



March is Nutrition Month: Good for You!

BROUGHT TO YOU BY THE REGISTERED DIETITIAN
AT GEORGINA NURSE PRACTITIONER LED CLINIC

The theme of this year's nutrition month is Good for You! Food that is "good for you" can be very different than what's good for somebody else. This month's theme is to explore why healthy foods can look different for everybody.

In simple terms, a Registered Dietitian's job is to help clients explore how food and nutrition can impact their health. However, behind every recommendation lies significant consideration for each client's culture, traditions, food preferences, personal circumstances and other needs. Here is a look at how an individualized approach is developed for a client on their healthy eating journey.

Health - This is often the starting point of a relationship between a dietitian and client. Food and nutrition can help manage health conditions to improve long-term outcomes. However, often times, there is a fear that all enjoyable foods and treats will have to be removed from one's diet in order to be healthy. This could not be further from the truth. A healthy diet also needs to be an enjoyable one in order for it to be long lasting. Therefore, it's important to consider how each client's favourite foods can still fit into a healthy eating pattern as they manage their health.

Culture and Food Traditions - As a dietitian begins to get to know their client, an understanding starts to form around the individual's relationship with food. Each person has a unique relationship and understanding of food based on their culture and traditions. Someone who is an immigrant

versus someone who was born in Ontario would likely have grown up eating very different foods, prepared in very different ways. A person's upbringing can also affect how meals are eaten, and shape beliefs towards certain foods. These in turn develop an individual's personal food preferences over time. Trendy diets tend to be short-lived because they don't take into account these complex considerations of a person's relationship with food. It's important that culture and traditions are respected while exploring what healthy eating would look like.

Personal Circumstance - Lastly, a client's individual living situation can impact daily eating-related activities of grocery shopping and food preparation. Financial situation, living environment, literacy level, and presence of disabilities are just a few. In order to support a client's journey towards healthy eating, a dietitian must support the client with problem solving and accessing needed resources to make the healthy eating journey as easy as possible.

If you are a patient at the Georgina NPLC and is interested to book with the Registered Dietitian, please call 905-722-3251.

Sources: 1. Dietitians of Canada. Nutrition Month 2021. Accessed from <https://www.dietitians.ca/Advocacy/Nutrition-Month/Nutrition-Month-2021>



Improvised Soup

Recipe adapted by Karen Giesbrecht, RD
and Irena Forbes, RD from the
Nutrition Month 2021 Recipe e-Book

Ingredients:

A fat (ie. olive oil, canola oil, butter)

Aromatics (i.e. onion, celery, carrots, shallots, garlic, ginger, leeks)

Liquid (i.e. no salt added broth, or water if using chicken, pork or beef bones)

Vegetables (any - fresh, frozen or canned with no salt)

Protein (i.e. meat, seafood, beans, lentils, tofu, Greek yogurt, cheese)

Starch (i.e. squash, barley, whole grain pasta, brown rice, potatoes)

Spices and dried herbs (i.e. thyme, oregano, basil, curry powder, cinnamon, nutmeg, cloves)

Additional seasonings (ie. miso, cream or yogurt, coconut milk, salt and pepper)

Garnish (i.e. fresh herbs such as parsley or cilantro, grated cheese, or croutons)

Directions:

1. Start by heating up a little fat over medium high heat in a pot. Once heated, add aromatics (these add fragrance and flavour to the soup) and cook until the ingredients are slightly softened and fragrant.
2. Stir in a no salt added broth or water.
3. Next, begin adding ingredients in the order of the longest cooking time (i.e. chicken carcass, barley) to the shortest (i.e. pasta and peas). For a complete meal, include a source of protein, veggies, and a starch.
4. Add any additional spices and dried herbs.
5. The liquid should be covering all the ingredients. Bring the mixture to a boil and reduce to a simmer for at least 30 minutes or longer.
6. Optional: For a smoother texture, blend all the ingredients once finished cooking. If there is not enough liquid, add additional broth as needed.
7. Optional: For a richer flavour, add a spoonful of miso, or a splash of cream or yogurt.
8. Season with salt or pepper as needed. Then serve the soup and top with garnish.