



March is Nutrition Month!! (Part I)

Have you ever wondered what Dietitians and Nutrition Experts value the most when it comes to nutrition and healthy living? This year's Nutrition Month theme is "Spotlight on Food and Nutrition". To put the spotlight on Nutrition, the Dietitians of Canada have come up with the "Dietitians Top 10 list"! In this newsletter, **Fitnut** is highlighting the first 5 of the Top 10 list. Watch out for our Nutrition Month "Part II" Newsletter later this month!

1. **Want to feel your best? Eat well and get physical!** Wise food choices play a very important role in reducing your risk for chronic disease such as obesity, Diabetes Type II, osteoporosis, and heart disease. Daily physical activity helps you stay as healthy as you can, improves fitness levels, better self-esteem, and improves stress levels. Please click **here** to learn more about Fitnut Nutrition and Personal Training packages to get you started...
2. **Benefit from Balance- challenge and support family members to achieve and maintain healthy weights.** More and more Canadians are overweight and obese. In 2004, a total of 14 million adults were carrying excess weight! The numbers are just as alarming for youth as 26% were overweight or obese! The more excess weight you carry, the higher your risk of chronic disease. With the help of your Dietitian, find out if you are within a healthy weight range. If you need to make some changes to your lifestyle, go gradually and slowly with one change at a time.
3. **Quality Counts-whether at home, school, work or play, keep healthy food choices top of mind!** We all want the biggest bang for our buck, so why not choose the very best food! We need over 50 nutrients a day to support our bodies' needs and to stay energized. Most Canadians skimp on vegetables and fruit, milk or alternatives and whole grains. If you are one of these people, it may be time for a change. No matter where you are, make quality food choices. Skip the chips, candy, energy drinks, pop and fast food. Grab a healthy snack like a piece of fruit and a yogurt, a handful of home-made trail mix, or raw veggies and hummus.
4. **Give your food portions a makeover- tune in to your moderation serving sizes.** The bigger the portion, the more calories you are taking in, which in turn can lead to becoming overweight. Most people don't realize how big their portions really are compared to the portion sizes that they should be having. Over the years, portion sizes have increased drastically and most of us do not need nearly as much as we are eating. Listen to your body; eat only if you are truly hungry and stop before you are full.
5. **Colour your world with vegetables and fruit!** Dark green and deep orange vegetables such as broccoli, spinach, squash and carrots as well as fruit like berries, oranges and melons are filled with health-promoting anti-oxidants. A menu rich in vegetables and fruit can help achieve a healthy weight. Enjoy fresh veggies and fruit more often than juice and try seasonal colourful varieties.

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