

## March is Nutrition Month

This year's slogan is "Take a 100 Meal Journey: Make Small Changes, One Meal at a Time".

Eating well can boost your health and help you feel your best. Instead of trying to change everything at once, focus on making small lasting changes that you can stick with. Each week in March, try the tips below to make small positive changes to your meals and snacks.

Week 1: Get ready! Pledge to make small changes: Take stock of your cupboards, fridge and freezer.

- Add an extra vegetable or fruit to your day.
- Add a new whole grain, such as oats, barley or quinoa.
- Eat fish more often.
- Drink water!

Week 2: Quality counts! Take small steps to bump up the quality of your meals and snacks. Add to the colour on your plate... orange, green, purple, and red. Jump-start your day and power through your morning with a good breakfast.

Week 3: Prioritize your portion size; how much you eat is just as important as what you eat. Try eating slowly. Pay attention to hunger cues and feelings of fullness. Limit portions of foods which are high in fat, salt or sugar.

Week 4: Try something new! Do you think healthy eating is bland? Give new life to a favourite food by experimenting with a variety of herbs and spices.

Week 5: Make it stick; planning how to manage healthy eating road blocks before they happen is the key to success. Put supportive strategies in place. Recruit family and friends to help on your path to healthier eating.

For more information about Nutrition Month please visit: [www.NutritionMonth2016.ca](http://www.NutritionMonth2016.ca)

### Recipe idea

Hungry in a hurry?

Blend frozen berries, yogurt and milk for a super smoothie. Make it even better with baby spinach and ground flax. Wrap peanut butter, a banana and trail mix in a whole grain tortilla for a portable breakfast.

