

March is Nutrition Month



Simply Cook and Enjoy!

Visit dietitians.ca this **Nutrition Month** for inspiration and information from Registered Dietitians:

- Access **eaTracker** to review your food and activity choices, analyze your recipes, plan your meals, and more
- Download free smartphone apps **eaTipster** for daily nutrition tips and **Cookspiration** to inspire you to cook!
- Watch **videos** with advice from Registered Dietitians