



Celebrate **Nutrition Month** with us! This year's theme is:

NOURISH TO FLOURISH

NUTRITION MONTH 2025

Happy March everyone! Spring is one of my favourite seasons (second to Summer) and I am excited for the sunny, warmer days ahead! March is also such an exciting time for me and my fellow Dietitians as we celebrate Nutrition Month across Canada. Each year we choose a theme to deliver key nutrition messages to you!

Our theme this year is **Nourish to Flourish** and is focused on fueling your body and mind so that you can THRIVE every day of March...and beyond that! By focusing on our physiological, mental, sociocultural, and emotional well-being, we nourish all aspects of ourselves — and when we nourish, we flourish! (1)

We have some great resources to help you take important steps towards making nutrition your priority! Need help with meal planning? Click below for your tip sheet!

[7 Steps for Quick and Easy Menu Planning](#)

[Meal Planning Checklist](#)

Want to learn more about Protein? We have you covered! This is one topic we always get asked about in our one-on-one sessions with clients! What are some good plant-based sources of protein? How much do I need each day? Do I need to get protein at each meal? Click below to get some of your answers!

[Protein 101](#)

We have other great resources linked below so be sure to keep reading until the end of the newsletter!

SPECIAL OFFER

And as a special offer to all our Newsletter subscribers, get

10% off (that's up to \$280 savings)

any of our 1 Month - 1 Year Foundation Programs for the entire month of March. Just mention **NOURISH TO FLOURISH** offer when booking your appointment! Want to find out more? Click below to book your consultation with any of our Dietitians.

[Sign Me Up Now](#)



Your Registered Dietitian, Filomena

[Top 5 Reasons to See a Dietitian](#)

**NUTRITION SHAPES
OUR WELLBEING**

Let's take a bite into the **FOUR FOCUSES** for each week of this month:

WEEK 1

Physiological Wellbeing

Eating a variety of nutrient-rich foods in the right amount is essential for our bodies to grow and repair, perform optimally, have a supported immune system, and manage disease and prevention.

Let's prioritize fruits, vegetables, whole grains, lean proteins, and healthy fats.

Maybe this month is your sign to try out that new nutrient-rich recipe you've had your eye on, or to take an extra lap of the produce section when you go to the grocery store. By balancing your plate, you ensure you're getting all the essential nutrients your body needs to feel its best.

WEEK 2

Mental Wellbeing

Nutrition's relationship with mental health is often overlooked, however poor nutrition can be related to symptoms such as brain fog, difficulty focusing, poor emotional regulation, and even depression and anxiety (2).

Fueling our mind with a well-balanced, and thoughtful diet can help improve mood, reduce stress levels, and increase cognitive function (3).

By being mindful of our mental health this week let's pay attention to how our mind feels after a day full of nutritious meals versus a day where we maybe lacked in that department.

WEEK 3

Sociocultural Wellbeing

Our dietary patterns reflect our identity, shaped by family traditions, cultural and religious practices.

Food is more than just nourishment — it connects us to our loved ones and communities, playing a key role in shaping who we are. Factors like work schedules, cooking skills, lifestyle choices, and family dynamics all influence what we eat, along with food accessibility and budget constraints.

Recognizing these influences is essential in creating strategies that empower us to cultivate healthy, satisfying eating habits that align with our values and personal circumstances.

This week, let's make an effort to cook and eat more meals surrounded by loved ones.

WEEK 4

Emotional Wellbeing

Emotional eating is a common experience, as food can bring comfort, cope with stress, and serve as a distraction. However, when eating becomes a way to avoid emotions rather than process them, it can interfere with hunger cues and contribute to overeating or unhealthy choices.

Understanding the link between emotions and eating can support healthier habits by helping them recognize triggers and explore alternative ways to cope with difficult feelings.

If you catch yourself mindlessly opening the fridge this week, take a moment to check in with yourself. And maybe ask yourself: am I truly hungry, or is there something else driving my craving? Did you know that we have our very own Social Worker at Inner Health Nutrition who can help you uncover "what's eating you"? Click her to learn more about Zafrin Mundy and her services!

[Learn More About Our Social Worker](#)

Insights and Resources - Below are additional helpful resources to come back to so that you can flourish during this year's Nutrition Month

[What You Need to Know to Prevent Type 2 Diabetes](#)

[Commonly Used Natural Health Products](#)

Key Takeaways and Tips -

The Best Ways to Nourish Yourself to Flourish!

- **Listen to Your Body** – Pay attention to hunger and fullness cues to foster a healthier relationship with food.
- **Balance Your Plate** – Aim for a variety of whole foods, including lean proteins, healthy fats, and fiber-rich carbs to keep your body energized and thriving.

- ☐ Hydrate for Health – Water plays a vital role in digestion, energy, and overall well-being—keep a water bottle handy throughout the day!
- ☐ ♀ Mindful Eating Matters – Slow down, savor each bite, and recognize emotional triggers that may influence eating habits.
- ☐ ☐ Cook with Confidence – Preparing meals at home gives you more control over ingredients and encourages a deeper connection with food.
- ☐ ♂ Move Your Body – Pairing good nutrition with regular physical activity supports long-term health, vitality, and good mental health.
- ☐ Small Changes, Big Impact – Focus on progress, not perfection. Simple, sustainable habits lead to lasting wellness!

March Meals - Explore a new recipe each week of nutrition month!



Avocado, Roasted Squash
and Black Bean Tacos

[Click HERE](#) for the recipe



Banana Lentil Muffins

[Click HERE](#) for the recipe



Hearty Manitoba
Vegetable Soup

[Click HERE](#) for the recipe

Greek Rice & Feta



Stuffed Peppers

Click [HERE](#) for the recipe

Want more recipes? Join our
NOURISH - YOUR KITCHEN COMPASS
Group Virtual Program!



Tier 1: Getting Inspired

\$79/ month

- Introductory 30 minute meeting with RD, goal setting and onboarding to Eatlove Meal Planning App
- Weekly recipe collection sent to your inbox! Get 5 new recipes in each collection weekly
- Private Facebook group to post questions, garner support and connect with others on their healthy eating journey
- Once monthly virtual Facebook group meeting hosted by RD to discuss topics which will help you reach your goals.

Tier 2: Dietitian on Demand

\$99/ month

- Same Tier 1 Benefits
- Access to a “Dietitian on Demand” - have a general nutrition question? Send it to our Dietitian and we will have it answered by the next business day.

Tier 3: The Complete Compass

\$179/ month

- Same Tier 1 & 2 Benefits
- Private 30 minute session each month with RD to reassess goals, discuss specific strategies specific to you. Set up or revise a specific meal plan using the Eatlove App
- Private 30 minute session each month with Registered Social Worker to explore barrier to change and other areas of support you need.

Schedule Your Call With Us Today to Find Out More About NOURISH

1. <https://www.dietitians.ca/News/2025/Nourish-to-Flourish-Nutrition-Month-2025>
2. <https://aneweratms.com/the-role-of-nutrition-in-mental-health/#:~:text=Eating healthy%2C nutritious foods can,mental health conditions such as>
3. <https://www.mcleanhospital.org/essential/nutrition#:~:text=Various research studies highlight the,prevent some kinds of depression.>

Inner Health Nutrition Consulting | 8333 Weston Rd, Woodbridge ON | Woodbridge , ON L4L 8Z2 CA

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