

Nutrition Month

MARCH 2020

LIVE WELL

SUN

MON

TUE

WED

THU

FRI

SAT

Week 1: Use the Eat Well Plate

1 Discover how to Eat & Live Well with [Canada's Food Guide!](#)

2 Avoid highly processed foods that can add extra sodium, sugars or saturated fat to your diet.

3 Try making your plate like this at a meal today.



4 Choose protein foods that come from plants more often. [Mexican Bean Salad](#) contains 3 types of beans!

5 Taco salad party anyone? Host a healthy potluck with family, friends, or co-workers using these [tips](#).

6 New food Friday! Try [Orzo Salad](#) made with whole grain pasta to keep you feeling full for longer!

7 Watch this [video](#) to learn how to build a healthy breakfast using the Eat Well Plate!

Week 2: Choose Healthy Drinks

8 [Enjoy](#) your food!

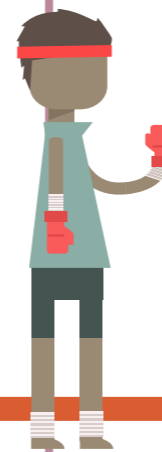


9 Water, white milk and unsweetened plant beverages are the best beverage choices!

10 Try one of these [delicious smoothies](#) that all feature milk as a protein food.



11 Curious about hydration before, during, and after activity? Get all the info you need right [here](#).



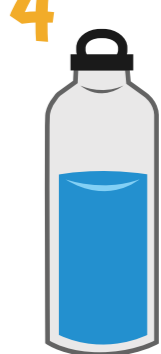
12 Milk is a great source of calcium and vitamin D. Pour a glass with dinner tonight!



13 Don't like drinking water? Try [5 ways to add flavour to your water](#) with fruits and herbs!



14 Carry your own water bottle for a refreshing drink anytime, anywhere.



Week 3: Eat More Vegetables & Fruits

15 [Be mindful](#) of your eating habits



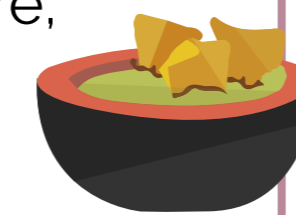
16 Be adventurous! Try one new vegetable or fruit today.



17 Eat extra greens like spinach or kale to help celebrate St. Patrick's Day!



18 Try these [tasty dips](#) packed with veggies, fibre, and protein!



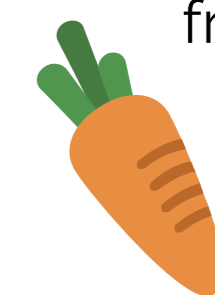
19 Check out this [video](#) for fun ways to add veggies & fruit into meals and snacks!



20 Warm up with a cup of [Curried Squash & Sweet Potato Soup!](#)



21 Enjoy fresh, frozen, or canned veggies & fruit that are low in added fat, sugar or salt!



Week 4: Reduce Food Waste

22 [Cook more often](#)



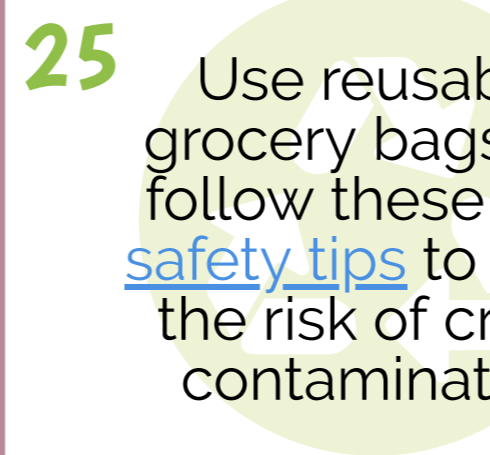
23 Make a [grocery list](#) and stick to it! This will reduce food waste (and save time & money!)



24 Organize your fridge: use this [handy guide](#) to make your food last as long as possible.



25 Use reusable grocery bags and follow these [food safety tips](#) to lower the risk of cross-contamination!



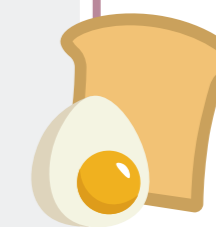
26 Give your leftovers new life with these [2-in-1 recipes!](#) Try making banana bread tonight.



27 What's in your fridge? Get creative and use up any extra food using this [guide!](#)



28 Zero Waste! Use Thursday's banana bread to make [French toast](#) for breakfast!



29 Eat meals [with others](#)



30 Interested in growing your own vegetables or herbs? Get helpful tips [here](#).



31 We would love to hear your feedback! Please complete this [survey](#).

Access online calendar at: <http://bit.ly/nutrition2020>

Developed by Calgary Zone Rural Registered Dietitians

