

NOURISH TO FLOURISH

NUTRITION MONTH 2026

Join us as we continue celebrating Nutrition Month 2026! We continue to focus on Nutrition Month! Missed our first newsletter this month? Be sure to check your inbox or junk email and get caught up with important nutrition news, facts and recipes!

Each year we choose a theme to deliver key nutrition messages to you, and this year's theme is **Nourish to Flourish!** This theme 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...because **when we nourish, we flourish!**

Need help to feel your best! We are here to get you on that path in a sustainable, science-backed approach that is respectful to you, cultural practices, family routines and more! Registered Dietitians have the highest level of education and training in nutritional sciences and we are regulated which means we are held to the highest standards by our provincial regulatory body, the College of Dietitians of Ontario. **Book your free 15 min call today.** Click [HERE](#) connect with us now!



Filomena Vernace-Inserra
Your Registered Dietitian &
Newsletter Contributor



Claire Champion
Newsletter Contributor

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

10 Tips for Planning Meals on a Budget



Healthy Eating Habits to Cope with Stress

Top 5 Reasons to See a Dietitian

Looking for a Cookbook created by Dietitians?



This month we are excited to highlight the **Dietitians of Canada Cookbook!**

Created by Registered Dietitians from across Canada, each recipe has evidence-based nutrition in mind while offering the best flavour you can find.

Another reason why this cookbook is so special is that it includes **Filomena's One Pan Roasted Citrus Tofu with Vegetables!** If you love trying new recipes or learning more about balanced eating, it's definitely worth checking out!

[Click HERE](#) to access the full cookbook

Dietitians of Canada

Cookbook

created by DC Members



Nourishing Recipes
To Flourish

NUTRITION SHAPES OUR WELLBEING

Let's take a bite into the **WEEKLY WELLBEING'S** for 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 (1). Fueling our mind with a well-balanced, and thoughtful diet can help improve mood, reduce stress levels, and increase cognitive function.

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?


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

References

1. https://academic.oup.com/nutritionreviews/article/79/3/247/5843529?utm_

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