


NUTRITION MONTH

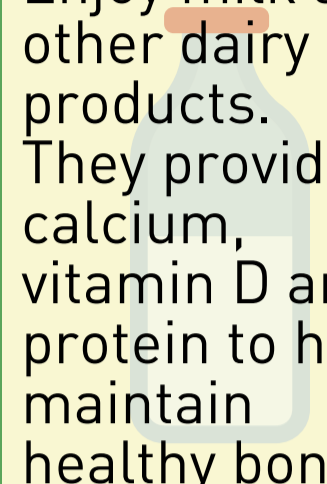
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March is Nutrition Month! Check out the links below for tips, recipes, activities and ideas to get you eating well for nutrition month and beyond!

1
Eat breakfast everyday!



2
Enjoy milk and other dairy products. They provide calcium, vitamin D and protein to help maintain healthy bones!



3




Try [yogurt parfait](#) for breakfast. It's both smooth and crunchy!

4



A healthy breakfast can help you have more energy for school, work and play.

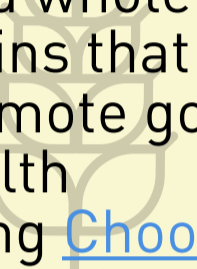
5
Want to know the nitty-gritty details of what's in your cereal? Check out [Cereal Slayer](#).



6
Check out [@eggsouefs](#) on Instagram for some fabulous egg recipes!



7
Not all grains are the same! Find whole grains that promote good health using [Choose Whole Grains](#).



8



Not a breakfast eater? Start small, with a piece of fruit, and work your way up!

9




Make a [basic french toast](#) (and reheat from frozen options!)

10
Is your meal balanced? Follow the [Eat Well Plate](#) model!



11



Have a [layered meatless Mexican salad](#). It's fresh, delicious, and naturally good for you!

12
Learn about the new [Canada's Food Guide](#). It's filled with tips and recipes to help you eat well and live well!




13
Work and school lunches are made easy with these [healthy sandwich ideas](#)!



14
Make [easy mini quiche muffins](#). It's packed with a variety of vegetables.



15
Eat plenty of vegetables and fruits, whole grains, and protein foods. Check out [What's for Lunch?](#) for ideas.



16
Fill half of your plate with vegetables at each meal.



17



Eat extra greens to help celebrate St. Patrick's Day!

18

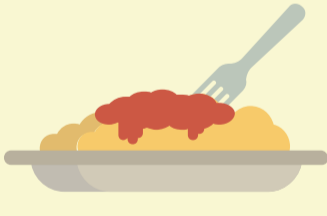


Make [fruit kabobs with yogurt dip](#). It's both delicious and fun!

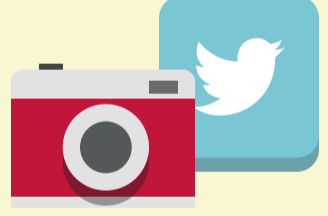
19
Take on the challenge and try one new vegetable or fruit that you haven't tried before.



20
Add extra vegetables to dishes like pasta, casserole, rice or soup.



21
Show what you're eating. Tweet your veggie and fruit pics to [@halfyourplate](#)



22
Enjoy vegetables fresh, frozen, or canned without added salt, sugar or fat.



23
Try [carrot and apple salad recipe](#) that won 1st place on the Kids Recipe Challenge!



24




Try [cucumber water](#). It's refreshing and healthy!

25




News Release: [Kids should avoid sports and energy drinks, pediatricians advise](#).

26
How much sugar are you drinking? Find out with the [Liquid Candy activity](#).



27



Making healthy drink choices is as important as your food choices. Learn about the [benefits of water](#).


28



Make a [vanilla date smoothie](#). It's a tasty way to get your serving of fruit.

29
What's an energy drink? How do they affect me? Find out with [The Energy Drink Buzz](#)

30
Carry your own water bottle for a refreshing drink anytime, anywhere.



31
Have a vegetable or fruit as a snack. It's that easy!



Access online calendar at: <http://bit.ly/2019calgarynm>

- For more information:
- healthyeatingstartshere.ca
 - nutritionmonth2019.ca
 - canada.ca/foodguide

Developed by Rural Calgary Zone Dietitians

