

**NEWS RELEASE**  
**For Immediate Distribution**

**MARCH IS NUTRITION MONTH**  
**THIS YEAR, LET'S MEET THE 100 MEAL JOURNEY!**

**Montréal, March 1, 2016** – Nearly 30% of Canadians over 12 years suffer from a chronic illness, 15% from two and 10% from three. To reduce the risk of these diseases or to control them, it is possible to act on certain factors, including food by making small changes adapted to everyone and to every lifestyle, while maintaining the pleasure of eating. The key is to aim at improvement and not at illusory perfection.

During the month of March every person should consume about 100 meals. ***The 100 meal journey*** is to try to make small changes to our eating habits and to maintain them by eating one meal at a time.

**One small change at a time**

"The theory of small steps does not allow any room for manoeuvre which makes change possible. Changing everything from one day to the next is often not necessary in addition to being potentially unpleasant. The same applies to food. It is much better to have one objective for simple and meaningful change that will endure, rather than complicated and sensational change which only lasts held for a few days. For example, we could decide to cook an additional meal per week, consume less hyper-processed products or add fruit for lunch. The theory of small steps is accessible and flexible, and those are two good reasons to encourage them!", says Paule Bernier, President of the Ordre professionnel des diététistes du Québec.

Every week during the ***100 meal journey***, Dietitians will distribute tips, strategies and ideas to encourage people and guide them in the process of change everywhere across Canada.

**To obtain all information and practical tips, visit:** <http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month.aspx>

## MARCH 16, 2016, QUÉBEC DIETITIANS'/NUTRITIONISTS' DAY

The population can get free nutrition information:

### By telephone

Dietitians/nutritionists will answer questions from the population from 9:00 a.m. to 4:30 p.m. by phone at **1-866-233-3310**.

### In person

Dietitians/nutritionists will meet the population from 9:00 a.m. to 4:30 p.m., at Place Ville-Marie in Montréal and Place de la Cité in Québec City.

Visit us on the OPDQ Facebook page

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

### Event partners:

The Dairy Farmers of Canada

La Capitale Financial Group

### About dietitians/nutritionists:

Dietitians/nutritionists are the only professionals recognized by law whose scope of practice is food.

### About the OPDQ:

The mission of the Ordre professionnel des diététistes du Québec is to enhance the importance of nutrition, healthy eating and nutritional care for the promotion, maintenance and restoration of human health. To this end, the OPDQ favours quality optimal interventions by its members based on the nutritional needs of the population of Québec.

By doing so, the OPDQ contributes to the protection of the public and monitors the quality of the professional Act while promoting the advancement, development and recognition of the skills of its members.

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