



# December

## **NUTRITION BITES NEWSLETTER**

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## Holiday Wishes

As we embrace the festive spirit of December, my team and I would like to wish you and your families a joyful and healthy holiday season!

As we celebrate these next few weeks, I hope you savor these moments with loved ones, and keep your well-being top priority. Enjoy traditional meals and those foods that only come around this time of year! Focus on consistency and ensure that as you hurry checking off your list and making all things just right, that you keep your body fueled and hydrated! Healthy eating does not take a break and resume January 1st. It is a daily commitment regardless of the time of year.

Thank you for being part of our nutrition community—your commitment to wellness is truly inspiring. May your holidays be filled with happiness, good health, and plenty of amazing

memories. Here's to a bright and vibrant year ahead! We look forward to supporting you in the year ahead through our newsletter, events and programs!

Cheers!

## Filomena & Inner Health Nutrition Team



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Did you miss our November Newsletter? I focused on **Mindset Shift** to help you navigate the holidays, to have you feeling in control and empowered to do things differently this year. As Registered Dietitians, we want you to be stress-free as you embrace the moments shared around dinner tables. Its not about deprivation, denying yourself, or cheating! Instead, focus on shifting your thoughts from "I shoudn't....to.....I choose".

**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.

Want to review my 5 Top Mindset Shift strategies? Read it by clicking [READ NOW](#).

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### **A sweet treat for DARK Chocolate Lovers (like me!)**

Nutrition researchers at Harvard University's T.H. Chan School of Public Health recently published a study that found eating 5 or more servings of ANY chocolate per week was linked to a 10% lower risk of developing Type 2 diabetes.

When looking at the type of chocolate, people who ate dark chocolate specifically, showed at 21% lower risk of Type 2 diabetes and did not experience long-term weight gain seen with other types of chocolate, namely milk chocolate. Dark chocolate steals the show yet

again!

The study, published just last week in The BMJ journal, analyzed research from 3 long-term studies (Nurses' Health Study, the Nurses' Health Study II and the Health Professionals Follow-Up Study).

Study participants completed food questionnaires every 4 years over a 25-year period. Researchers then looked at dark chocolate, milk chocolate and total chocolate consumption among 111,000+ study participants.

After adjusting for dietary and lifestyle risk factors, researchers found those who ate at least 5 servings of 28gm (1oz) a week of any type of chocolate showed a significantly lower rate of type 2 diabetes compared with those who rarely or never ate chocolate. Interestingly, the study showed no significant reduction in diabetes risk when consuming milk chocolate.



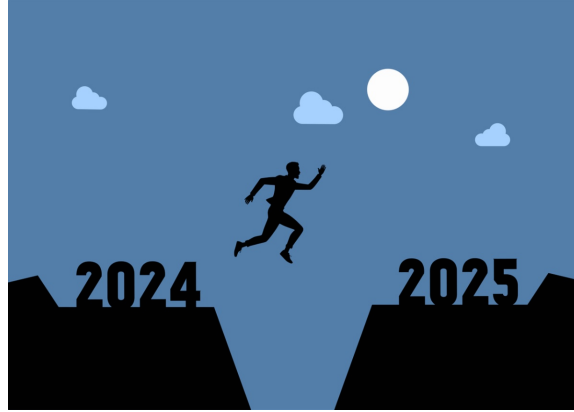
As with all observational studies, it can't prove cause and effect. We are also relying on the memory of these participants which asks them to remember how often and how much chocolate they consume (every 4 years!).

What we do know is that there are higher levels of flavanolsin (a type of flavanol) in cacao that might explain the difference between dark and milk chocolates, and the potential health benefits. Cacao is the raw and less-processed form of chocolate harvested from the Theobroma cacao tree. Cacao contains the highest levels of flavanols, so the greater the percentage of cacao listed on the label of dark chocolate, the more flavanols it will contain. Flavanols act as antioxidants and reduce inflammation that can trigger or worsen chronic conditions such as heart disease and diabetes.

While this was an observational study, we need better designed studies (gold standard - randomized, controlled trials), to prove if and how much dark chocolate can improve health and lower the risk of developing diabetes and other diseases. In the meantime, continue to focus on colourful snacks of fruits and vegetables DAILY as well as unsalted nuts and seeds for healthy snacks and sprinkle in some dark chocolate a few times per week!

Want to read more about the research? [CLICK HERE](#)

Looking Ahead....  
Nutrition Trends *for* 2025



## Getting Ready to Launch 2025...

As we anticipate the start of another exciting year, several nutrition trends are predicted to take priority in 2025. These trends reflect the ongoing desire for personalized nutrition through technological advancements such as genetic testing ([Read More](#)) and an increased focus on sustainability and functional health. Here are a few of the notable nutrition trends predicted for 2025:

### 1. Plant-Based and Alternative Proteins

- **Continued Growth of Plant-Based Foods:** The demand for plant-based diets is expected to grow, driven by concerns about sustainability, animal welfare, and health. More consumers are seeking alternatives to meat and dairy, and plant-based options will continue to diversify.
- **Innovative Proteins:** In addition to traditional plant-based options like soy and pea protein, newer protein sources such as algae, mushrooms, and lab-grown meat are predicted to become more mainstream.

### 2. Personalized Nutrition

- **Tailored Nutrition Plans:** Advances in genetics, microbiome research, and wearable technology will make personalized nutrition more accessible. We have the technology to create tailored meal plans according to genetic testing to optimize health and this will continue to evolve.
- **AI and Technology Integration:** Apps and devices that track nutrient intake, physical activity, and health metrics will become more sophisticated, offering more personalized recommendations.

### 3. Functional Foods and Supplements

- **Nutrient-Rich Foods:** There will be a stronger emphasis on "functional foods" that offer health benefits beyond basic nutrition. These foods may include ingredients known to boost immunity, improve gut health, support mental wellness, and enhance energy levels.
- **Mental Health Nutrition:** As mental health awareness grows, food products aimed at supporting cognitive function, reducing stress, and improving mood will become more popular. Expect to see more adaptogens (like ashwagandha and rhodiola), probiotics, and omega-3-rich foods in everyday products.

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*Whatever your goals, we are here to help you launch 2025 with a healthy mindset that focuses on your health and well-being priorities.*

*You can continue to expect tailored, evidence-based nutrition recommendations to get you feeling your best in the New Year. Our 1:1 sessions or our group programs will get you excited to embrace healthy eating this new year.*

***Ditch the quick fixes, false promises, and unfounded claims and let's jump in to a new approaches to embrace healthy eating and wellness. We encourage you to email, call, or look into our programs online by [CLICKING HERE](#)***

**Cheers!**



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

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