



Inner Health
Nutrition Consulting



Happy New Year!

As we bid farewell to 2023 and embrace the blank canvas of 2024, I am thrilled to welcome you to a year filled with renewed energy, vibrant health, and exciting possibilities. Remember, your health journey is a personalized adventure, and there's no one-size-fits-all approach. I am committed to providing you with the support, knowledge, and tools you need to make informed choices that align with your wellness goals. Here's to a year of nourishment, growth, and radiant well-being.

Cheers!



PROJECT THRIVE

JOIN OUR EXCLUSIVE SQUAD OF TEENS
ON A MISSION TO CONQUER THE WORLD
OF NUTRITION WITH THE POWER OF
SELF-DISCOVERY AND CONFIDENCE!



NUTRITION



EDUCATION



SELF-CONFIDENCE

Don't just live – Thrive! Join our 8-week in-person and interactive course, designed to build confidence around nutrition education, food literacy, and culinary instruction. Ages 11-14.

CLASSES START FEBRUARY 3!

**REGISTER TODAY:
innerhealth1.ca/project-thrive/**

Calling all Parents of Tweens & Teens!

We have a new program uniquely created for tweens & teens! It is no surprise to you to read that youth are exposed to messages from their peers and social media each day that influence their decisions on how to eat and look at their bodies.

We are Registered Dietitians and Registered Social Workers and we have created Project Thrive.

Project Thrive is an 8-week interactive course, aimed at young people aged 11-14, and designed to build confidence and self-esteem through nutrition education, food literacy, and culinary instruction.

Our goal is to have youth:

- Enhance their nutritional knowledge while debunking common food myths
- Foster healthy eating habits with hands-on skills in the kitchen

- Develop a positive relationship with food and themselves through a non-dieting lens
- Learn the benefits of self-care and mindfulness

This program will equip youth to foster healthier relationships with themselves and others, becoming positive role models & healthy eating advocates among their peers.

Program Starts Saturday Feb 3rd 10am - 1pm
(program runs until March 30th)
(no class during March break)

Location: The Lauft Workspace, in Vaughan Mills
(next to Nike) [Click here to see location](#)

Click [here](#) for more information about Project Thrive.

Interested in the program? Click [here](#) to register for Project Thrive.

******Sign up before January 21st for the early bird offer!***

Why New Year's Resolutions Don't Work



Did you know that the second Friday of January is often referred to as "Quitter's Day"? It's the day when many people tend to abandon their New Year's resolutions. But why do resolutions often fail? Perhaps it's due to setting overly ambitious goals, neglecting the underlying "why" behind the

resolution, or sometimes not being fully prepared for change. Despite these challenges, year after year, many of us continue to set resolutions. Let's break the cycle and make this year different.



5 Strategies for Goal Setting in 2024

Set SMART Goals:

- **Specific:** Clearly define what you want to achieve.
- **Measurable:** Establish criteria to track progress and determine success.
- **Achievable:** Ensure your goal is realistic given your available tools and resources.
- **Relevant:** Align your goal with your long-term aspirations.
- **Time-Bound:** Set clear deadlines to propel yourself forward.

Put It in Writing:

- Jot down your goals and keep them visible. This simple act helps to keep your objectives at the forefront of your mind.

Break It Down:

- Divide larger goals into smaller, more manageable steps. Setting these smaller milestones makes your objectives feel less overwhelming and keeps you on track.

Enlist an Accountability Partner:

- Seek out someone who can regularly check in on your progress and hold you accountable. If your goal is nutrition-related, let Inner Health Nutrition be your trusted accountability partner!

Visualize Success:

- Take time to visualize yourself achieving your goal. This powerful technique can serve as a motivating force, boosting your confidence and commitment.

Let's make 2024 the year we not only set resolutions but also see them through. By implementing these strategies, you're setting yourself up for success and making positive, lasting changes towards a healthier and happier you!

An Exciting New Membership Opportunity!



Your Kitchen Compass

Speaking of setting goals, how would you like our help in achieving your nutrition related goals this year? Do you struggle with knowing what to prepare for dinner, are you confused about what foods are healthy, do find yourself eating as a way to cope with your emotions? Inner Health Nutrition has a solution for you!

Tier 1: Getting Inspired

\$79/ month

- Introductory 30 minute meeting with RD, goal setting and onboarding to Eatlove Meal Planning App
- Weekly recipe collection sent to your inbox! Get 5 new recipes in each collection weekly
- Private Facebook group to post questions, garner support and connect with others on their healthy eating journey
- Once monthly virtual Facebook group meeting hosted by RD to discuss topics which will help you reach your goals.

For Those Who...

Have trouble deciding what to prepare for meals, have picky eaters in their family or are looking to try delicious new recipes. Recipes are personalized to your needs!

For Those Who...

Are confused about what foods are healthy and what foods are unhealthy? We are here to answer your questions.

Tier 2: Dietitian on Demand

\$99/ month

- Same Tier 1 Benefits
- Access to a "Dietitian on Demand" - have a general nutrition question? Send it to our Dietitian and we will have it answered by the next business day.

Tier 3: The Complete Compass

\$179/ month

- Same Tier 1 & 2 Benefits
- Private 30 minute session each month with RD to reassess goals, discuss specific strategies specific to you. Set up or revise a specific meal plan using the Eatlove App
- Private 30 minute session each month with Registered Social Worker to explore barrier to change and other areas of support you need.

For Those Who...

Are emotional eaters, often turning to food for comfort or need help in addressing self sabotaging behaviours. Take care of your physical health and emotional health.

Stay tuned for information on how to register- let us be your kitchen compass.

7 Food & Nutrition Trends in 2024



An article by *BC Dietitians* has been published predicting the biggest food and nutrition trends for the upcoming year. The following trends are predicted:

Plant Based Diets for Personal and Planetary Health

In 2024, the rise of plant-based diets is fuelled by both personal health concerns and a growing awareness of the environmental impact of food choices. The plant-forward movement encourages a balanced approach, allowing for the moderate consumption of meat and dairy.

Online Grocery Shopping, AI Technology and Convenience

The growing reliance on technology for meal-related tasks is reshaping how Canadians engage with food choices. Online grocery shopping, boosted by a 74% increase in 2020, continues to thrive with AI-driven platforms offering personalized recommendations. However, caution is necessary when using AI, like ChatGPT, for personalized health advice, as it relies on online data, presenting challenges in discerning credible sources and ensuring accuracy in alignment with evidence-based practices.

Embracing Multicultural Cuisines

Generation Alpha, born after 2012, exhibits a multicultural palate influenced by their diverse peer group. Their adventurous food choices have transformed family meals, introducing globally-inspired recipes and products into households in response to their connected world.

Eating for Optimal Immunity and Overall Health

In 2024, foods supporting a robust gut and immune system, such as prebiotics and probiotics, will continue to be popular. Prebiotics, sourced from whole grains, onions, garlic, bananas, tomatoes, and legumes, serve as food for probiotics, which are live bacteria providing health benefits like enhanced immunity and digestion. Probiotic foods, regulated by Canadian standards, include dairy products like yogurt and aged cheese, though probiotics are not exclusive to dairy.

Eating for Brain Health and Cognitive Performance

There is a growing demand for functional foods that support healthy aging and cognitive well-being. This shift is influencing alcohol consumption, with a preference for lower-alcohol or non-alcoholic options. The trend extends to energy boosts, moving away from reliance on coffee and energy drinks.

Financial and Budget Eating Considerations

In 2024, Canadians' financial resolutions are playing a notable role in shaping their approach to food and nutrition. There is a distinct inclination towards prioritizing value-for-money in food selections while maintaining a focus on health and quality. This translates into an increasing interest in activities like home cooking, bulk purchasing, selecting seasonal produce, and engaging in meal planning.

Anti-Inflammatory Foods

While fermented foods maintained their top position in the 10th Annual What's Trending in Nutrition Survey, anti-inflammatory foods like blueberries, avocados, and green tea also gained prominence for specific reasons:

- Blueberries, containing antioxidants called anthocyanins, may contribute to lowering the risk of chronic diseases.
- Avocados, rich in fiber, heart-healthy fats, magnesium, and potassium, are also packed with antioxidants like carotenoids and tocopherol, potentially reducing the risk of cancer.
- Green tea, known for its antioxidant and anti-inflammatory properties, may be associated with a decreased risk of various conditions, including heart disease, cancer, and Alzheimer's disease, when consumed regularly.

Click [here](#) to read the full article.

Recipes for January 2024



Crowd Pleasing Chickpea & Carrot Salad

Click [here](#) for the full recipe



Quick Quinoa and Veggie Casserole

Click [here](#) for the full recipe



Banana Lentil Muffins

Click [here](#) for the full recipe



Eat Your Greens Frittata

Click [here](#) for the full recipe



Barley & Lentil Salad with Kale, Apples, Almonds, & Feta

Click [here](#) for the full recipe.

See you next month!

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