



March is Nutrition Month

This year's theme for nutrition month is "Unlock the Potential of Food". This is an ideal time to learn more about healthy eating using the new Canada's Food Guide! The new guide uses a healthy plate to show proportions of food rather than portions sizes. There are several healthy recommendations that come with this new guide that highlight important aspects such as eating meals with others, cooking more often, enjoying your food, and being mindful of your eating habits. These are all important when it comes to having a healthy relationship with food.

Key messages in the new Food Guide are:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits.
- Eat protein foods.
- Choose whole grain foods.
- Make water your drink of choice.

Discover the new Canada's Food Guide at Canada.ca/FoodGuide ! Here is a list of what you can find:

- Food Guide Snapshot
- Canada's Dietary Guidelines
- Healthy Eating Guidelines
- Evidence behind Canada's food guide
- Revision process
- History of Canada's food guide
- Videos
- Recipes

Mac and cheese with a veggie twist

Give mac and cheese a makeover by adding bite-sized vegetables into the creamy sauce. This ooey gooey recipe is sure to be a favourite. Don't have time to cut the vegetables into small pieces? No worries. Cook larger pieces a bit longer until they are tender.

PREP TIME 20 min | **COOK TIME** 20 min | **SERVINGS** 4

Ingredients

- 375 mL (1½ cups) whole grain macaroni or fusilli
- 10 mL (2 tsp) soft non-hydrogenated margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 125 mL (½ cup) finely chopped red bell pepper
- 125 mL (½ cup) grated zucchini
- 30 mL (2 tbsp) all purpose flour
- 500 mL (2 cups) skim milk
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (½ tsp) dried thyme leaves
- 250 mL (1 cup) shredded light old Cheddar cheese
- 5 mL (1 tsp) Dijon mustard
- Pinch fresh ground pepper

Directions

1. In a pot, bring water to boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and set aside.
2. In a large saucepan, heat margarine over medium heat and cook onion and garlic for 1 minute. Add carrot, red pepper and zucchini and cook, stirring for about 5 minutes or until softened. Stir in flour and cook, stirring until flour is absorbed. Slowly pour in milk and stir until smooth. Add thyme. Cook, stirring for about 5 minutes or until starting to bubble. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.

Tips

- ✓ What kid doesn't love mac and cheese? Ask your little chef to help grate the cheese using a box grater.
- ✓ Make it yours. Personalize this recipe by switching up the cheese.
- ✓ Here's how you can use frozen vegetables in this recipe. Leave out the carrots, red pepper and zucchini and substitute 500 mL (2 cups) diced, mixed frozen vegetables in the sauce.
- ✓ Ask your kids to choose what pasta shape they want to use. There are lots to choose from, like penne, scoobi doo, shells and wagon wheels.
- ✓ Trying less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Peters, PhD, CC for the Heart and Stroke Foundation. Photo credit: iStockphoto.com/Thomas H. Johnson/PhotoLibrary.com

Health Canada Santé Canada

Summary:

March is Nutrition Month

This year's theme for nutrition month is "Unlock the Potential of Food". This is an ideal time to learn more about healthy eating using the new Canada's Food Guide! The new Food Guide is simplified and currently available to the entire population of Canada. The old rainbow food guide has been replaced by a new and improved healthy plate. The new Food Guide shines a spotlight on eating meals with others, cooking more often, enjoying your food, and finally being mindful of your eating habits. These upgrades will certainly help many when trying to follow a healthy balanced lifestyle.

