



MARCH IS NUTRITION MONTH

Stay active. Eat like a champion!



Eating healthy and staying active:

- Provides mental + physical energy
- Improves overall health
- Lowers the risk of chronic illness

How do you plan to eat for your active lifestyle?



Include vegetables and fruit in every meal

Quick tip: Add frozen vegetables to casseroles and soup. Have a piece of fruit for dessert.

Prepare meals at home more often than eating out/ordering in

Quick tip: Plan out your meals for the week and then shop for all of the ingredients.

Choose water more often for quenching thirst

Quick tip: Carry a bottle of cold water with you, to avoid hitting the pop machine.

Everything listed above

Quick tip: Be active in any way you can. Take the stairs, walk at lunch, and enjoy outdoor activities with your family and friends!

Looking for more ideas on healthy eating and staying active? The 2009 National Nutrition Month® Campaign is also supported by several interactive web-based features at www.dietitians.ca/eatwell. Including:

- **EATracker**: EATracker assesses your food choices and provides personalized feedback on the total intake of energy (calories) and essential nutrients and compares this to what is recommended for age, gender, and activity level.
- **Let's Make a Meal**: Don't let meal planning be a chore. "Let's Make a Meal!" shows how different meal choices can add up to a healthy day and gives tools for easy menu planning.
- **Recipe Analyzer**: A recipe analyzer that will provide feedback and practical examples of how recipes can be modified to enhance some nutrients and to control other nutrients



Click here to view the “Fuel Your Active Lifestyle” video.



Nutrition Month is brought to you by Dietitians of Canada and the Registered Dietitians of Prairie North Health Region. For more ideas on healthy eating, check out your local nutrition month display or talk to a **Registered Dietitian** in your area to learn more about eating for an active lifestyle.