

Happy New Year 2

A New year has begun! And despite the set back and hurdles that have been placed in front of us only days into 2022, it is important to be mindful and remind ourselves of one thing....RESILIENCE.

We have all demonstrated resilience, especially during the past two years. We have all been knocked down, and found strength in ourselves and others to get back up again and keep moving forward.

There is no doubt that the unpredictability and uncertainty of life can impact our health-related goals. Most of us can provide examples of how consequences of the pandemic in 2021 (and even 2020) posed as a challenge for healthy eating, physical activity and even stress management.... the rising cost of food, restrictions at gym facilities, and the changes in our work routine and environment to name a few.

Although we can't control the course of this pandemic, we can control our actions and outlook. And with the start of the new year, a great way to do this is setting new year intentions, rather than specific resolutions.

Cheers to an amazing year ahead!

Filomena & Gabriella

Flash Sale TODAY! For More Info....Scroll Below....

TODAY ONLY !!
THE COMEBACK CHALLENGE
PROUDLY PRESENTS
“IGNITE”
 STARTING JAN 10TH-FEB 4TH 2022
ONLY \$159.99
 4 WEEK VIRTUAL PROGRAM
 VIRTUAL FITNESS AND NUTRITION PROGRAM
 MAY BE REIMBURSED BY MOST INSURANCE PLANS
 Only Valid For New Members

FLASH SALE

Forget the Resolution, set an Intention!

January is usually that time of the year that we plan for big changes. Whether we say it aloud or write it down in a journal, some of the goals that we set for ourselves (such as to lose weight, or to quit smoking) are often doomed right from the get go.

But, Why?



A goal or resolution is “***often hard and fast that are either achieved or broken***” ⁽¹⁾. They usually are too specific (which make them hard to attain) or perhaps they are lacking direction or guidance (we might not even know how to reach those goals!).

On the other hand, “***an intention is something one wants to accomplish or bring about. The focus is on the future, not the past. The focus is on possibilities, not solving past problems. The focus is hope, not on what has not worked***”. ⁽²⁾

Especially in an ever changing world, setting intentions this new year might be the perfect start to health, prosperity and a positive mindset in 2022.

What are some intentions that you can set for yourself starting now?

Is it planning for more vegetables on your plate at mealtimes?

Is it eating less ultra-processed fast food?

Is it drinking more water?

Pick one or two that are realistic and set your eyes (intention) on achieving those goals!

Click [here](#) to read all about intentions versus resolutions, from Psychology Today, to get you started!

Top Trends & Foods Predicted for 2022

For all food enthusiasts, this time of the year is exciting, as trends for the upcoming months are predicted. Pollock Communication and Today's Dietitians surveyed over 1000 RDN's (Registered Dietitian Nutritionists) for the top health, foods, and nutrition trends expected to come this new year. It comes as no surprise that COVID has and continues to influence our dietary choices and habits....

A Decade of Dietitian Insights



2022 Predictions From the Pandemic

Consumers seek snacks, immunity & comfort due to COVID.



95%

of RDNs say that consumers are snacking more as a result of working from home and seeking comfort from food.



RDNs

predict that consumers will want food and beverages that support immunity and are affordable and value-based.



90%

of RDNs say that online food shopping is here to stay.

Future Food Innovations

RDNs forecast that these trends will shape future food industry changes.



Health & Immunity



Plant-Based



Sustainability



Cell-Based

Trends Throwback

In reviewing the past decade of changes, including the shift from fat-free everything to the rise of the high-fat, low-carb ketogenic diet, here's a look back at the top 10 surprising transformations.

<p>1 High-Fat, Low-Carb Diets</p>	<p>2 Plant-Based Eating</p>	<p>3 Social Media Pseudoscience</p>	<p>4 Gluten-Free Foods</p>	<p>5 Intermittent Fasting</p>
<p>6 Gut Health & Immunity</p>	<p>7 Dairy-Free & Plant-Based "Milk"</p>	<p>8 Vegetarian & Vegan Diets</p>	<p>9 Online Grocery Shopping</p>	<p>10 Fad Diets</p>

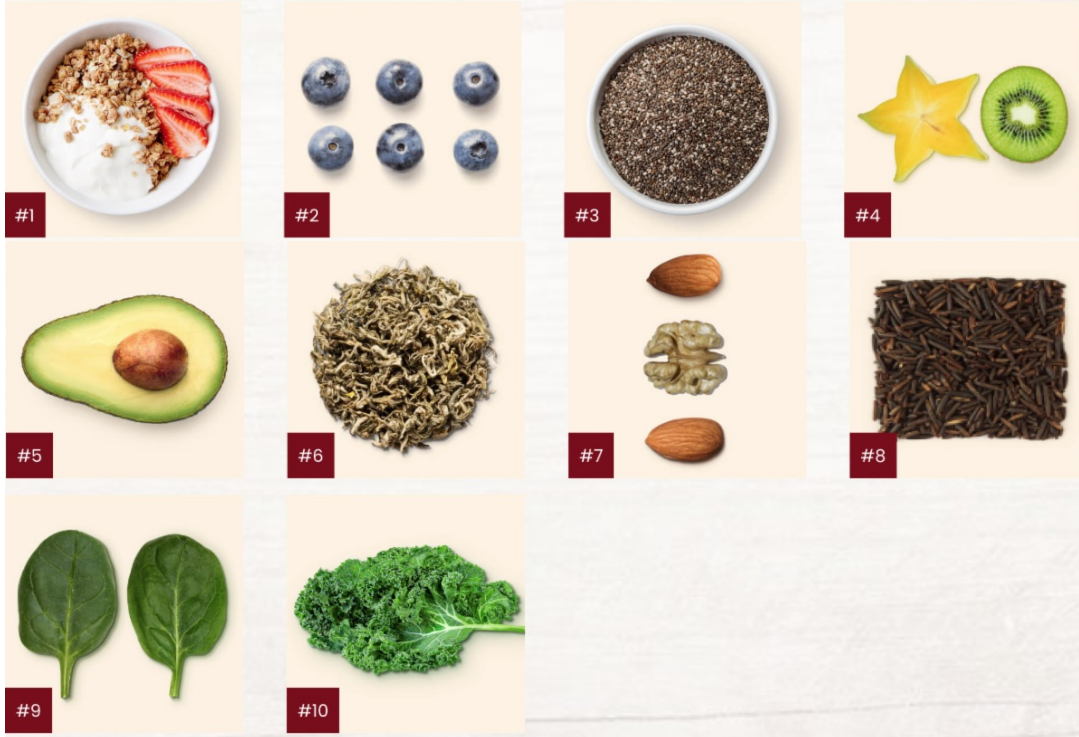
1,173 Registered Dietitian Nutritionists (RDNs) surveyed

pollock communications
POWERING CHANGE
Food, Nutrition & Wellness Communications

Today'sDietitian

The Top 10 Superfoods for 2022

Foods and beverages with strong health and wellness benefits continue to be paramount in consumer choices, especially due to COVID, to help boost immunity. RDNs predict consumers will be seeking out these top 10 superfoods in 2022.



(1) Fermented Foods (kefir, yogurt) (2) Blueberries (3) Seeds (chia, hemp, flax) (4) Exotic Fruit (açai, golden berries) (5) Avocado (6) Green Tea (7) Nuts (8) Ancient Grains (9) Spinach and Leafy Greens (10) Kale

Recipes that feature some of the top 10 foods for 2022
Click on the image for the recipe



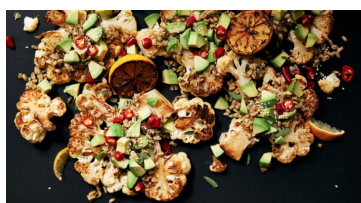
Garden Veggie Buddha Bowl with Lentils & Tahini Dressing
by Cookspiration



Avocado and Beet Wrap
by Cookspiration



Tofu Vegetable Soup
by Cookspiration



Roasted Cauliflower,



Walnut and Flax Cookies



**Farro and Avocado
Salad**
by Cookspiration

by Cookspiration

**Mixed Berry
Smoothie with
Kefir** *by Tara
Rochford Nutrition*

A Focus on Food & Mental Health

The majority of the time, we look at food and nutrition to help with our physical health. For the most part, many of us are familiar with some of the top nutrition strategies/ tips for weight loss, diabetes management and blood pressure management.

But, what about our mental health? Do you know which foods or nutrients support good mental health?

Now more than ever, taking care of our mental health is JUST as important. The evidence base on the relationship between food and mood is growing and the current research available recognizes the role and value that our diet plays in promoting good mental health.

Let's take a look at the [SMILES](#)' trial...

This 12-week study investigated if dietary changes could impact mental illness. Participants were divided into two groups: either the '**social support/befriending**' group or the '**dietary support**' group.

The participants in the dietary support group were guided by a Registered Dietitian and recommended to adhere to the following daily/weekly dietary guidelines:

- whole grains (5–8 servings per day)
- vegetables (6 per day)
- fruit (3 per day)
- low-fat and unsweetened dairy foods (2–3 per day)
- raw and unsalted nuts (1 per day)
- olive oil (3 tablespoons per day)

- legumes (3–4 per week)
- fish (at least 2 per week)
- lean red meats (3–4 per week)
- chicken (2–3 per week)

- eggs (up to 6 per week)
- reducing intake of ‘extras’ foods to no more than 3 per week: sweets, refined cereals, fried food, fast-food, processed meats and sugary drinks
- red or white wine consumption beyond 2 standard drinks per day and all other alcohol (e.g. spirits, beer) were included within the ‘extras’ food group

At the end of the study, researchers found that the participants who changed their diet (as listed above), in comparison to the participants in the social support group, **demonstrated significant improvements in their depressive symptoms!**

From what you know now, do you notice a difference in your mood when you consume certain types of foods?

To find out more about food and mood, check out this great video below, by Toronto Dietitian, Amanda Li, posted on the [Canadian Digestive Health Foundation](#) website.

In less than 5 minutes, Amanda Li tells us about the **5 key nutrients** that can help with mood and mental health, and where we can find these nutrients in our foods!



Nutrition & Mental Health

“Let food be thy medicine.”

Mood Boosting Recipes

Click on the image for the recipe



Lentil Curry with Squash and Cashews



Fast Fish and Fresh Herb Veggie Packets



Sesame Ginger Veggie Quinoa with Salmon
by *Cookspiration*

References:

- (1) Scrap the Resolutions and Set New Year's Intentions Instead. Retrieved from: <https://www.aarp.org/home-family/friends-family/info-2020/new-years-intentions.html>
- (2) Diane Dunton. Potential Released Consulting Services.
- (3) Psychology Today. Setting Intentions for the New Year. Retrieved from: <https://www.psychologytoday.com/us/blog/educate-advocate-empower/202201/setting-intentions-the-new-year>
- (4) Pollock Communication. Top Health and Nutrition Trends-screen shots of infographics. Retrieved from: <https://www.lpollockpr.com/health-nutrition-trends>

The Comeback Challenge Virtual Fitness & Nutrition Program



With current restrictions, many of us this past week have shifted to working virtually from home, again, which poses many obvious challenges! Gyms are closed, again, and people are faced with the decision on how to keep active for their physical and mental well-being!

With both these challenges, we know that our IGNITE PROGRAM can help you through! We are The Comeback Challenge and we want you to comeback to a place of feeling in-control...let's start with this program that will keep you committed, motivated, and driven!

Sign up for 1 month or 6 months...its entirely up to you! If you don't try, what will the likely outcome be? Let's prevent the setbacks! We are ready. Are you? Program starts Monday Jan 10th!

For more info, click the Eventbrite link below....

TODAY ONLY !!

THE COMEBACK CHALLENGE

PROUDLY PRESENTS

“IGNITE

STARTING JAN 10TH-FEB 4TH 2022

ONLY \$159.99

4 WEEK VIRTUAL PROGRAM

VIRTUAL FITNESS AND NUTRITION PROGRAM

MAY BE REIMBURSED BY MOST INSURANCE PLANS

Only Valid For New Members

FLASH SALE

To reserve your spot, click [here](#) to order your ticket through Eventbrite!
Sale ends today at midnight!

Filomena, Registered Dietitian & Silvana, Fitness Specialist
Challenge Creators & Leaders

Inner Health Nutrition Consulting | 8333 Weston Rd, Suite 405, Woodbridge ON, Woodbridge,
L4L 8E2 Canada

[Unsubscribe dietitian@innerhealth1.ca](mailto:unsubscribe@innerhealth1.ca)

[Update Profile](#) | [About Constant Contact](#)

Sent by dietitian@innerhealth1.ca in collaboration
with



Try email marketing for free today!