



March is Nutrition Month!! (Part II)

We hope that you enjoyed the first half of Fitnut's Nutrition Month newsletter "Spotlight on Food and Nutrition". Hopefully you have been able to incorporate one or more of the Dietitian's top list of nutrition tips. Here are the last five tips from the "Dietitian's Top 10 List"...Enjoy!

6. **Be a Savvy Shopper-get the nutrition facts on foods from the label:** With the new regulations in place, all packaged food is now required to have a Nutrition Facts table. Check the Nutrition Facts table and ingredients list to help you choose wisely. Be Aware of serving sizes on the Nutrition Facts table- it may be more, or less than you eat. The Daily % Value (%DV) shows you at a glance whether there is a little or a lot of that particular nutrient in that amount of food.
7. **Make meal time a family affair:** Children and teens who eat together with their families eat more fruits and vegetables, whole grain products, calcium-rich foods and eat less fat, saturated fat, and fewer soft drinks. Make it a habit to have at least 3 meals each week with the family. Get everyone involved! Assign everyone a task to help prepare the meal, whether it is finding the recipe, setting the table, or chopping up vegetables.
8. **Healthy eating is more than a flash in the pan- it's a lifetime commitment.** Make a change for the better with you food intake. Begin with one new change at a time such as adding nuts and seeds and legumes to your salads to add fiber. Set a goal of eating fish twice a week to get more healthy fats. Add a new vegetable or fruit as a snack to boost your antioxidant intake.
9. **Make www.dietitians.ca/eatwell your go-to place for trusted Nutrition information and fun healthy eating ideas!** There are more than 2 million visitors per year to the Dietitian's of Canada's award winning website. When you visit the website, you will find information on a wide variety of nutrition topics, healthy recipes and tips for healthy eating.
10. **Have a food or nutrition question? Ask a Registered Dietitian!** Insist on getting your nutrition information from a Registered Dietitian. Canada's dietitians have the most accurate, reliable and current evidence on food and nutrition.

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