



Hello, May! As we embrace the new month, we recall the timeless adage, "April showers bring May flowers." While April mostly delivered showers, it fills us with hope for the imminent bloom of May's blossoms. This month, we also honor Mother's Day, extending our heartfelt appreciation to all moms. May your day be filled with joy alongside your loved ones.

Exciting news! We are thrilled to introduce a one-day intensive program for "**Project Thrive**" which is tailored for youth. This initiative focuses on cultivating wholesome relationships with food and self, instilling a deeper comprehension of nourishing eating habits among our younger generation. Don't miss this incredible opportunity to participate!

As nature flourishes around us, let's not overlook nurturing our inner selves. Just as we tend to a garden, tend to the beauty within you. Take time to care for yourselves amidst the vibrant spring scenery. Looking for support in looking after your health, check out "**Nourish**" - our membership program. See below for more details!

Until next month :)





Alisha Sohi,  
Administrative Dietitian Assistant/  
Newsletter Contributor



Filomena Vernace Inserra,  
Your Registered Dietitian

# PROJECT THRIVE

CALLING ALL PARENTS OF **10-14** YEAR OLDS!



We are offering a **One-Day Intensive of Project Thrive**. It will feature all the key components of full program of Project Thrive but in one-day! We are piloting the program and we are looking for 15 youth ages 10-14 yrs to participate for **FREE!** To pre-register your child/children for this interactive, fun, & transformative program, please follow the link **HERE** to email us your interest!

Our Registered Dietitians and Social Worker have compiled this program and will give youth and their parents an opportunity to experience a snap shot of our program. Our goal is simple:

*Empowering youth by teaching principles of food & nutrition, simple kitchen skills, & building confidence and self-esteem with Registered Dietitians and Social Workers*

***Your child will explore topics including:***

\* Fueling Your Body & Building Body Trust

- \* Nutrition Basics - practical application of healthy eating principles
- \* Culinary - Part 1: Kitchen Basics, Exploring Habits at Home (Family meals, comfort with cooking)
- \* Lunch during Culinary Instruction Part 2: Hands on cooking skills
- \* Building Resiliency & Self Respect (Dieting & Societal Pressures Discussion)
- \* Intro to Mindfulness & Emotions (Exploring Coping with Stress & Food)
- \* Mindfulness Exercise/Games

**Registration is limited and will be offered on a first-come basis! Register your child today by clicking [HERE](#) . Further details will be sent to you closer to the date. Have questions about this, ask us by clicking [HERE](#)**

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

---

## Adult dietary patterns with increased bean consumption are associated with greater overall shortfall nutrient intakes, lower added sugar, improved weight-related outcomes and better diet quality

Papanikolaou et al., 2024  
DOI: <https://doi.org/10.1186/s12937-024-00937-1>

As our understanding of nutrition advances, the significance of incorporating plant-based protein sources into our diets becomes increasingly clear. Foods like beans stand out for their rich protein content and essential nutrients. Regrettably, the standard North American diet often lacks sufficient quantities of these vital foods.

At Inner Health Nutrition, we advocate for the Mediterranean diet for its multitude of health advantages, including the inclusion of lentils and legumes. Research indicates that bean consumption plays a pivotal role in lowering LDL-cholesterol (commonly referred to as "bad cholesterol") levels, as well as reducing the risk of cardiovascular disease (CVD) and coronary heart disease (CHD). Studies have shown that adults who consume legumes at least four times a week experience significantly diminished risks of CVD and CHD.

A recent investigation analyzed data from the National Health and Nutrition Examination Survey conducted between 2001 and 2018, examining the dietary habits of American adults, particularly those



incorporating beans, and their impact on nutrient intake and diet quality. The study identified five distinct bean dietary patterns, with four encompassing both canned and dry beans.

Compared to individuals who abstained from beans, those adhering to bean-based dietary patterns exhibited notably higher diet quality scores, with increased consumption of vital nutrients such as choline, alpha-linolenic acid, folate, iron, magnesium, and vitamin E. Furthermore, bean consumers demonstrated elevated intake levels of dietary fiber, potassium, and calcium—nutrients that are of significant public health concern. Moreover, individuals who included beans in their diets exhibited lower BMI, reduced body weight, and smaller waist circumferences compared to those who did not.

These findings underscore the potential repercussions of excluding beans from dietary patterns, suggesting that promoting increased consumption of both canned and dry beans could yield substantial nutritional and health benefits.

# NOURISH

## Inner Health Nutrition's Monthly Group Program



# 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

## 3 Tiers of NOURISH...

### **Tier 1** - Introductory 30 minute meeting with RD PLUS

- 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.
- *\$79/month*

### **Tier 2** - All the Benefits of Tier 1 PLUS

- 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.
- *\$99/month*

### **Tier 3** All the Benefits of Tier 1 & 2 PLUS

- 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.
  - \$179/month

Want to learn more? Click [Here](#)

Be part of our community and get feeling inspired again with an affordable approach to healthy eating!

Want to REGISTER, contact us [HERE](#)

## What's In Season? Your Guide to Spring Fruits and Vegetables in Ontario



With the arrival of May comes the embrace of warmer weather and the abundance of fresh fruits and vegetables that are now in season. From May to June, the availability of fresh produce flourishes. The season kicks off with the arrival of early berries, particularly strawberries, taking centre stage at fruit stands. Additionally, a diverse array of leafy greens becomes readily accessible. Notably, this period marks the peak season for enjoying asparagus at its finest.

Other Fruits in Season Include:

- Apples

- Cherries
- Rhubarb
- Saskatoon Berries

Other Vegetables in Season Include:

- Asparagus
- Broccoli
- Field Cucumber
- Kale
- Radishes
- Rutabaga

To see a full list of fruits and vegetables in season in Ontario click [here](#).

Also check out this article for another full list of fruits and vegetables in season and information on how to pick and store these items- [here](#).

---

## Recipes to Put a Spring in Your Step

### *Refreshing Recipes for Spring*



#### **Broccoli & Lentil Salad with Turmeric Yogurt Dressing**

Click [here](#) for the recipe



#### **Charred Vegetable & Lentil Antipasto Salad**

Click [here](#) for the recipe





## Strawberry Rhubarb Drop Biscuits

Click *here* for the recipe



## Sauteed Fiddleheads

Click *here* for the recipe



## Baked Apple Oatmeal

Click *here* for the recipe

---

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

We offer a COMPLIMENTARY 15 min Call.

Click **HERE**

---



## REFERENCES

Papanikolaou, Y., Slavin, J. & Fulgoni, V.L. Adult dietary patterns with increased bean consumption are associated with greater overall shortfall nutrient intakes, lower added sugar, improved weight-related outcomes and better diet quality. *Nutr J* 23, 36 (2024). <https://doi.org/10.1186/s12937-024-00937-1>

Chappell, M. M. (2021, March 17). *In-Season Produce: Your Guide to Spring Vegetables and Fruits*. Forks over Knives. <https://www.forksoverknives.com/how-tos/spring-season-vegetables-fruits-guide/>

*What's in Season? Your Guide to Canadian Produce in Ontario - Sobeys Inc.* (2020, July 23). Sobeys Inc. <https://www.sobeys.com/en/articles/whats-season-guide-canadian-produce-ontario/>

Image 1: <https://www.tastingtable.com/693602/spring-vegetables-spring-fruits-rhubarb-artichoke-asparagus-recipes/>

Inner Health Nutrition Consulting | 8333 Weston Rd, Woodbridge ON, Woodbridge , L4L 8Z2  
Canada

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

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [filomena@innerhealthnutritionconsulting.ccsend.com](mailto:filomena@innerhealthnutritionconsulting.ccsend.com) powered by



Try email marketing for free today!