

# UNLOCK THE POTENTIAL OF FOOD

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## THE POTENTIAL TO PREVENT

**Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease.**

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. [Visit NutritionMonth2018.ca](http://NutritionMonth2018.ca)

Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and can lower the risk of developing chronic diseases. Dietitians can help you follow a healthy eating pattern that suits your individual needs and health goals. This Nutrition Month, dietitians want to remind you of the power of food for disease prevention.

## BUILD A BALANCED DIET

There are many diets or “eating patterns,” and some are healthier than others. The best eating pattern is one that you enjoy and can stick with in the long run. The eating patterns that have been the most researched for their health benefits include the Mediterranean, DASH and MIND diets. The foods that are recommended on these patterns can help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer.

The eating plans listed above may have different names, but the foods are mostly the same! Here are some foods that are common to all of them:



### DIETITIAN PRO TIP

**Christy Brissette RD**  
Toronto, ON

A third of cancers can be linked to poor diet, obesity and lack of exercise. Eating vegetables, fruits and whole grains can help protect you against some types of cancers. I love coming up with easy recipes to fill half your plate with vegetables. I work with clients to help them plan healthy diets that meet their individual needs and prevent disease.

## TRY THIS!



**Mint, basil guacamole**



**Veggie burgers**



**Mexican squash and bean salad**

*These recipes are tasty and fun to make. Dietitians of Canada makes no claim to the impact of these recipes on your health.*

Find all 15 feature recipes at [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca)



Track eating and activity on the go with **eaTracker**.  
Get inspired with recipe ideas from **Cookspiration**.



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- Vegetables and fruit
- Whole grains
- Legumes like beans and lentils
- Nuts and seeds
- Milk, cheese and yogurt
- Fish, seafood and poultry
- Healthy oils like canola and olive oil.

These nourishing foods are the basic ingredients that form the diet for disease prevention. You may also notice what's missing from these eating patterns. They don't contain a lot of highly processed foods, like cake, chips, cookies and sugary drinks that are high in added sugar, salt and trans fat.

## WORK WITH A DIETITIAN

Almost 80 per cent of premature stroke and heart disease can be prevented through healthy lifestyle behaviours. These include eating healthy, being active and living smoke-free.

The journey towards wellbeing begins with how we eat and dietitians have the knowledge, compassion and flexibility to help you achieve your goals.

Consider working with a dietitian if you have health goals or concerns about your risk of chronic disease. They will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Find a dietitian at [www.dietitians.ca/find](http://www.dietitians.ca/find).

## WANT TO UNLOCK THE POTENTIAL OF FOOD?

### TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

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