

# The Protein Obsession: A Balanced Approach

March 26, 2026

10:00-11:30am MT

This presentation will explore the current focus on protein and why it is important for our health. While protein plays a key role in the body, it is just one part of a balanced diet. We will also discuss the importance of other nutrients, especially fibre, and why a balanced approach is essential for overall health.



## Learning Outcomes:

- Understand what protein is and why it is important
- Recognize common myths about protein
- Understand what fibre is and why it matters
- Describe the benefits of having protein and fibre in your diet
- Recognize the importance of having a balanced approach when nourishing our bodies

## Speakers:

Melissa Jackson, Dietetic Intern - is a student completing her Bachelor of Science with Dietetics Specialization at the University of Alberta. She is currently working on her last rotation in population and community health with the Nutrition Team at Indigenous Services Canada. She is a member of the Driftpile First Nation and is currently living on Treaty 6 territory.



Target Audience: Community Workers in First Nations Communities

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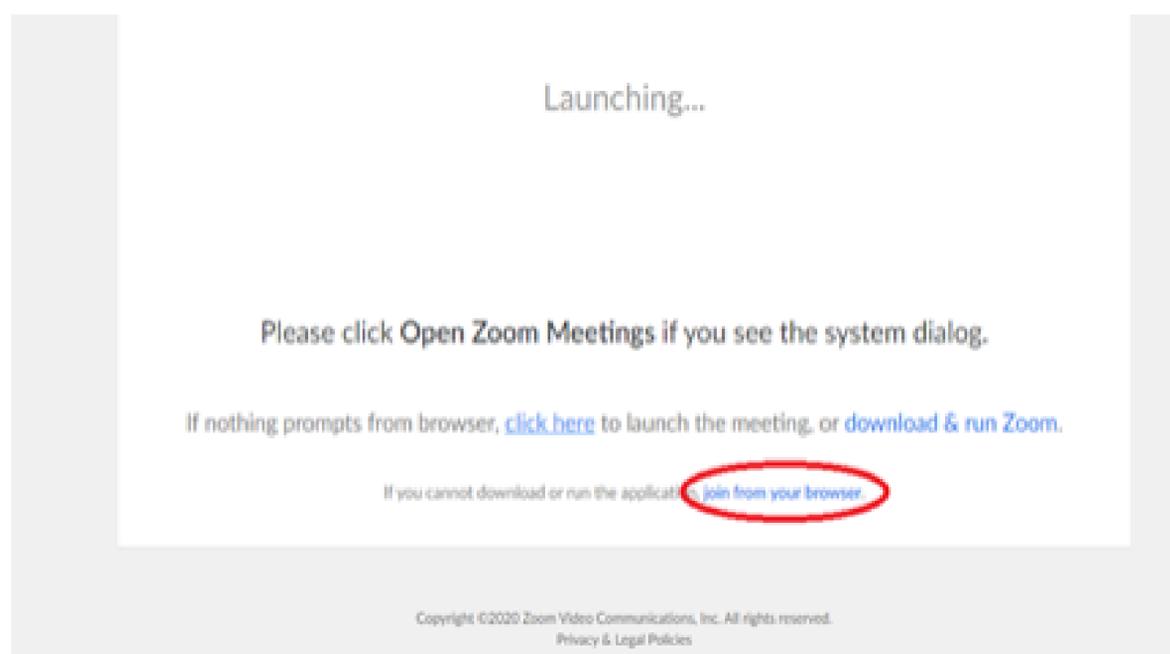
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