

Rethinking nutrition & women's health to include eating psychology & body intelligence

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Abstract:

In dietetics and nutritional consultation, evidence-based recommendation will eventually need to take the shape of an individual and tailored eating habit. Naturally, achieving optimal nutrient intake is achieved by the regular consumption of nourishing foods or, in some cases, appropriate supplements. Nutritional science and research are in high demand; people are hungry for information. Addressing consistent and sustainable eating habit development is often designed to treat food as fuel and nutrition advice as strict guidelines. But what does professional experience, and research data teach us about women's health, chronic dieting and the way we address nutritional habit?

Conclusion: As health professional, let us focus on the tools that help leverage patient's past food experiences and help them understand internal and external factors that affect when and how they eat. The way we discuss & address women's and pediatric health and weight concerns is key in promoting positive & wholistic changes. Nutritional science and eating psychology need to be use optimally to push back against fad diet culture and weight stigma and allow us to find eating strategies that promote consistent nutrient intakes. This talk reflects on research data and practical tools that move away from cognitive restriction and contribute to decrease polarized, disordered or irregular eating behaviors. It reflects on how understanding body intelligence facilitate making more satisfying and nourishing food choices, improve long term outcomes and help build a positive relationship to food and the women body.



Biography:

Jeanne Bedard is the Head of Dietetics at Perfect Balance. She is a graduate from McGill University, is licensed by HAAD and is a member of Dietitians of Canada & Quebec. Her 12 years of experience in providing nutritional services in outpatient, inpatient, homecare and virtual healthcare settings has spread over the Middle East, Central America and Canada. Jeanne is the co-author of a book on nutrition and mental health to be published by Montreal University Press in 2020. She also developed and launched a food guide endorsed by the Ministry of Public Health of Haiti with a strong emphasis on the nutritive value of local traditional foods. Jeanne has been delivering conferences for communities and groups ranging from local family cooperatives to the United Nations' Food and Agriculture Organization. Overall, she promotes personalized nutrition to truly address the physical and psychological context of each individual and supports sustainable changes.



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