Have you seen the NEW Canada Food Guide?

Big changes have been coming, with more to be released next year!

What Ignite LOVES about the new food guide:

- A simple, visual plate with 1/2 fruit and vegetables, a 1/4 protein, and a ¼ grains
- A focus on eating more plant-based proteins
- Focusing on water as our primary fluid
- Actionable advice on not just WHAT to eat, but how!

Tips include:

- Mindful eating – something we talk a LOT about with our patients
- The 'pleasure principle' – recognizing that food should be enjoyable
- A focus on getting back to home cooking
- The social aspect of food – eating with others
- Learning about food labels
- Limiting high sodium, sugar and saturated fat containing foods
- Being aware of the impact of food marketing!

So – how do we actually APPLY this information? Simple! See your in-house dietitian, Marlee, to learn about how you can shape your behaviours for the healthier! Visit www.ignitenutrition.ca to book!