

Health Note - National Nutrition Month 2017

March XX, 2017

By Fredericton and Upper Valley Horizon Public Health Registered Dietitians

March is Nutrition Month and in honor of this, your local Horizon Public Health Dietitians along with Dietitians of Canada are helping to support Canadians in taking the fight out of food. The slogan for the 2017 campaign is *Take the fight out of food! Spot the problem. Get the facts. Seek Support.*

Eating should be joyful, not a source of everyday frustration and confusion. Try this three-step approach:

1. Spot the problem. Define what's causing your fight with food first.
2. Get the facts. Use facts from credible sources to decide what needs to be done to solve the problem.
3. Seek support. Put the plan into action with support from a dietitian, family and friends.

Check out www.NutritionMonth2017.ca to find all the resources. If you are looking for free apps to get you started, check out the "Get the Apps" link on this website. These apps are a convenient way to access dietitian expertise any time.