

For Immediate Release

April 2, 2008

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Spotlight on Food and Nutrition

The theme for this year's Dietitian's of Canada Nutrition Month campaign is "Spotlight on Food and Nutrition".

"Nutrition Month gives us a chance to reflect on what we are fueling our bodies with and reinforces the importance of making healthy choices," stated Deb Quintal, Registered Dietitian with the Carleton Place & District Memorial Hospital. "With rates of obesity climbing and cases of Type 2 Diabetes on the rise, more and more people are getting interested in the topic of how nutrition and food can help with health promotion and disease prevention."

Here is a Dietitian's Top 10 list and what you need to know...

1. Want to feel your best? Eat well and get physical!
 - Check out www.myfoodguide.ca to personalize your meal plan.
 - Break physical activity up into 3, 10-minute segments to reach your goal of 30 minutes a day.
2. Benefit from balance – challenge and support family members to achieve and maintain healthy weights.
 - Calculate your body mass index (BMI) and waist circumference with the resources available at www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/index_e.html.
3. Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!
 - Work with your local school, recreation facility and work place to ensure healthy food choices are available.
4. Give food portions a makeover – tune in to moderation in serving sizes.
 - Use www.EATracker.ca to compare the portion sizes and the amount of food you eat to what you need for your age and gender.
5. Colour your world with vegetables and fruit!
 - Dark green and deep orange vegetables such as broccoli, spinach, sweet potato and carrots, as well as berries, oranges and melon are filled with beneficial antioxidants.
6. Be a savvy shopper – get the nutrition facts on foods from the label.
 - Visit a virtual grocery store at www.healthyeatingisinstore.ca
7. Make meal time a family affair!
 - Give everyone a task to get a meal on the table – whether it be finding a recipe, helping with shopping, cooking or clean up.
8. Healthy eating is more than a flash in the pan – it's a lifetime commitment.
 - Fad diets come and go but healthy eating using Canada's Food Guide will meet your needs for life.
9. Make www.dietitians.ca/eatwell your "go to" place for trusted nutrition information and fun healthy eating ideas!
 - Find information on a wide variety of nutrition topics, healthy recipes and tips as well as interactive tools such as the new recipe analyzer.

10. Have a food or nutrition question? Ask a Registered Dietitian!

- To find a Registered Dietitian, visit Find a Nutrition Professional at www.dietitians.ca/find
- Ask your doctor for a referral to a Registered Dietitian.
- Call “Ask a Dietitian” at EatRight Ontario 1-877-510-510-2 Monday to Friday 9am to 5pm

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