



Happy March 1st Everyone!

Are you excited as we are for Spring to be around the corner? But this is not the only reason why we are super excited! March is Nutrition Month for Dietitians of Canada.

In this edition of Nutrition Bites, we have great news as we introduce to you our **newest program - Nourish: Your Kitchen Compass**. We also have up-to-date info to share on Osteoporosis Prevention. Lastly, we want to highlight that March 20th, 2024, is **Dietitians' Day**, so take a moment to express gratitude to your favourite Dietitian (wink wink).

Dietitians are integral to our well-being, playing diverse roles in addressing nutritional needs and challenges across various communities.

This Nutrition Month is a celebration of their dedication and impact. The team at Inner Health Nutrition would like to take a moment to appreciate Filomena, who has devoted over 30 years to supporting numerous clients and continues to inspire with her daily passion for dietetics. We would also like to show our appreciation to all other dietitians across the country.

Here's to a delightful and health-focused March!

Alisha Sohi, MSc



Alisha Sohi,
Administrative Dietitian Assistant/
Newsletter Contributor



Filomena Vernace Inserra,
Your Registered Dietitian

PROJECT THRIVE- *March Break Special*

CALLING ALL PARENTS OF **8+** YEAR OLDS!

PROJECT

thrive

Ages
11 yrs+

Intro
Offer



March
Break!

\$199.99
Less than \$40/day!

Monday Mar. 11 - Friday Mar. 15th 2024
9 - 330pm, Vaughan ON

For more information about Project Thrive, click [here](#)



Nutrition Month 2024

Are you interested in learning the significance of Nutrition Month and exploring the essential role that dietitians play in fostering and enhancing your overall well-being? Click [here](#)

Introducing Our Newest Program.....

"Nourish: Your Kitchen Compass"



Your Kitchen Compass



The Goals of the Program...

- Get organized in the kitchen and prioritize healthy home-cooked meals
- Become confident when shopping for healthier foods at the grocery store
- Simplify meal planning and grocery shopping
- Involve family members in meal planning and meal preparation
- Take the confusion out of eating healthy
- Access new healthy recipes each week
- Help you feel less overwhelmed in the kitchen
- Feel supported knowing you are not alone

There are 3 Different Tiers To Meet Your Needs....

Tier 1: 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!

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.

Tier 2: 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: 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.

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.

SPECIAL DISCOUNT FOR EARLY BIRD MEMBERS! Click [here](#) to learn more.

Osteoporosis Prevention- Improving Bone Health In Adults

Full article: <https://dairynutrition.ca/en/nutrition-and-health/osteoporosis-bone-health/osteoporosis-prevention-improving-bone-health-adults>



The evidence suggests that milk and milk products, such as yogurt and cheese, play a crucial role in maintaining bone mineral density and preventing bone loss in adults. Bone mineral density is identified as a significant risk factor for fragility fractures, osteoporosis, and disability in older individuals. Key findings include:

- *Decreased bone resorption markers with yogurt and cheese consumption*
- *A 24% reduced risk of hip fractures with yogurt intake, and*

the overall beneficial impact of milk on bone density and attenuation of bone loss.

- *A positive association between dairy protein and increased bone mineral density, while plant protein is linked to decreased bone mineral density.*

The preservation of bone mineral density is crucial in preventing osteoporosis, fragility fractures, and disability in older adults.

Dietary Suggestions For Bone Health



Include Dairy in Diet

Incorporate milk, yogurt, and cheese into your diet to ensure an adequate intake of nutrients crucial for bone health.

Variety Matters

Consume a variety of dairy products, including fermented options like yogurt, as they are associated with less bone loss and other positive effects on bone health.

Consider Age-specific Intake

Pay attention to age-specific recommendations, as studies indicate positive associations between milk intake during different life stages (infancy, adolescence, and after 65 years) and bone mineral density.

Prioritize Dairy Protein

Opt for dairy protein as it is linked to increased bone mineral density, while being cautious about excessive reliance on plant protein, which may contribute to decreased bone mineral density. *See the Journal Club article below for more information on this!*

Nutrient Support

Ensure adequate intake of nutrients like calcium, vitamin D, and protein, which are found in dairy products and are known to support bone health.

Long-term Benefits

Recognize the long-term benefits of dairy consumption, as evidence suggests that it plays a protective role against osteoporosis and fragility fractures in older individuals.

Diversify Protein Sources

If you choose plant-based proteins, diversify your sources to mitigate potential impacts on bone mineral density.

Monitor Calcium Intake

Keep track of calcium intake, as increasing it from dietary sources, particularly from dairy, has shown positive effects on bone mineral density.

Remember, a balanced and diverse diet, including dairy products, can contribute to the overall well-being of your bones and help prevent osteoporosis.

Explore a comprehensive list of calcium-rich foods along with their corresponding calcium content by clicking [here](#).

Journal Club: Associations of Protein Intake and Protein Source with Bone

Mineral Density and Fracture Risk: A Population Based Cohort Study.

Langsetmo et al., 2015 PMID: [26412291](https://pubmed.ncbi.nlm.nih.gov/26412291/)



In 2015, Langsetmo et al. conducted a study known as the Canadian Multicentre Osteoporosis Study (CaMos) involving 6,510 men and women to explore the relationship between protein intake and bone health. Over five years, they found that higher consumption of dairy protein was linked to increased bone density, while plant protein was associated with decreased bone density in adults aged 50 and above.

Key Findings

- Low protein intake (<11-12% of total energy intake or TEI) increased fragility and osteoporotic fracture risk in post-menopausal women and men aged 50+.
- Higher protein intakes (15-20% TEI) showed a similar fracture risk to moderate intake (15% TEI).
- Low protein intake posed roughly double the risk of fractures, suggesting suboptimal levels within the current national dietary recommendations or what is called Acceptable Macronutrient Distribution Range (10-35% protein).

Protein Source and Fracture Outcomes

- No significant differences were found between animal and plant sources of protein concerning fracture outcomes.
- Differences in Bone Mineral Density (BMD) were observed based on the source of protein, particularly notable variations between plant-based and dairy proteins.

Dairy Protein and Bone Health

- Higher dairy protein intake was associated with higher BMD, potentially due to higher calcium and vitamin D content in dairy sources.
- Looking at data over time hinted that the differences in Bone Mineral Density (BMD) we observed might be connected to how much protein someone usually eats in the long run.

Conclusions

- Adequate protein intake (>12% of total energy intake or TEI, ideally 14-15% TEI) is an important change associated with a reduced risk of fragility fractures.
- No evidence suggests a negative impact of higher protein intake (within the usual range of 10-20% TEI) on bone health outcomes.

Recipes To Support Bone Health

Culinary Creations to Support Strong and Healthy Bones



Salmon & Chickpea Patties

Click [here](#) for the full recipe



Smoothie Bowl

Click [here](#) for the full recipe



Slow Cooker Spiced Oatmeal

Click [here](#) for the full recipe



Lemon Chili Cottage Cheese Toast

Click [here](#) for the full recipe

Want to book an appointment with one of our
Registered Dietitians or
Social Workers?

Click [HERE](#)

REFERENCES

Calcium-Rich Foods | Osteoporosis Canada. (2019, April 8). Osteoporosis Canada | .
<https://osteoporosis.ca/calcium-rich-foods/>

Dietitians of Canada - Join one of the largest communities of dietitians in the world (2024).
Dietitians.ca. <https://www.dietitians.ca/Advocacy/Nutrition-Month-2024#:~:text=Nutrition%20Month%20and%20Dietitians%20Day>

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Dairynutrition.ca. <https://dairynutrition.ca/en/nutrition-and-health/osteoporosis-bone-health/osteoporosis-prevention-improving-bone-health-adults>

Image 1: Nutrition Month: <https://www.dietitians.ca/Advocacy/Nutrition-Month-2024#:~:text=Nutrition%20Month%20and%20Dietitians%20Day,We%20Are%20Dietitians!&text=Join%20our%20Virtual%20Cook%20Off%20over%20on%20Instagram%20this%20Nutrition%20Month!>
Image 2: Osteoporosis Facts + Stats: <https://osteoporosis.ca/facts-and-stats/>
Image 3: Calcium Image: <https://www.medicalwesthospital.org/bone-health-got-calcium.php>
Image 4: Journal Club: <https://www.gla-anpd.com/journal-club>

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