

**Leeds, Grenville and Lanark
District Health Unit
MEDIA RELEASE**

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Take the fight out of food this Nutrition Month!

Spot the problem. Get the facts. Seek support. Eating should be joyful, not a source of frustration and confusion. Food fights include challenges such as finding credible nutrition information, dealing with children’s food jags, eating related to stress, or digestive problems.

Many unregulated health care practitioners talk about nutrition and sell or promote expensive supplements. Bloggers and social media personalities with limited or no nutritional education talk about the topic. There are a tremendous number of voices in the nutrition world and not all are credible.

It can be easier said than done for some parents to move from the “picky eater” perspective to a more positive one focused on “raising healthy eaters”. It can be difficult to keep eating as an enjoyable and healthy behaviour when food is tied to our emotions. And, if your digestive system fights with you, you may worry about which foods to eat or avoid.

If you’re fighting with food, 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 Registered Dietitian (RD), family and friends.

For more information, go to www.healthunit.org to find a directory of local Registered Dietitians. Connect with the Leeds, Grenville and Lanark District Health Unit on Facebook and Twitter. Speak with a Registered Dietitian at no cost by calling EatRight Ontario 1-877-510-5102.

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