

Nutrition Times

March 2021 Nutrition Services



March is Nutrition Month

The theme for Nutrition Month 2021 is “Good for **you!** Dietitians help **you** find **your** healthy.” Healthy eating looks different for everyone. This theme highlights that there is no one-size-fits-all approach to health. Each person has their own culture and food traditions, preferences, personal circumstances and nutritional needs. Use the following ideas to find **your** healthy.

Connect with **your culture:** Include your cultural or family connections into the eating experience. Find a family or cultural recipe and tell your partner or children about it. Explaining the history and any meaning it has for you and your family creates a connection to the eating experience and can bring a sense of peace and joy.

Find **your schedule:** Find a schedule that works for you and stick to it. Many people find eating every two to three hours works well. A regular eating (and sleeping) routine helps keep the body in balance. Eating regularly fuels your body and reduces the temptation for unhealthy snacks. Find some healthy recipes you and your family like and stock your pantry with those ingredients regularly.

Align your eating habits with **your values:** Whether it be kindness, connection, environmental sustainability, or physical health, make sure that what you and your family are eating fits in with who you want to be. Your eating habits reflect your value systems. Have open conversations with your family about what they think is important and how that can be impacted by what they eat.

Eat foods **you enjoy:** Eating is more than the nutrients you consume. Find foods that taste good and are good for your body. Try new recipes and foods often. For ideas visit www.nutritionmonth2021.ca or www.ahs.ca and search for recipes.

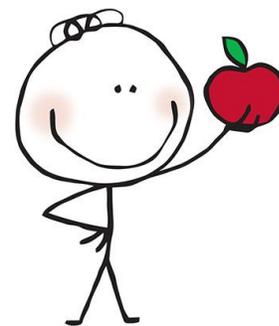
What is a dietitian?

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.

Do you need help finding your “healthy?” A dietitian can help!

To find a dietitian near you, visit www.ahs.ca/nutrition.



Nutrition Month 2021 Recipe E-Book

The Nutrition Month 2021 Recipe e-book contains 15 recipes hand picked by dietitians across Canada. Here is an example of one recipe. Visit www.nutritionmonth2021.ca for the full e-book!

Oatmeal Chocolate Lentil Bites



Ingredients:

- 1 cup brown lentils, canned, drained, rinsed or cooked
- 2 tbsp. water
- ½ cup margarine
- ½ cup brown sugar
- ½ tsp. vanilla extract
- 1 egg or flaxseed egg
- 2/3 cup flour
- 1 cup oats
- ½ tsp. baking powder
- ½ tsp. cinnamon
- ½ cup chocolate chips

Directions:

1. Preheat oven to 350°F. Grease a cookie sheet or use a silicone liner.
2. Puree lentils in a food processor or blender. Add in margarine, brown sugar, vanilla and egg and blend until smooth.
3. In a large bowl, combine flour, oats, baking powder and cinnamon. Add lentil mixture to dry ingredients and incorporate evenly. Stir in chocolate chips.
4. Use a tablespoon or cookie scoop to measure out equal sized bites. Place them on the baking sheet and bake for 12 - 14 minutes.

* To make a flax egg, mix one tablespoon ground flaxseed with three tablespoons of water. Let sit in your fridge for 15 minutes to thicken.

Upcoming Nutrition Classes

Prenatal, Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 1-866-795-9709.**

Please Note: Due to COVID-19, all nutrition classes are now being offered online via Zoom.

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

