

November 2016 Nutrition Nook Posts

Links may no longer work

November 1, 2016 - Winter Market

It's happening this weekend! I have high hopes for this!

It's open from 10am-2pm on Saturdays at the North Bay Mall.

Grand opening this weekend, open until April 30, 2017.

For more information click [HERE](#).

See ya there!



November 7, 2016 - World Diabetes Day



World Diabetes Day is November 14, 2016. The focus this year is on eyes. One of the complications from uncontrolled blood sugars is blindness. This means having blood sugars higher than the target and having your A1C higher than target. What are your targets? Speak with your doctor or team of Diabetes care professionals.

The International Diabetes Federation has lots of good information about Diabetes including infographics.

Keep an eye out for 3 infographics coming your way, one [today](#), one [next week](#) and one the [week after](#).

November 8, 2016 - 3 Fun Things!

Fun Thing #1: [Soup's On 2016](#)

Fun Thing #2: [Falls Prevention Month at the Grande](#)

Fun Thing #3: [Fall Prevention Month at the North Bay Indian Friendship Centre](#)

November 14, 2016 - World Diabetes Day

Today is World Diabetes Day. As Promised, here is a link the [second Infographic](#).

Here are a few links with good information about diabetes:

[International Diabetes Federation](#)

[Canadian Diabetes Association - Risk Factors](#)

[Diabetes GPS - Navigate your Diabetes](#)

[Public Health Agency of Canada - Diabetes](#)

[Canadian Journal of Diabetes](#)



November 22, 2016 - Third World Diabetes Day Infographic

[Here it is!](#) how are you managing your diabetes? Need help?



Remember there are many factors involved with managing blood sugar levels. The biggest ones you have control over include your food choices and portions AND physical activity. Sometimes setting goals can be helpful, talk to a dietitian to help you develop an action plan that can help you manage your diabetes.

November 30, 2016 - Eating well can be confusing!

I talk to people everyday about what they eat and why. One thing I hear often is how confusing it is with so much information out there to look at. How does one decide if it's reliable or nonsense? I came across this article the other day:

Headline vs study: A battle where readers often lose.

So much of this happens, where a study is reviewed incorrectly or the results are oversimplified or overstated. Of course this is going to lead to confusion about what is healthy and not healthy.

Could it be that there is good in every food? Could it be that all foods can fit in a healthy diet. Could it be that maybe what we need to be more careful with is the **WHY** we eat more so than the **WHAT**?



Some deep thoughts for this foggy November day.