

## Messages for Nutrition Month 2019

1. Drink water to stay hydrated. Refills are free!
2. Place vegetable dishes or salads at the family table during mealtime for easier access.
3. Add vegetables for supper this evening and aim for them to cover half of your plate.
4. Ready to eat? No problem! Put a banana or an apple in your backpack in order to have a healthy snack at school.
5. Cooked or raw, vegetables are great with any meal. Increase the amount of vegetables in your dishes by adding them to omelets, soups, sauce, and in a sandwich.
6. Chop up extra veggies when you cook. You can use them for snacks, such as dipping them in hummus.
7. Think ahead about your healthy snacks and add your food choices to the grocery list. For example, grapes with cheese cubes, carrot and celery sticks with a dip, or yogurt mixed with frozen berries.
8. Chickpeas are a great source of protein. Try them roasted as a snack.
9. Breakfast time is perfect for including fruits. Add your favorite fruits to your cereal, yogurt, or make a smoothie.
10. The weekend is a time when you can experiment in the kitchen. Try waffles or buckwheat pancakes with a fruit salad for breakfast.
11. Have some fun this weekend by creating your own stir-fry or casserole including a variety of vegetables.
12. Add flavour to your water by infusing it with fresh fruits, vegetables and herbs. Here are some ideas: mint and cucumber or strawberry and blueberry. Be creative and try your own combination!

13. Save a spot in your refrigerator to keep healthy snacks. Having pre-cut vegetables or fruits in an airtight container are handy after school.
14. Prepare your healthy snack starting with a fruit or a vegetable and add a source of protein to satisfy your hunger such as: yogurt, eggs, cheese, or peanut butter.
15. To add variety, get adventurous! Make it a challenge to try a new fruit or vegetable.
16. Download the Cookspiration app created by Dietitians of Canada to access recipes for healthy meals and snacks.

### **Inspired by**

Canadian Food Guide

<https://food-guide.canada.ca/en/tips-for-healthy-eating/>

Nourish Nova Scotia

[https://static1.squarespace.com/static/5b5b5824f2e6b10639fdaf09/t/5c4f0f32b9144313efee2110/1548685107061/2019+NNS+Nutrition+Month+Announcements+-+Junior\\_Senior+High+School.pdf](https://static1.squarespace.com/static/5b5b5824f2e6b10639fdaf09/t/5c4f0f32b9144313efee2110/1548685107061/2019+NNS+Nutrition+Month+Announcements+-+Junior_Senior+High+School.pdf)