March is Nutrition Month

Take the 100 Meal Journey
Sustainable changes for real results

Detoxes, cleanses and other fad diets never lack followers, but somehow their appeal (and effectiveness) is always short-lived. These diets are seductive because they appeal to our imaginations, offering the fantasy of a total body and lifestyle overhaul. Who wouldn’t want to make dramatic improvements to their health and waistline without any effort, and in only 10 days? But, even if these programs did deliver on their promises (big if), it begs the question: do the ends justify the means? Even if you think they do, consider that if the means you choose aren’t sustainable, the ends you covet will be fleeting. In other words, the benefits you may reap from your diet will only last as long as you keep up with your new habits. If you make dramatic changes to your diet that require every ounce of your willpower to sustain, at some point your willpower will wear out, and you aren’t going to reap the long-term benefits.

This is typically the major flaw in fad diets, and the start of a dieting rollercoaster for many a well-intentioned dieter. So what’s a dieter to do? For starters, make a plan you can stick to. If you arbitrarily commit to making a major change (think New Year’s resolutions), you leave yourself vulnerable to the temptation of reverting back to your old habits. But, if you commit to making a small change that is laughably easy to achieve, there are no obstacles to overcome, and you set yourself up for success. Your small success is a step in the right direction, and may propel you forward in your progress.

In the spirit of steady progress, the theme for Nutrition Month this March is “The 100 Meal Journey.” Dietitians are asking Canadians to make one small, healthy change at every meal for 100 meals, to slowly and steadily integrate healthy habits into their daily lives.

Whatever your ultimate health goals, if you want start moving toward improved health, consult a Registered Dietitian by calling your fseap Intake Department for a referral and they will be your guide and coach in your 100 Meal Journey.

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Nutrition at Work

For further assistance please contact fseap at 1-877-433-0701.
We offer confidential individual, group, and family counselling to all ages. During business hours counselling is provided in-person. Qualified counsellors can also be reached for phone counselling at the above number 24 hours a day, 7 days a week.