



e-Newsletter

SeniorsBC.ca

Message from Parliamentary Secretary Linda Larson



March is National Nutrition Month and a good time to think about what you eat and making healthy choices.

Eating well is important at any age, but it is especially important as you get older. The right vitamins and minerals in the right amounts can prevent many ailments such as anemia, depression, and memory loss and help your body function optimally.

Every day we make choices about what we eat. Trying to eat less saturated fat, trans fat, refined grains, salt and sugar and more vegetables, fruit, whole grains, legumes, fish, calcium-rich foods, unsaturated fat, lean meat and poultry is a great place to start.

There are many resources that are available that can help support healthy eating:

- Dietitian Services at HealthLink BC: From Monday through Thursday 8:00 a.m. – 8:00 p.m. and Friday from 8:30 a.m. – 5:00 p.m. you can speak to a registered dietitian by calling 8-1-1 toll-free throughout the province. Translation services are also available in over 130 languages.
- Healthy Eating for Seniors handbook: This handbook is full of useful information about your nutrition needs as you age as well as delicious and healthy recipes for you to try. To order your free copy, please call 8-1-1. You may also download a copy of the handbook from the SeniorsBC website at: www.gov.bc.ca/seniorshealthyeating.
- Informed Dining: The Informed Dining program is a voluntary nutrition information program for restaurants in British Columbia. Participating restaurants provide their guests with detailed nutrition information with a focus on calorie and sodium. To find out which restaurants are participating and to learn more, please visit: www.healthyfamiliesbc.ca/home/informed-dining.

- Canada's Food Guide: To learn more about healthy eating you may wish to get a free copy of the Canada Food Guide. The guide is available for order or to print online at: www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php or via phone: 1 800 926-9105.

The saying "you are what you eat" really is true. Even small changes can make a big difference. Switching your morning croissant for a fruit smoothie can give you the energy and nutrition you need to start your day off right. This March, try out some delicious new recipes from the Healthy Eating for Seniors handbook and learn how eating healthy can keep you living actively and independently longer.

For more information please visit Healthy Families BC online at: www.healthyfamiliesbc.ca/eating.

Yours truly,

Linda Larson
Parliamentary Secretary for Seniors to the Minister of Health