

March 2016

Support Canadians to *Take a 100 Meal Journey:* *Make Small Changes, One Meal at a Time*

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Key Messages

- March is nutrition month; the goal is to help Canadians improve their eating habits.
- There is no one-size-fits-all approach to dietary change. Change is unique for each person.
- Dietitians are food and nutrition experts. Through education, communications and coaching, dietitians can support and guide consumers to help achieve their nutrition-related goals.
- Several resources are available through Dietitians of Canada that will help health educators promote nutrition month and its key messages.



Background

Led by Dietitians of Canada (DC), this year's nutrition month campaign invites *Canadians to Take a 100 Meal Journey: Make Small Changes, One Meal at a Time*, with the goal to help Canadians improve their eating habits. The campaign's focus is people who are ready to make changes to their diet and offers a menu of tips, tools and behaviour change strategies for them to consider and apply to their own lifestyle. One hundred meals is about the number of meals consumed in one month. If Canadians can be encouraged to make small changes to their meals and snacks for one month, it may be the support needed to make those changes stick.

Introduction

Chronic diseases such as diabetes, cardiovascular disease and cancer, are major contributors to reduced quality of life, lost productivity, health care costs and premature death in Canada.^{1,2}

Diet and nutrition are important in preventing and managing chronic diseases.^{2,3,6-8}

Did you know?

- Three out of five Canadian adults (>20 years) have a chronic disease, and four out of five are at risk of developing a chronic condition.³
- Risk factors for chronic disease include being overweight/obese, unhealthy eating, physical inactivity, smoking and drinking alcohol.³
- Chronic diseases are largely preventable.^{2,3}
- Lifestyle and changes in diet can help prevent up to 80% of heart disease, stroke and type 2 diabetes and 40% of cancers globally.^{4,5}

What dietary changes should Canadians make?

Around the world, dietary guidelines focus on eating nutrient-rich foods including vegetables, fruit, whole grains, lean meats, fish and legumes,⁹ milk and alternatives, tofu, nuts and seeds.¹⁰ Diets high in pre-prepared and processed foods tend to have large amounts of fat, sodium and calories which are associated with obesity and related illnesses.⁹

Dietary guidelines are further tailored to the type and stage

of chronic disease, with diet and nutrition being cornerstones in the treatment and management of dyslipidemia,¹¹ diabetes and glucose intolerance,¹² hypertension¹³ and obesity.¹⁴

In Canada, 62% of adults are overweight or obese.¹⁵ To help reduce the risk of chronic disease, weight loss is encouraged.^{8,11} Lifestyle interventions can reduce body weight by 3-5 kg.⁸ Weight-loss strategies that include a combination of diet, physical activity and behaviour change techniques, along with frequent (>12 times), long-term (>12 months) contact can result in extra weight loss.⁸

Obesity is complex and influenced by more than just calories-in/calories-out.¹⁶ There are several dietary approaches for weight loss.^{14,17} Ultimately, a calorie-restricted diet with different amounts of carbohydrate, protein and fat can result in weight loss in overweight and obese adults.¹⁷ Using the Acceptable Macronutrient Distribution Range (AMDR) allows for a great deal of flexibility and variability in the amount of macronutrients. The AMDR for adults, as a percentage of energy, comprises the following:¹⁸

- Carbohydrate 45-65%
- Fat 20-35%
- Protein 10-35%



Diets that also meet dietary reference intakes are recommended.¹⁷

There are consumers who look for alternative ways to eat: low carb, vegan, sugar-free, paleo, gluten-free. These dietary descriptors can be used to identify “food tribes” (groups of people aligning themselves around diet) who differ in their perspective on what foods should be eaten and which foods should be avoided to achieve health.¹⁹ Cleanses and detoxes lack evidence of effectiveness,²⁰⁻²² yet consumers remain curious about their use.²² Nutrition educators can help meet consumers where they are at and recommend resources to help them create balanced, healthful eating patterns.

What can we learn from others who have made changes?

The National Weight Control Registry is the largest ongoing observational study with over 5000 individuals who have successfully maintained a weight loss of greater than thirty pounds for a minimum of one year.²³ Registrants use several different nutrition and lifestyle strategies—there is no “one size fits all” approach to weight loss maintenance. Some strategies used by registrants include:²³

- Choosing a low fat diet
- Having regular breakfast consumption
- Keeping few high-fat items in house
- Keeping many healthy foods in house
- Decreasing restaurant meals
- Weighing self regularly
- Keeping written food and exercise record
- Engaging in high levels of physical activity

Sustained behaviour change is required to be part of the registry.²⁴

How can we enhance adherence to dietary advice?

Estimates of non-adherence to medication and lifestyle change recommendations range between 50-80%.²⁵ Research on people who have long-term

conditions has found that a personalized approach results in better health outcomes. People who set their own goals and action plans and determine their own health needs have better dietary results.²⁶

According to research, the following interventions may help with short-term (<3-6 months) dietary compliance for preventing and managing chronic disease:⁶

- Getting feedback on self-monitoring records
- Using nutritional tools (menu suggestions, food lists, exchange lists, recipes, examples of portion size)
- Creating a behavioural contract that identifies behaviours for change (similar to SMART goals)
- Having telephone follow-up that provides verbal support
- Having access to a video as an educational tool
- Using more than one intervention

Based on their own perception of efficacy, dietitians ranked three interventions as most important in getting a client to adhere to dietary advice.^{6,27} Clients were successful when they

- had feedback based on self-monitoring along with learning to self-evaluate
- were aware of portion size (food models or photographs)
- used more than one intervention strategy

Self-monitoring

Using self-monitoring records promotes positive, specific behaviours and builds awareness and helps with behavior changes.²⁸ Self-monitoring of weight (once a week), nutrition (daily) and physical activity (daily) are keys to successful weight management.²⁸

Portion size and environmental cues

People consistently consume more food and drink when offered larger portions, packages or tableware, than when offered smaller versions,²⁹ without greater reported satiety.^{30,31} Decreased portion sizes are associated with decreased energy

intake without an increased rating of hunger.³²

Additionally, environmental cues such as proximity, accessibility and visibility to food are associated with greater food intake³ (e.g. candy dish on desk, where food is stored, fruit bowl in sight).

Use multiple strategies for changing behaviour

Dietary interventions need to be tailored to each individual²⁷ as one approach is not consistently better than another.^{6,34} The best diet is one that can be followed.^{6,23,24,34,35} Using more than one behaviour change intervention helps to enhance adherence to dietary advice for preventing and managing chronic disease.^{6,7,27} Individuals can work collaboratively with dietitians to determine which changes could be explored and strategies for how these changes could be achieved.

Translating evidence to practice

DC's nutrition month resources translate this evidence into actionable steps for consumers by providing tips, tools and resources to use over the 100 Meal Journey. Through [DC's website](#), you can find an Ambassador's Toolkit, a guide to help you plan activities for your organization, school or



workplace. Nutrition Month 2016 is arranged into five weekly themes:

- **Week 1: Get ready** – Canadians are invited to take a pledge for the 100 Meal Journey, choosing a small nutrition goal on which to focus throughout March, one meal at a time. Consumers can download [eaTracker](#) for diet and activity monitoring, personalized feedback, recipe analysis and meal planning.
- **Week 2: Quality counts** – Canadians are encouraged to move away from nutrient-poor foods and make food decisions that support their goals by choosing high-quality, nutrient-rich foods.
- **Week 3: Prioritize portion size** – Canadians are invited to focus on portion awareness and environmental cues that encourage overeating and to select realistic portion sizes.
- **Week 4: Try something new** – Canadians are encouraged to expand from a narrow food repertoire to a variety of nutrient-rich meal and snack ideas. For recipe inspiration, consumers can follow [Alberta Milk's Easy, Tasty, Healthy Blog](#) and DC's [Cookspiration](#).
- **Week 5: Make it stick** – Canadians are encouraged to focus on strategies to overcome common barriers to healthy eating and to help sustain changes made during the 100 Meal Journey. Barriers might include eating out and special occasions, time constraints and mindless eating.

Conclusion

Change is a personal journey where each individual explores and discovers what works best for good health. Interventions, such as self-monitoring, nutrition tools and goal setting, can help consumers achieve their nutrition-related goals. Support *Canadians to Take a 100 Meal Journey: Make Small Changes, One Meal at a Time*.



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Nutrition Month Resources

If you are a DC member, there are several [additional resources](#) to help you in your Nutrition Month activities:

- 2016 Member backgrounder and toolkit including campaign information, resources for written and online communications and tools such as recipes and tips
- Activity and ideas list for how to implement the campaign in the workplace or community
- Nutrition month proclamations for use with local politicians
- [Practice-based Evidence in Nutrition](#) database access (by subscription)

For a complete list of references and to view past issues of our newsletter, visit www.moreaboutmilk.com/educators.aspx.

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SPICE ROASTED PEACH AND YOGURT PARFAITS

Recipe Provided By – Dairy Farmers of Canada | *Recipe Source* – Cookspiration.com

RECIPE INFO

Prep time: 15 minutes

Cooking time: 20 minutes

Servings: 6

INGREDIENTS

3 tbsp (45 ml) packed brown sugar

1/2 tsp (2 ml) ground cinnamon

1/4 tsp (1 ml) ground ginger

Pinch ground allspice

3 large peaches, cut into 1/2-inch (1 cm) wedges

1/2 cup (125 ml) unsalted sunflower and/or pumpkin seeds

2 cups (500 ml) plain Greek yogurt

1 tsp (5 ml) vanilla extract

INSTRUCTIONS

Step 1

Preheat oven to 400°F (200°C). Line a small baking sheet with parchment paper.

Step 2

In a small bowl, combine sugar, cinnamon, ginger and allspice.

Step 3

Place peaches in an 8-inch (20 cm) square glass baking dish; sprinkle with half of the sugar mixture and toss gently to coat. Spread in a single layer. Roast for about 15 to 20 minutes or until peaches are tender and lightly browned. Let cool slightly, or to room temperature.

Step 4

Meanwhile, in a small skillet, toast sunflower seeds and/or pumpkin seeds over medium heat, stirring constantly, for about 3 minutes or until starting to turn golden; add remaining sugar mixture cook, stirring, for about 2 minutes or until toasted and glazed. Spread out onto parchment paper and let cool.

Step 5

To assemble, in a bowl, combine yogurt and vanilla. Divide half of the yogurt equally among 6 dessert dishes and top with half of the roasted peaches, then half of the glazed seeds; repeat layers.



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