

Nutrition Times



March is Nutrition Month

The theme for Nutrition Month 2020 is “More Than Food.” Healthy eating is not only *what* you eat, but *how* you eat. This theme highlights messages from the new Canada's Food Guide including: Be mindful of your eating habits, cook more often, enjoy your food and eat meals with others. Visit www.canada.ca/foodguide to view the complete food guide.

Be mindful of your eating habits

Being mindful of your eating habits means being aware of how, why, what, when, where, and how much you eat. Being mindful can help you make healthier choices more often and make positive changes to routine eating behaviors. Use these ideas to help you be more mindful of your eating habits:

- **Create a healthy eating environment:** Make the healthy choice the easy choice at home by stocking your fridge and pantry with nutritious food, and leaving the less healthy options at the grocery store.
- **Use your senses:** Pay attention to the aromas, textures, flavours and taste of food. This can help you be more conscious of the food you are eating.

Cook more often

Cooking more often can help you develop healthy eating habits. Cooking allows you to choose healthy ingredients and learn new skills. Visit www.nutritionmonth2020.ca or www.healthyeatingstartshere.ca for dietitian approved recipes.

Enjoy your food

Enjoying your food includes growing food, shopping for food and preparing your food. It also includes preparing food with others and socializing at meal times. Ideas to add enjoyment to healthy eating include:

- Share your culture and food traditions with others.
- Choose healthy foods and flavours that you like.
- Try new foods.

March 2020 Nutrition Services

Eat meals with others

Eating together allows you to enjoy time together, share traditions across generations and cultures and try new foods that you otherwise might not have chosen. Making time to eat meals with others requires effort.

- Plan a weekly dinner with extended family or friends.
- Have lunch with a co-worker.
- Plan a breakfast date with friends.

What is a dietitian?

Nutrition Month celebrates dietitians, but what do dietitians do?

Dietitians are regulated health professionals who are experts in food and nutrition. They translate scientific, medical and nutrition information into terms you can understand. Dietitians collaborate with individuals and communities to help Canadians enjoy healthy foods. Dietitians work in hospitals, outpatient clinics, community health centres, long-term care and more. To find a dietitian near you, visit www.ahs.ca/nutrition.



Nutrition Month 2020 Recipe E-Book

The Nutrition Month 2020 Recipe e-book contains 12 recipes hand picked by dietitians across Canada. The recipes highlight local products and traditions. Here is an example of one recipe. Visit www.nutritionmonth2020.ca for the full e-book!

Chewy Ginger Pecan Cookies



Ingredients:

- 1 cup ground large flake oats
- 1 cup whole wheat flour
- 2 tbsp. ground flax
- 1 tbsp. each hemp hearts and chia seeds
- 1 ½ tbsp. ground ginger
- 1 tsp. kosher salt
- ¾ cup butter
- 1 cup granulated sugar
- 1 egg
- 1 egg yolk
- ¼ cup fancy molasses
- 2/3 cup chopped pecans
- 2/3 cup sweetened shredded coconut

Directions:

1. In a bowl, whisk together oats, flour, flax, hemp, chia, ginger and salt; set aside.
2. In a large bowl, beat together oil and sugar until fluffy. Beat in egg and egg yolk. Beat in molasses. In three additions add flour mixture. Gently stir in pecans and coconut.
3. Roll heaping tablespoons of dough and place onto parchment paper lined baking sheet. Bake in preheated 350F oven for about 10 minutes or until set.
4. Repeat with remaining dough.

Upcoming Nutrition Classes (most classes are free)

Brooks:

Toddler Nutrition: Information on toddler nutrition and picky eating. **Thurs. April 16, 2020** 5:30-7:00pm. Register at: ahsbrooksnutrition.eventbrite.ca

Medicine Hat:

Infant Nutrition: Information on feeding babies 0 to 12 months. **Mon. March 23, 2020, 2:45 – 4:00 p.m.**
Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.
Grocery Store Tour: Thurs. April 9, 2020 1:30 – 4:00pm at South Superstore. Register 403-388-6654.

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: **Lethbridge 403-388-6654: Medicine Hat 403-529-8969: Brooks 403-793-6659**



Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Brooks	403-501-3300
Lethbridge	403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

