

Nutrition

Bites

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By Amina Saher, MPH
Nutrition & Dietetics Student

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This delicious soup is prepared with corn, squash, and beans. In some Indigenous communities, these crops are called the "Three Sisters" because they help each other grow when planted side by side.

Newsletter Content is adapted from the following resources:

<https://www.dietitians.ca/News/2025/Nourish-to-Flourish-Nutrition-Month-2025>

<https://food-guide.canada.ca/en/healthy-eating-recommendations/>

<https://www.healthlinkbc.ca/living-well/food-and-nutrition/plan-shop-and-prepare/finding-reliable-healthy-eating-information-internet>

Community Nutrition Newsletter

Nutrition Month 2025: Nourish to Flourish

As we welcome Nutrition Month this March, we're embracing this year's theme of "Nourish to Flourish", which highlights the role of food in not only nourishing our bodies but helping us flourish in our communities. Whether it is sharing a meal with your family, finding comfort in cultural foods, or growing your own produce, food supports our mental and emotional health, connects us to the land, and allows our communities to thrive.

This Nutrition Month, explore food in different ways by:

Participating in food related activities - You can try a new recipe to explore different foods and cooking methods. You may also involve your family, friends, and neighbours by grocery shopping together, organizing a cooking club or recipe exchange, and volunteering or attending events around food and nutrition in the community. Check out the Rexdale Community Health Centre's [events calendar](#) to learn more about what's happening in the community!

Enjoying meals with others - Sharing meals with others can help you spend quality time with your loved ones and feel connected to your community. You may choose to enjoy your food with others by having regular family meals, connecting with your co-workers and school friends over lunch break, and taking part in community celebrations and events.

Celebrating your cultural and traditional foods - Traditional foods can often feel healing and bring comfort and happiness. Enjoying traditional foods as a part of your everyday life can help you share your culture with those around you and pass along food traditions that are important to you. You may choose to host a potluck in your community to share your food traditions with others and learn about the cultural foods of your friends and neighbours.

Following this year's theme, we encourage you to reflect on and engage in the many ways in which food brings us together, supports mental health, and nurtures our communities.

Recipe: Three Sisters Soup

Makes: 8 servings

Ingredients: 10 mL (2 tsp) vegetable oil, 1 diced onion, 4 chopped carrots, 4 chopped celery stalks, 2 L (8 cups) vegetable broth, 1 peeled and cubed butternut squash, 375 mL (1 ½ cups) frozen corn, 2 cans (2x540 mL) kidney beans – drained and rinsed, 10 mL (2 tsp) dried thyme, 5 mL (1 tsp ground pepper)

Directions:

1. Heat oil in a large saucepan. Add onion and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrots, garlic, and celery and sauté for another 8 minutes or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down the heat and add cubed squash. Simmer, covered for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme, and pepper. Stir and simmer for another few minutes, until squash is soft with a fork.

Serve this soup hot with Bannock or crusty whole grain bread. You can refrigerate for up to 2 or 3 days or freeze for up to 2 weeks. <https://food-guide.canada.ca>

Navigating Nutrition Information Online

With the endless stream of nutrition advice flooding social media, news articles, and blogs, it's becoming harder to separate fact from fiction. Misinformation can spread quickly, influencing the ways in which we eat and the decisions we make regarding our health. Here's how you can identify credible sources and make informed choices around food and nutrition:

Watch out for 'red flags' by being skeptical of:

- **Promises of quick fixes and miracle cures** - building healthy habits requires a long-term commitment to healthy eating and physical activity
- **Advice based on personal stories and testimonials** rather than the best available research
- **Claims relying on a single study rather than multiples sources of research** - the more research that shows the same results, the more trustworthy the findings are
- **Recommendations from unqualified writers** - check the "about us" or "bio" section of a website or social media page to learn more about the writer and their nutrition qualifications
- **Recommendations promoting special products and supplements** - food is the best source of nutrients for our bodies
- **Emphasis on a single food or nutrient** - eating a variety of nutritious whole foods is better for our health than focusing on a single food or nutrient
- **Information that is outdated** - reliable sources of information will include the publication date and be regularly updated to reflect current nutrition evidence

Instead, seek out information from professionals who are trained in food and nutrition: **Registered Dietitians (RDs)** are regulated professionals qualified to provide evidence-based nutrition information in Ontario

Most importantly, don't rely on information on the internet or social media alone - **share it with your dietitian or healthcare provider** before using it to make any decisions regarding your diet or health.

DID YOU KNOW...? FACTS?

Research studies following a larger group of people over a longer period of time are more reliable than smaller studies conducted over a short period of time.

Call and book your appointment to see a Dietitian/Nutritionist today!

We cover a wide range of conditions including: Healthy Eating – Cholesterol – Low Iron – Weight Loss/Gain – Celiac Disease – Kidney Stones – Picky Eaters – Sports Nutrition – Vegetarianism – Osteoperosis and more.....

Choose trustworthy sources for websites and verified social media pages such as educational institutions, government agencies and professional organizations. Reliable organisational websites will often end in .edu, .gov, or .org. Here some reliable website for nutrition information:

Healthy Eating:

- Dietitians of Canada
 - Unlockfood.ca www.unlockfood.ca
 - [Cookspiration](http://Cookspiration.com) www.cookspiration.com
- Government of Canada – Food and Nutrition
 - www.canada.ca/en/services/health/food-nutrition.html

Specific Conditions:

- Allergy Canada <https://foodallergycanada.ca/>
- Canadian Society of Intestinal Research www.badgut.org
- Celiac Association of Canada www.celiac.ca
- Diabetes Canada www.diabetes.ca/
- Heart and Stroke Foundation www.heartandstroke.ca
- Hypertension Canada <https://hypertension.ca>
- Osteoporosis Canada <https://osteoporosis.ca>

Upcoming Program and Events

Weekly in person
Prenatal Nutrition Program
Tuesday at 10 a.m.
At 222 Dixon
Wednesday at 10 a.m.
At 21 Panorama Crt

You don't need to have a Doctor's referral !

Rexdale Community Health Centre
8 Taber Road, Toronto ON M9W 3A4
Tel: (416) 744-6312
Fax: (416) 744-1881, www.rexdalechc.com