MORE HELP?

- ◆ Speak with your family doctor regarding local support.
- ◆ Watch for healthy eating displays and cafeteria specials at the Almonte and Carleton Place Hospitals.
- ◆ Visit www.eatrightontario.ca for more tips.



The hospitals are also part of the *Healthy Foods in Champlain Hospitals* program.

It promotes nutritious, healthy food choices, not only for patients and residents, but for staff and visitors as well. Look for more delicious and nutritious changes in the months ahead!