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

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 The old rainbow food guide has been replaced by a new and improved healthy plate.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.