



Happy New Year to our Inner Health Nutrition Community!

Let's welcome 2025 with renewed hope and inspiration for positive personal change. Whether you're focusing on eating more mindfully, moving your body intently, or managing your stress, our team is here to support and guide you every step of the way. This year, stop looking for the quick fixes, false promises, expensive products & gimmicks, and finally find a sustainable solution to feeling healthier and happier and more like yourself in 2025!

This year, let's set intentional goals with kindness and patience. Small, sustainable changes lead to lasting results – and we are excited & honoured to be a part of your journey! We are committed to providing you & your family members with the support, knowledge, and tools you need to make informed choices that align with your long-term wellness goals. Here's to feeling great and making 2025 your healthiest, happiest year yet!

Cheers!



Filomena Vernace Inserra, RD
Your Registered Dietitian

New Year Reflections & Intentions

As we enter into a New Year, it is a perfect time to reflect on the past 12 months and set intentions (not resolutions) for the year ahead. Pausing and reflecting can help you realize your accomplishments and challenges, and focus on what you want to strive towards in the New Year. As you settle back into new routines for 2025, we suggest you:

- **Pause & Reflect:** *Spend some time with yourself to review your personal growth goals - what didn't work so well in 2024 that you want to change for this upcoming year*
- **Capture it:** *Whatever your preference, choose a note on your phone or computer or a written note in a journal, list your accomplishments, challenges, and what you learned about yourself this past year*
- **Set Intentions NOT Resolutions:** from your reflections, identify which goals you want to focus on or achieve in 2025. Writing these down will often result in greater attention & commitment.
- **Formalize by Sharing:** Share your reflections and intentions with friends or family members who will support you! This can strengthen your intentions and help with accountability!

Let's start the New Year with intention and purpose. However small or significant your goals are for 2025, setting intention will provide you with a clearer path to work towards your goals. Set small, attainable steps each day, each week, to help you achieve what you set out at the start of 2025. Let's go!



EMPLOYEE BENEFITS

For many of you, Employee Benefits renew January 1st 2025. If you are unsure whether you have coverage, check specifically for Registered Dietitian services being listed. Utilizing your employee benefits can provide you with personalized nutrition guidance to improve your overall well-being, boost energy, and prevent health issues long term! Contact us today by [CLICKING HERE](#)



Your Kitchen Compass

An Affordable Monthly Group Program!

Meal Planning, Recipes, Support, Accountability, & More

Our group program, **NOURISH - Your Kitchen Compass** is now into its 4th month! We have a group of committed members that meet virtually monthly to learn, share and strategize.

During the inauguration of NOURISH, we have shared 14 Recipe Collections which each collection showcasing 5 new recipes weekly. That's over 70 new recipes added to a rotation of meals!

Our **Recipe Collections** have included:

- Fall Favourites
- Quick Stir Fry Meals
- Thanksgiving Favourites
- Thanksgiving Leftovers
- Pumpkin-Flavoured Snacks
- Fall-Inspired Soups
- Winter Squash Recipes
- Greens & More Greens Recipes
- Edamame-Inspired Meals
- High Protein Meals
- Fruit-based Desserts
- Hot Beverages
- Holiday Inspired Breakfasts
- Balanced Lunches Under 15 Minutes

Are you FINALLY ready to change what's not working at mealtime?

Are you READY to feel in control of your kitchen and invite us to be your KITCHEN COMPASS?

Do you want to add VARIETY to your meals and keep them satiating and satisfying?

Are you TIRED of making meals that your family does not enjoy?

Are you TIRED of not knowing what to cook day after day?

Let us into your kitchen and let **NOURISH - YOUR KITCHEN COMPASS** guide you towards healthier, balanced, varied meals that will have you feeling in control of mealtime!

NOURISH has 3 **AFFORDABLE** options for you to choose from:

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.

To REGISTER, click [HERE](#) to sign up today!

Household Food Insecurity

Growing Issue in Canada



What is the difference between **Food Insecurity** and **Household Food**

Insecurity? According to a recent Position Statement by Dietitians of Canada (March 2024):

"Food insecurity is a broader term that refers to the lack of consistent access to a sufficient amount of safe, nutritious, culturally appropriate food within a geographic region (2). This lack of access may be due to a variety of factors, including weather-related events, shipping interruptions, war or economic uncertainty (4).

Household food insecurity refers specifically to the inability of a household to access food due to financial constraints (1). Here is an article on tips to spend less on our grocery bills".

How Significant is Household Food Insecurity In Canada?

According to Dietitians of Canada, household food insecurity is a significant problem in Canada. In 2022, almost one in five households (17.8%) across all ten provinces reported that they experienced some level of food insecurity in the previous year (1).

There were 312,000 more food insecure households in 2022 compared to 2021 and half of these were households consisting of a couple with children under 18 years of age (1). This increase represents the highest rate of household food insecurity in the 17 years Canada has been monitoring the issue (1).

What Can You Do To Improve Household Food Insecurity?

Families can take several steps to improve household food insecurity although this is a multi-faceted complex issue in Canada. Here are some practical solutions:

1. Budgeting and Meal Planning: Creating a budget and planning meals ahead of time can help stretch food dollars further. This includes buying in bulk, using leftovers creatively, and shopping for seasonal or on-sale items to reduce food costs.

2. Nutrition Education: Learning about nutrition and cooking with affordable ingredients can help families make healthier choices within their budget.

3. Growing Food at Home: when seasonably possible, families can start small home gardens or participate in community gardens to grow fruits and vegetables, which can significantly lower grocery expenses.

There are many other suggestions that include accessing community programs and on a larger scale advocacy to our elected government officials.

If you are looking to better understand how to improve food expenses at home through meal planning and budgeting, we can help! Our 1:1 or group programs will help you improve your understanding of nutrition as well as help you with implementing systems at home such as meal

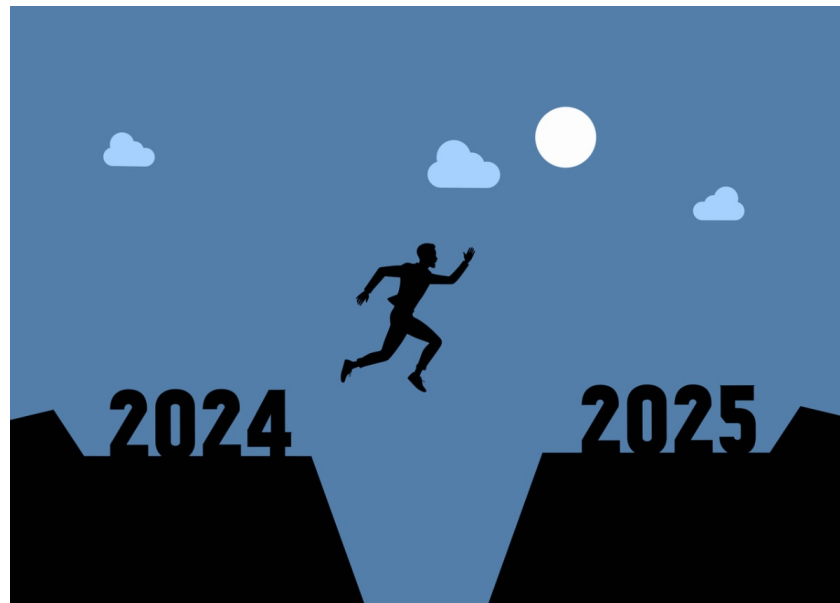
planning. Email us [HERE](#) to connect with us today!

[CLICK HERE](#) to view the article on Food Budgeting from our colleagues at Alberta Health Services.

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1. Li T, Fafard St-Germain A, Tarasuk V. Household food insecurity in Canada, 2022. Toronto (ON): Research to identify policy options to reduce food insecurity (PROOF); 2023 Nov 19 [cited 2023 Dec 12]. Available from: <https://proof.utoronto.ca/resource/householdfood-insecurity-in-canada-2022/>
 2. Food and Agriculture Organization of the United Nations. Hunger and food insecurity [Internet]. Available from: <http://www.fao.org/hunger/en/>
 4. Food and Agriculture Organization of the United Nations, World Trade Organization, World Bank Group. Rising global food insecurity: Assessing policy responses. Rome, Italy: Food and Agriculture Organization of the United Nations; 2023 Apr 6.

In Case You Missed It!

December Newsletter Feature Article



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.

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***

Recipe Corner



Almond Coconut Granola

[CLICK HERE](#) for the full recipe



Baked Eggs with Peppers, Lentils & Tomatoes

[CLICK HERE](#) for the full recipe



Bruschetta Fish

[CLICK HERE](#) for the full recipe



Chickpea Tikka Masala

[CLICK HERE](#) for the full recipe

[Visit our Website](#)

[Email Us Today](#)



See you next month!

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