



**March 11, 2019 1:30pm – 2:30pm**

## **Fact vs Fiction: Nutrition Myth Busting**

March is Nutrition Month! To kick off the FNIHB AB Nutrition Team's activities - join us for this videoconference on separating fact vs fiction when it comes to nutrition. In the world of nutrition information overload how do we keep straight if we should be cleansing, fasting, keto dieting, buying organic, or trying the latest superfood trends? Our Registered Dietitians will help you bust some common myths and give you the information you need to make healthy choices.

### **Learning Objectives:**

- Separate fact from fiction regarding common nutrition myths (weight loss, health halos, and the concept of 'good' and 'bad' foods)
- Understand evidenced based approaches to nutrition



### **Speaker Info:**

Amy Angus, Dietitian First Nations and Inuit Health Branch

The First Nations and Inuit Health Branch supports the delivery of public health and health promotion services on-reserve and in Inuit communities. It also provides drug, dental and ancillary health services to First Nations and Inuit people regardless of residence

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