

Dietitians help *You find Your healthy*

March is Nutrition Month and the theme of this year is all about how dietitians can help you define and find your healthy! There is no one size fits all when it comes to nutrition recommendations.

We are all different and we should celebrate that. There is a lot that goes into individual food choices and all aspects should be considered when creating a sustainable and nutrient dense eating plan.

Dietitian Melissa feels her best when she is eating plants, animals and seafood that she or her family harvested from the land.



What's YOUR healthy?

There is a lot that goes into your food choices.
Dietitians help YOU find YOUR healthy



We are all different, and when it comes to nutrition there is no one size fits all!

A few takeaways from your Sodexo dietitian:

1. Fad diets do not work. If they did then lucrative diet culture would cease to exist.
2. What works for you may not be sustainable or culturally appropriate for another.
3. If you see messaging on one miracle diet for everyone, this is a red flag. Scroll past!
4. The best diet is one that you can sustain in the long term, and it should bring you joy.



CHAT WITH ME!

Have any questions concerning food, nutrition & overall health? Feel free to email me on mmhardy@stfx.ca for any inquiries.