

Eating 9 to 5!

Eating Well at Work

March is Nutrition Month. The goal of the 2015 national Nutrition Month campaign is to inspire Canadians to eat better at work. Rushed mornings and having no time for a lunch break are just a couple of workday challenges that make it difficult to eat well. Try to be mindful of what and when you and your family eat during your day. Here are some mindful eating tips to help:

Start your day the right way - Breakfast is the most important meal of the day. On a busy morning, it may seem impossible to prepare a good breakfast. Here are some ideas for quick and simple breakfasts:

- ♥ Prep breakfast the night before: wash and chop fruit, get out the dishes and set up the coffee maker.
- ♥ Make barley, quinoa, or oat porridge and refrigerate in portions. Reheat in the morning with mix-ins, such as fruit and seeds.
- ♥ Stock up on ready-to-eat items such as fruit and containers of yogurt or pack single portions of trail mix to grab 'n' go.
- ♥ Make hard-boiled eggs for breakfast on the run. Chill in the fridge for up to one week.

Snacks – Snacking is a key part of healthy eating when you are on the go. Pack these dietitian approved snacks in your lunch bag:

1. Whole grain crackers with a hard-boiled egg
2. Grapes with a chunk of cheese
3. Veggie sticks with hummus
4. Apple slices with almond butter
5. Fresh fruit added to yogurt
6. Nuts (if allowed) with dried fruit
7. Veggies with black bean dip
8. Banana with peanut butter

For more tips and information about nutrition month, visit www.nutritionmonth2015.ca.



Blueberry-Banana Overnight Oats Recipe

Overnight oats are a great way to fuel your day without having to get up at the crack of dawn. Mix up the ingredients before bed and allow them to soak overnight in the fridge. By morning, all you have to do is dig in!

Ingredients

1/2 cup oats

1/4 cup milk or water

1/2 banana mashed

1/2 cup blueberries

1 tablespoon chia seeds or flaxseeds (or both)

2 tablespoons cashew nuts or almonds



Preparation:

1. In a bowl, mix the oats, milk (or water), mashed banana, blueberries, and chia (and/or flax) seeds together.
2. Poor the oat mixture in a jar or container. Leave in the fridge overnight. Just prior to eating top with cashew nuts or almonds and enjoy!

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