

Health Unit Media Release

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Knowledge is Power When It Comes to Making Decisions about Nutrition

March is Nutrition Month, and the goal of this year's campaign is to separate fact from fiction. Canadians want to improve their nutrition habits but they may get their information from unreliable sources such as misleading health claims on product labels, magazines, the internet, and self-proclaimed nutrition gurus. Leeds, Grenville and Lanark residents are encouraged to **keep their eyes and ears open. There is a lot of nutrition advice available, but not all of it is true.**

This year's campaign provides tips on how to spot nutrition myths. "When you come across a diet or a product that sounds too good to be true, it probably is" says Dianne Oickle, a Registered Dietitian at the Leeds, Grenville and Lanark District Health Unit. **With the right information, it is possible to separate fact, fad, and fiction.**

Registered Dietitians are regulated health professionals and the most reliable source of nutrition information. "The truth is anyone can call themselves a "nutritionist", but that doesn't mean the information they give is reliable" says Oickle.

One misconception that some people have is that it is complicated to grow vegetables. To help address this, the Health Unit is partnering with the Food Matters Coalition to host a **FREE half day gardening workshop** to support people to grow their own food. The workshop will be held on **Saturday, March 24, 2012 from 1-4pm in the Community Room of the 1000 Islands Mall.** This workshop is free and everyone is welcome. Registration is required and participants will receive a **free gardening kit.**

For more information or to register, please contact the Health ACTION Line at 1-800-660-5853 or 613-345-5685 or visit our website at www.healthunit.org

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