

## **BCHS Wellness Memo: March 2020**

---

For the month of March, the Wellness Committee is celebrating Nutrition Month! For over 30 years, Nutrition Month has been the most visible public awareness campaign for the nutrition profession – reaching millions of Canadians annually. During this month, Registered Dietitians (RDs) across the country raise awareness about nutrition and enhance the visibility of the dietetic profession. This year, Canadian RDs are talking about how healthy eating is about so much **more than food!** RDs are encouraging Canadians to consider not only *what* they eat, but *how* they eat, too. In 2019, Health Canada released the new Canada's Food Guide. Throughout its development, RDs advocated strongly that Health Canada include considerations beyond nutrients and also take into account *how* we eat, in the new Guide. This included considering food literacy, food culture, traditions, food availability, and sustainability.



The 2020 Nutrition Month campaign recognizes the healthy eating habits that are promoted in the new [Canada's Food Guide](#) including:

- 1. Being mindful of your eating habits**
  - Take time to eat
  - Notice when you are hungry and when you are full
- 2. Cooking more often**
  - Plan what you eat
  - Involve others in planning and preparing meals
- 3. Enjoying your food**
  - Culture and food traditions can be a part of healthy eating
- 4. Eating meals with others**



Did you know that RDs are the only regulated health professional with the nutrition expertise, education, and practical training required to provide sound and evidence-based nutrition advice and recommendations? At BCHS, we have skilled teams of RDs and a Certified Diet Technician who assess and closely monitor the nutritional status of our patients. Collectively, we have nutrition experts on staff that serve patients on **all inpatient units**, via our **outpatient nutrition program**, and in our **diabetes education** and **dialysis** centres.