

Health Unit Media Release

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Make Wise Food Choices Wherever You Go! 2006 National Nutrition Month

Make wise food choices, wherever you go! is the theme for this year's National Nutrition Month campaign. To promote the value of healthy eating, Registered Dietitians across Canada will continue to help people to make healthy food choices at points-of-purchase, such as when grocery shopping, in restaurants, and on the run.

The key to healthy eating in today's fast-paced world is making the right choices.

Nearly 61% of Canadian women work, and they are trying to find a balance between foods that are both easy and healthy. Dianne Oickle, Registered Dietitian, advises people to "Try making healthy food choices wherever you go. **Reading food labels and knowing what to look for on a menu are two great ways to help make healthy food choices.**" Canadians visit the supermarket 97 times per year (2 times per week), and 66% of all food-buying decisions are made when at the store or restaurant. "Reading the Nutrition Facts table on a food product can help you make healthy food choices. Check the % daily value on the Nutrition Facts table to compare foods and to see if a food has a lot or a little of a nutrient" adds Oickle.

In Canada, the number of places to eat away from the home has increased – **there are now almost 20 places to eat out for every 10,000 people.** Dietitians advise that when eating out, look for healthy cooking methods such as **steamed, poached, grilled, broiled, or baked.** Skip the sautéed, pan-fried or deep fried items, and ask your server about switching some items for a more healthy choice.

The year 2006 marks the 25th anniversary of the Dietitians of Canada National Nutrition Month campaign. If you would like free resources or more information on making healthy choices when eating out, supermarket shopping or reading food labels, contact the Leeds, Grenville, and Lanark District Health Unit's Health Action Line at 1-800-660-5853 (345-5685) and ask to speak with a Registered Dietitian. You can also visit our website at www.healthunit.org/nutrition.

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There are four prepared articles available for publication during each week of Nutrition Month.

- How to make wise food choices in the grocery store
- Choosing Healthy Convenience Foods
- Is it possible to eat healthy when eating out?
- Advertising affects your child's eating: Be an informed consumer

If you would like electronic copies of these articles, please contact Susan Healey at 613-345-5685 or Susan.Healey@healthunit.org.