



## Finding Your Healthy!



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Many Canadians have struggled to find a healthy eating pattern, attempting a string of fad diets and cycles of restriction and indulgence. Recent studies have shown that regardless of diet structure, popular diets fail to show sustained weight loss or blood pressure and cholesterol improvements.<sup>1</sup>

Furthermore, nutrition misinformation continues to spread across the internet and in conversations between friends and family. With the confusion of what "healthy eating" means, it can be hard to know where to start. The truth is: nutritious eating isn't one-size-fits-all, and finding your balance starts with you.

### **The Basics: Canada's Food Guide**

In 2019, Health Canada updated Canada's Food Guide. The new guide follows a less prescriptive eating pattern, encouraging Canadians to eat plenty of vegetables and fruits, protein foods, and whole grains, and to make water their drink of choice. While the guide provides a model plate with proportion goals for each food type, it also emphasizes the importance of eating mindfully by tuning into your body, finding enjoyment in food, and using mealtime as a social opportunity to help you nourish your body in a way that feels right for you.<sup>2</sup>

## Culture and Preferences

One of the reasons that healthy eating looks different for each person is because we are all unique! Not only do we each have our own health conditions and nutrition needs, we also have diverse traditions and preferences that play an important part of our lives. All foods can be integrated as a part of a healthy eating pattern. By celebrating with foods and enjoying our favorite dishes, we are honouring our bodies and meeting the needs of our cultural, social, and emotional elements of health.<sup>3</sup>

## Practice Intuitive Eating

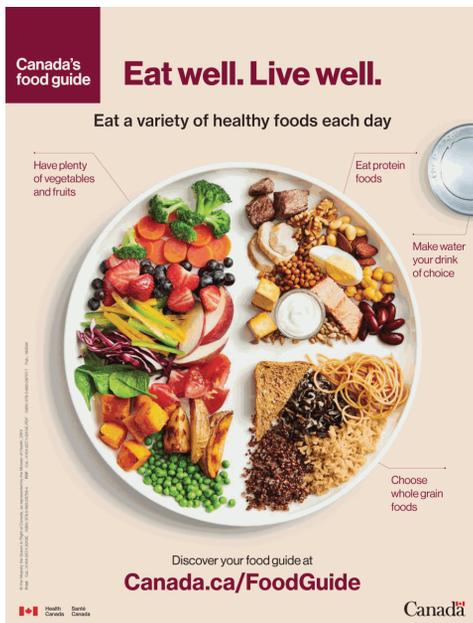
Intuitive Eating is an evidenced-based practice that uses a mind and body approach. *The 10 Principles of Intuitive Eating* help foster eating patterns that listen to your body to meet physical and psychological needs.<sup>4</sup> Principles include honouring your hunger, feeling your fullness, and challenging your internal “food police” that labels food as good or bad.<sup>5</sup>

Learn more by visiting [intuitiveeating.org](http://intuitiveeating.org), reading *Intuitive Eating: A Revolutionary Anti-Diet Approach*, or looking for a dietitian with Certified Intuitive Eating Counselor certification.

## Dietitians Can Help

Whenever there are questions about nutrition and personal eating patterns, dietitians are the experts to turn to. Dietitians guide individuals and groups to meet their nutritional needs while considering their culture and traditions, preferences, and health conditions.

Dietitian services are included in many health insurance plans, so check yours today to take the first step toward finding *your* healthy.



For more information about Canada’s Food Guide click the link [here](http://Canada.ca/FoodGuide)

## References

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5. IntuitiveEating.org (2019). *10 principles of Intuitive Eating*. Retrieved from <https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>