

# Nutrition Bites

## November Newsletter



**The Holidays** are upon us....what? wait! How? Am I the only one in shock and feeling this way? In 5 weeks, we will be celebrating Christmas with our Christian friends and Hanukkah with our Jewish friends. And while the radio stations, grocery stores, and shopping malls are in full out Holiday mode, you too will need to plan not only for holiday gifts, gatherings, and meals but choose what your holiday mindset will be!

Too often I hear friends, coworkers, and clients share that the Holidays are "too challenging to maintain any diet"! The first issue I have with this is the belief that diets should be followed (I will get back to this one) and that it is an "all or nothing" attitude - "I can't be good", "I can't be perfect", "I have too many temptations", "I have too many festive dinners out", "I have too many treats around", and so on! If you can relate to this idea of having to "let go" of healthy eating habits and routines and "getting back on track in the new year", this is the mindset that I challenge you to CHANGE. The holidays are a beautiful time of year that don't have to be filled with fear, deprivation or guilt. In fact, with the right mindset and strategies, you can enjoy this wonderful season without sacrificing what you like or your health goals.

Cheers to a busy countdown to the festivities but to a different mindset that you can nurture, trust, and enjoy!

## Filomena



Filomena Vernace Inserra,  
Your Registered Dietitian

## Farewell Alisha!

Alisha has been part of the Inner Health Nutrition Consulting Team for the past year. She recently relocated to the UK this past month and will no longer be with us! I want to thank Alisha for all her assistance and support behind the scenes and being the lead contributor to our newsletter. We wish you a successful career start in the UK.



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# The Holiday Mindset RESET



The holiday season is a time for celebration, connection, and of course, delicious food. Here are my top tips as you begin to navigate your busy holiday schedule!

## **1. Shift Your Focus from Perfection to Balance**

One of the biggest misconceptions around holiday eating is that we need to be "perfect"—avoiding all treats and sticking rigidly to our unrealistic ideas. But this approach often leads to feelings of restriction which can trigger guilt and shame. Instead, focus on balance. Allow yourself to enjoy all foods in moderation, but also make sure you're nourishing your body with nutrient-dense meals and between-meal snacks to keep you energized and fueled. Consistency is also key as you navigate the next 5 weeks. Don't forget about you!

**Mindset Shift: Practice the "80/20 rule."** Aim to make 80% of your meals and snacks nutrient-rich and balanced, and leave the other 20% for holiday foods you love.

## **2. Mindful Eating: Savor the Flavors, Avoid the Guilt**

Mindful eating is about being present in the moment, paying attention to your body's hunger and fullness cues, and truly savoring your food. It's easy to eat mindlessly leading up to and during the holidays, especially when we're distracted by family, conversation, and many obligations. But eating mindfully allows you to fully enjoy the flavors of your food and

helps prevent overeating.

**Mindset Shift:** Before digging into a festive meal or dessert, take a moment to pause. Take a deep breath and appreciate the smells, textures, and colors of your food, and those that surround you. Eat slowly and listen to your body's cues. When you start feeling satisfied, stop.

### **3. Say YES to Holiday Treats Without Guilt**

It's important to remember that food isn't just fuel—it's also about enjoyment, tradition, and culture. The holiday season offers many beloved treats and special meals, and there's nothing wrong with savoring your favorite foods. In fact, enjoying these foods mindfully can make it more satisfying and prevent the feeling of deprivation that often leads to overeating later.

**Mindset Shift:** "Be Picky Choosy" You have heard me say this if you have been my client. If there is so much to choose from, be "picky choosy" and choose your favorite holiday foods and savor them without guilt. Focus on the quality and experience rather than quantity.

### **4. Set Self-Care as a Goal this Holiday Season**

The holidays are a busy time, and your usual routine may be disrupted. Have you seen the shopping malls already? Set realistic expectations for your health and fitness goals, but keep to a routine. Prioritize your self-care time - and build in opportunities for movement and maintain regular, healthy eating - whether it be packing snacks as you hurry around or keeping water bottles with you wherever you go - set intentions to take care of you!

**Mindset Shift:** Don't forget about yourself



this holiday. Maintain your routines but be flexible. Include movement into your day! Ensure adequate sleep, and set intentions to eat regularly and stay hydrated. Your self-care is the most important gift you can give yourself.

### **5. Investing in Yourself Now Will Pay Off in the New Year**

Starting the new year already feeling good in your body can make all the difference. Rather than waiting for January 1st to re-start your health goals, why not shift your mindset to maintaining these now? Resetting your mindset around food and health during the holidays means that come the new year, you're not playing catch-up—you're already on track. You'll feel empowered and confident, not overwhelmed by the "New Year's Resolution" pressure that often comes with drastic dieting changes.

**Mindset Shift:** The holiday season is meant to be a time of connection, celebration, and enjoyment. By shifting your mindset and practicing a balanced, mindful approach to food and self-care, you can fully embrace the season without feeling guilty or overindulging.

Remember, health is about consistency over time, not about perfection in every moment. So, give yourself permission to enjoy the holidays with a healthy mindset, and you'll enter the new year feeling energized, empowered, and content.

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## **November is...**

**Osteoporosis Awareness & Prevention Month**

 **OSTEOPOROSIS**  
**CANADA**

Did you know that Osteoporosis guidelines underwent a significant review approximately 1 year ago? In October 2023, Osteoporosis Canada released its updated guidelines since 2010!

Preventing osteoporosis is all about adopting a proactive approach to your bone health. By ensuring you get enough calcium and vitamin D, staying active, avoiding harmful habits like smoking and excessive alcohol, and taking steps to reduce fall risks, you can significantly reduce your chances of developing osteoporosis. Bone health is a lifelong journey, and it's never too early—or too late—to start making choices that support your bones for years to come.

## The main nutrition guidelines in the update:

**Calcium:** For individuals meeting Health Canada recommended daily allowance (RDA) for calcium, they suggest no extra supplementation if dietary intake is sufficient. In fact, we are encouraging Canadians to get more of their calcium needs met through foods first!

### Recommended Dietary Intake:

#### Calcium:

Females >50yrs : 1200 mg daily

Males 50 - 70yrs : 1000 mg daily

Males >70: 1200 mg daily

#### Vitamin D:

Suggest following Health Canada's RDA on vitamin D for bone health. Health Canada recommends that adults 50 and over, take a minimum of 400 IU supplement daily in addition to vitamin D rich foods.

#### Vitamin D RDA:

Adults  $\leq$ 70: 600 IU (15  $\mu$ g) daily

Adults > 70: 800 IU (20  $\mu$ g) daily

Are you getting enough calcium? Want to know how much is available in your serving of broccoli or bok choy? Looking for calcium in your dairy alternatives? Check to see if it is fortified? 30% DV (Daily Value) means that it contains 300mg calcium.

To meet the suggested 1200mg dietary calcium intake, you will need to aim for 3-4 servings of calcium-rich foods DAILY. Remember, consistency is key and incorporating these foods into

your diet is an important requirement for osteoporosis prevention and management. The reason: Bone is living tissue, constantly renewing itself and requires the constant building blocks of bone, such as calcium, to keep it healthy and strong!

Check out the [CALCIUM CALCULATOR](#) from Osteoporosis Canada [CLICK HERE](#)

For a quick list of calcium containing foods, [CLICK HERE](#)

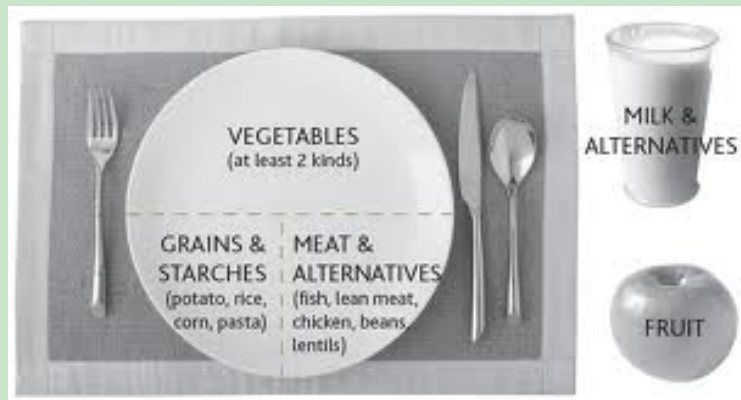
To read the full research publication, [CLICK HERE](#)

# November is...

## Diabetes Awareness & Prevention Month



**November is Diabetes Awareness Month in Canada**, a time to highlight the importance of understanding, managing, and preventing diabetes.



As a Registered Dietitian, I recognize the crucial role that nutrition plays in both the prevention and management of this chronic condition. With nearly 1 in 3 Canadians living with diabetes or prediabetes, it's essential to raise awareness about healthy eating habits, the impact of lifestyle choices, and the

support available for those living with diabetes.

Whether you're living with diabetes or supporting a loved one, small changes in diet and lifestyle can make a big difference in managing blood sugar levels and improving overall well-being.

### **Did You Know?**

**One of the greatest myths is that there is a specific diet for diabetes. In fact, the recommendations are based on healthy eating guidelines that all of us can follow.**

The Balanced Plate (see above) is the simplest ways to consider nutritional balance for diabetics (and the rest of us). Guidelines also stress the importance of eating regularly (think every 3-4 hours) which in turn doing so can help regulate hunger and prevent overeating at your next meal. This, coupled with meal planning in advance, can help manage blood sugar levels.

The **Balanced Plate** encourages:

- $\frac{1}{4}$  of your plate includes whole grains and other starchy vegetables such as sweet potato or corn; these are important sources of dietary fibre (among many other nutrients). Fibre helps with digestion and satiety and slowly releasing glucose into the blood stream.
- $\frac{1}{4}$  of your plate includes lean protein meats, fish, seafood and plant-based alternatives such as tofu and legumes - protein, like fibre, slows down digestion and helps to slowly release the glucose into the bloodstream.
- $\frac{1}{2}$  your plate should have vegetables including leafy greens which provide important sources of dietary fibre, nutrients and satiety.

This balance is key for managing blood sugar levels. Want to learn more about diabetes and nutrition from Diabetes Canada, [\*\*CLICK HERE\*\*](#)



Lastly, don't forget to MOVE, especially after meals! Most of us know that physical activity improves heart health, gives us more energy, strengthens muscles (and bone health), among other benefits. When it comes to diabetes, movement causes the body to utilize the energy (or glucose) in our muscles and draws more glucose out of the blood stream and into the cell. This helps to reduce blood sugar levels. Only 10-15 minutes of movement after your meals is all that is needed to show this helps. No gym membership is needed except good intention to MOVE!

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## **NOURISH: Our Newest Monthly Recipe Program & More...**

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We are so excited to announce that NOURISH is in its 3rd month since our launch! We have a group of members who have been loving the Recipe Collections each week. So far, members have received 16 new recipes each month (a total of 40+ recipes) and have been part of a community of like-minded individuals who are interested in spicing things up in their kitchen! We also have monthly virtual meetings to share and inspire and learn! Do you struggle with meal prep & coming up with new meal ideas to serve your family? Then this program is for you!



## 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 Membership 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! Email me by clicking ***TODAY!***

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## Seasonal Vegetable Recipes



**Apple Stuffed  
Squash**



**Roasted Cauliflower**

Click [here](#) for the full recipe

**with Avocado Sauce**

Click [here](#) for the full recipe

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

**Click [HERE](#)**

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#### REFERENCES

Osteoporosis Canada <https://osteoporosis.ca/>

Diabetes Canada <https://www.diabetes.ca/>

Recipe Source: Cookspiration <https://www.cookspiration.com/>

Snowman image <https://www.pexels.com/photo/close-up-photography-of-snowman-760110/>

Dinner table <https://www.pexels.com/search/christmas%20dinner/>

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