



Nutrition  
Summer 2019

# NITHA HEALTH EXPRESS'S



Make water your drink of choice

Nipiy nawasona taminihkweyin

Tu ttheré ghudá la honezí ʔasi ts'edá hadé

Have plenty of vegetables and fruit

Mīcik miscahīs kiscikānisa mīna mīnisā

Nḡnéshé chu jie chogh ʔá ghá shḡḡ



Eat protein foods

Mīcik protein mīciwin

Ber chu beye proten tth'i ghá shḡḡ

Choose whole grain foods

Nawasōna misiwēyāw kistikāna mīciwina

Ber beye t'ogh la sḡḡline ghá shḡḡ

A snap shot of the new Canada's Food Guide. The Food Guide is available in 28 languages including Plains Cree and Dene. More on the Canada's Food Guide on page 2

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## MESSAGE FROM TARA CAMPBELL EXECUTIVE DIRECTOR

Welcome to the 7<sup>th</sup> edition of the NITHA Health Express which focusses on Nutrition. There is never a wrong time to talk about food and its effects on our bodies. This summer, whether you are attending community events, Treaty Days, or just meeting up with some friends for a summer barbeque, you will be faced with many food choices. It is important to understand what you eat so you can be able to make good food choices. Consuming the right food can help prevent certain chronic diseases and to maintain a healthy body weight. Covered in this newsletter is the new Canada's Food Guide, some benefits of consuming food together and an introduction to your NITHA Partner community dietitians. These dietitians are always just a phone call or an email away and they are pleased to answer any questions you may have. We hope this edition will inspire you to think more about the foods you eat and encourage you to learn more about how foods affect our overall health.

## CANADA'S FOOD GUIDE

The new Canada's Food Guide was released in January 2019. Food guides are basic education tools that are designed to help people follow a healthy diet. They contain dietary analysis and merge nutritional goals, data from food consumption surveys and issues of food supply and production. They translate the science of nutrient requirements into a practical pattern of food choices incorporating variety and flexibility.

The current food guide, showcased in a plate format, is available in 28 different languages including Plains Cree and Dene. It encourages Canadians to :

1. Have plenty of vegetables and fruit
2. Eat protein foods
3. Make water the drink of choice
4. Choose whole grain foods.

The food guide also provides the following tips to get the most out of food:

### 1. Be mindful of your eating habits:

This means being aware of : the how, why, what, when, where and how much you eat. Being mindful of these can help people make healthier choices more often, make positive changes to routine behaviours, be conscious of what they eat, and create a sense of awareness around everyday eating decisions.

### 2. Cook more often

Cooking enables an individual to know what goes into their food and rely less on highly processed food.

### 3. Enjoy your food

Benefits of enjoying food include:

Tasting the flavours.

Being open to trying new foods.

Developing a healthy attitude about food.

### 4. Eat meals with others

Eating with others gives you an opportunity to spend quality time with your family and friends, share traditions, and explore new foods that you might not normally try.

### 5. Use food labels

Food labels will allow you to know what is in your food and enable you to make healthier choices.

### 6. Limit foods high in sodium, sugars or saturated fat

Choosing food with less sodium, sugars or saturated fat will decrease your chances of developing chronic diseases, such as, diabetes.

### 7. Be aware of food marketing

Be aware of food marketing through social media, television commercials, magazines or even at the grocery store. Ask your dietitian what food is good for you.

## BENEFITS OF FOOD

Enjoy the benefits of bringing families and friends together with food. Our lives are busy. Sometimes it is challenging to find time to eat together. However, eating together has been seen to provide various benefits to friends and families who choose to do so. Having trouble finding time to eat together? Ask your local dietitian for some tips.

### Why share meals with others?

- Children who eat with their family have more nutritious diets, better academic performance, a lower risk of being overweight and less risk of eating disorders. Plus children tend to have increased intake of vegetables and fruit, and a decreased intake of sugar sweetened beverages.
- Teens who share family meals get better grades, and are less likely to smoke, use drugs or alcohol or participate in serious fights.
- Adults who eat with friends and family tend to eat more vegetables and fruit, drink less pop, eat fewer meals at fast food restaurants, and have lower body mass indexes.
- Older adults who eat as part of a group have better diets, improved nutrient intake and lower rates of malnutrition.
- People who come together in communities can eat together at community kitchens where they learn to cook, share meals, try new foods and have fun, and learn about nutrition.

For more information about the Canada's Food Guide, please contact your local dietitian or visit <https://food-guide.canada.ca/en/>

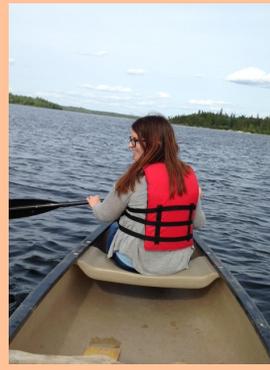
## MEET YOUR COMMUNITY DIETITIANS



**Carol Udey** filled the newly created NITHA Nutritionist position in 2016. Carol received her Bachelor of Science in Home Economics at the U of S. She is one of the last few Home Economists to have graduated from that program before it amalgamated with the College of Pharmacy. She is involved with the second level dietitians in many activities and promotions including, but not, limited to food security, breastfeeding initiatives, chronic disease programming and much more.



**Pam Huerto** is the Health Promotions Manager at the Athabasca Health Authority (AHA). She covers the NITHA communities of Black Lake and Fond du Lac). Pam received her Nutrition degree at the University of Saskatchewan. Pam combines her skills and talents in her tasks which include, putting together a monthly newsletter, creating digital signage, running AHA's social media, doing dietetic counselling, encouraging staff wellness among others.



**Holly Hallikainen** is the Community Dietitian with the Peter Ballantyne Cree Nation (PBCN) Health Services. She completed her Bachelor of Science in Nutrition at the University of Saskatchewan and her Master of Public Health (with a specialization in Indigenous People's Health) from the University of Victoria. Holly helps coordinate PBCN's Aboriginal Diabetes Initiative which aims to promote healthy lifestyle choices through support for chronic disease management, nutrition counselling, and community education.



**Kelsey Mawaro** is a Registered Dietitian and a Certified Diabetes Educator with the community of James Smith Cree Nation. She received her Bachelor of Science in Nutrition from the University of Saskatchewan. In her current role, she can be found in her office with clients discussing healthy eating for living with chronic conditions, in the school providing classroom presentations and in the community providing group education and connecting with community members. She is also passionate about prenatal, maternal and infant nutrition, as well as, food preparation skills. Like many nutrition positions, her role varies on a regular day which is what makes her love what she does.



**Lacy Eggerman** is a Community Dietitian with the community of James Smith Cree Nation (one year term). She completed her Bachelor of Science in Nutrition at the University of Saskatchewan. She loves working with First Nation communities and getting the opportunity to experience the cultural practices and events that take place. She also loves working with families with newborns to ensure the healthiest outcomes and lifestyles as possible. In her free time, Lacy loves gardening, yoga, running, travelling and spending quality time with her husband and kids. Her nutrition mantra is to "Be humble, be kind, listen and, of course, eat your vegetables."

## MEET YOUR COMMUNITY DIETITIANS



**Amanda Henry** is a Registered Dietitian with the Prince Albert Grand Council (PAGC). She graduated from the University of Alberta in 2014 and prior to coming to Saskatchewan, she worked as a community dietitian in northern Alberta. Amanda's favourite part about her job is exploring different communities in northern Saskatchewan. She has met many wonderful people along the way who have shared food, stories and knowledge with her. Things that bring joy to her include: suspenseful novels, yin yoga, pizza and any excuse to travel somewhere new.



**Jillian Ottmann** is a community dietitian at PAGC. She completed her undergraduate nutrition degree from the University of Saskatchewan, which included a dietetic internship in the Saskatoon Health Region. At PAGC, Jillian is involved with the Aboriginal Diabetes Initiative, Canada Prenatal Nutrition Program, and Nutrition North Canada. Her specific work includes one-on-one counselling, group education and activities, such as, cooking classes and grocery store tours. Jillian's hobbies consist of anything outdoors— camping, hiking, fishing, hunting gardening, as well as reading and cooking. Her favourite part of her job are exchanging fishing stories with clients and trying new recipes in cooking classes.



**Jen Oldford** grew up on a farm in central Saskatchewan. After high school, she moved to Saskatoon where she obtained her Bachelor of Science in Nutrition and Dietetics. Upon graduation, she moved to northern Ontario where she worked as a dietitian in diabetes education, long term care and home care for 6 years. Jen moved back to her home province in 2010, and began working full-time with PAGC in 2013. She feels very grateful to work with the great people of PAGC, and the wonderful people in the communities. In her spare time, she enjoys gardening and spending time in the outdoors with her family.



**Cassie McVay** is a Community Dietitian with the Meadow Lake Tribal Council (MLTC). She obtained her Bachelor of Science in Nutrition degree from the University of Prince Edward Island. Prior to moving to the Meadow Lake area, Cassie did some internship placements in Nova Scotia and PEI and worked in Fort Qu'Appelle, Saskatchewan. She has been working for MLTC for the past 3 years and enjoys every moment of it. Her main focus is in the area of addressing food security, enhancing community food skills, promoting gardening and community kitchens. During her free time she enjoys fishing and taking care of her hobby pets which include alpacas, donkeys, chicken and dogs.



**Tammy Shakotko** has been working for the Meadow Lake Tribal Council as a Community Dietitian for the past 17 years. She completed her Bachelor of Science degree in Nutrition from the University of Saskatchewan. She has also been a Certified Diabetes Educator since 2003. Tammy works to address food security, prenatal and school nutrition within the MLTC communities. During her free time, she enjoys outdoor adventures such as camping and canoeing with her family.