

MARCH IS NUTRITION MONTH!

Celebrate With Us....

Unlock the Potential of Food



"The theme for Nutrition Month 2023 is to **Unlock the Potential of Food** and practice healthy eating habits to take care of our families and ourselves. Good nutrition and healthy eating help us live longer and live healthier. They help manage weight, improve digestion, promote mental health and prevent chronic diseases like Type 2 diabetes, high blood pressure, and cancers." ⁽¹⁾



"Since 1986, Dietitians of Canada has led Nutrition Month by spotlighting the importance of healthy eating and the role of dietitians." ⁽¹⁾

Dietitians are:

- rigorously trained
- regulated health care professionals
- remain the most credible source of food and nutrition information
- can help cut through the clutter of fads and gimmicks
- provide ethical, evidence-based nutrition advice to help you eat in a way that works with your culture and traditions, preferences, nutritional and personal needs such as taste, food skills, budget, and health conditions. ⁽¹⁾

To learn more about the important difference between a Registered Dietitian and a "nutritionist" click [HERE](#)

**4 Weeks of Interactive VIRTUAL Learning
During Nutrition Month**

**Starts This Week
Wed Mar 9th 8-9pm**

\$99 for all 4 weeks!!!



Join me this Wednesday from 8-9pm as I meet with you virtually to talk about this year's Nutrition Month and answer all your questions food and nutrition related!

What's On Your Mind? What do you struggle with the most? Let's get you on the right track. Join us for the next 4 weeks as we celebrate the important role of Registered Dietitians and unlock the amazing potential of FOOD!

Week 1 - Wed Mar 9th - 8-9 pm

Open Forum: Let's Get Your Food & Nutrition Questions Answered

Week 2 - Wed Mar 15th - 8-9pm

Virtual Cooking Class: Incorporating More Plant-based snacks & sides in your diet

Week 3: Wed Mar 22nd - 7-8pm

Nutrition Month Webinar with Filomena & Jasna (Registered Dietitians)

Week 4: Tues Mar 28th - 8-9pm

Nutrition Updates - What You Need To Know

** Join us for an interactive and fun learning opportunity this month! To join our group, email me [HERE](#) to get you registered! **

Exciting News!



I am super excited to share with you all that I have just recently graduated from York University's Schulich School of Business Executive Education Clinical Professional Entrepreneurship Program earning myself a "mini-MBA".

During the past 6 months, I have joined a select small group of business owners and clinicians from across Canada and across disciplines to learn about managerial finance, marketing, private healthcare, leadership, and so much more!



The skills I have gained and the connections formed between professors and like-minded clinicians including me, has been simply....amazing.

I look forward to now "getting to work" to put my mission and vision to work and can't wait to share what is next in the Inner Health Nutrition Consulting chapter.

Stay tuned!

Filomena

To get you started, here are some of the resources featured for this Nutrition Month!

Quick & Easy Snack Ideas

With a little bit of planning and preparation, eating nutritious snacks doesn't have to be difficult. Take a look at the ideas in this article and add them to your next grocery list. ⁽²⁾



Benefits of Eating More Plant Based

Plant-based eating means incorporating more vegetables, fruits, whole grains and plant-based proteins into your diet. Canada's Food Guide recommends choosing foods that come from plants more often because of the health benefits that this type of eating pattern can have. Research shows that in general, people who eat more plant-based foods have lower risk of heart disease, colon cancer and type 2 diabetes. Check out this resources to learn more about the benefits and power of plants! ⁽³⁾



How Can I Eat More Sustainably?

You've probably heard of people and food products trying to be more sustainable, but you may have also heard conflicting advice on what that means.

Read on to find out what it means to eat sustainably and five simple ways you can get started today. ⁽⁴⁾



7 Nutrition Tips To Keep Bones Strong

It's never too early or too late to be thinking about your bones! Find out what happens to your bones as you age and how to keep them strong. ⁽⁵⁾

10 Tips for Meal Planning on a Budget

Are you trying to save money on your food bill but don't want to compromise on nutrition? If so, start by planning your meals for the next few days or week ahead. It takes a bit of time, but it will help you save money and can help boost nutrition. ⁽⁶⁾





Food Safety True or False Quiz!

Whether you are preparing, cooking or storing food, food safety is a number one priority. Take the food safety challenge to test your knowledge on keeping foods safe! ⁽⁷⁾

[Click here for all of the Nutrition Month 2023 Resources](#)

Do you have the same questions?



Are frozen foods as nutritious as fresh?
By: Piraveena Piremathasan, RD



Is my child getting enough protein?
By: Mandy Meagan Conyers-Smith, RD



How can I eat sustainably?
By: Amy Yiu, RD

Click [here](#) (*and scroll down*) to hear the answers from three Registered Dietitians!

Your Nutrition Month Recipes

By *Cookspiration*

Click on the image for the recipe



Chickpea and Carrot Salad



Lemon Almond Sauteed Greens



One Skillet Creamy Chicken Rotini



Zesty Bean Dip and Chips



Bean-Stuffed Cabbage Rolls



Best-Ever Apple Berry Crisp



Apricot Coconut Bars



Blueberry Oat Muffins



Breakfast Dumplings

References:

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2. Nutrition Month 2023. Quick and Health Snack Ideas. Retrieved from: https://www.unlockfood.ca/EatRightOntario/media/Website-images-resized/Quick-and-easy-snack-ideas_NM-handout-2023_1.pdf
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