



UNLOCK THE POTENTIAL OF FOOD...

to Prevent!

Food can help prevent chronic health conditions!

Our lifestyle, including how we eat, can affect our health. A healthy diet can help keep us from getting sick and lower your risk of having a chronic health condition later in life, such as Type 2 Diabetes and Heart Disease.

This Nutrition Month, your local Dietitians want to remind you of the power that food can have on your health.

What Diet is Right For Me?

A 'Diet' is just another word for the way we eat. Having a healthy diet does not mean letting go of the foods you love, but finding a balance. There are many healthy ways of eating, that go by many names. The diets most studied and suggested are:

1. The DASH Diet
2. The Mediterranean Diet
3. The MIND Diet



Oddly enough, most of these 'diets' have a lot of similar foods, and focus on a few important foods...

What Foods to Include?

- Vegetables and Fruit
- Whole Grains
- Legumes (beans, lentils, chickpeas)
- Nuts and Seeds
- Milk, Cheese, and Yogurt
- Fish, Seafood, and Poultry
- Healthy Oils (example: canola oil)



Not Sure Where to Start?

The journey towards better health starts with the food we put in our body. Registered Dietitians (RDs) have the skills and education to help you reach your goals, in a way that fits your life!

The Northern Health Region has Dietitians who are happy to meet with you!

In Thompson, Call (204)677-1777

**Outside Thompson,
Call (204)677-5322**

In Flin Flon, Call (204)681-1350

In The Pas, Call (204)623-9650

Have Diabetes? Call (204)677-5333



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