

## March 2014: Nutrition Month

Simply Cook and Enjoy!



Visit [dietitians.ca](http://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

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