

MOIS DE LA NUTRITION 2024 MONTH

Hi there!

Nutrition month is here! Take some time to reflect on your food choices with this year's theme 'Bring a Natural Balance to Nutrition'.

Like most things in life, nutrition is about balance. Having a healthy diet can look different for everyone! What's most important is to have a variety of nutritious foods every day.

Nutritious Foods

Nutritious foods are important for our wellbeing and contribute to our overall health. The **Healthy Plate** from **Canada's Food Guide** is a simple visual tool to help us remember the different types of nutritious foods we can choose from.

The **Healthy Plate** is divided into three food groups, and each food group contains a variety of nutrients that accomplish different tasks in our bodies.

Fruits and vegetables

Contain: fiber, water, vitamins & minerals.

which help us...



Digest



Build our immune system

Healthy Plate



Protein foods

Contain: protein and fats.

which help us...



Improve brain function



Build muscles skin bones, etc.



Stay full after a meal

Drink water

Water keeps your body hydrated



- regulates body temperature
- helps with nutrient transport
- keeps joints lubricated

Not drinking enough? Check [this](#) out

Whole grain foods

Contain: carbohydrates and fiber.

which help us...



Have long-lasting energy



Stay full after a meal

Eating a balanced diet that includes a variety of nutritious foods ensures that our bodies are getting enough beneficial nutrients on a daily basis.

The average Canadian does not consume enough fruits and vegetables, which are loaded with essential nutrients that improve digestion and help our immune system. If this is your case, now is a good time to challenge yourself to eat more!

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Striving for balance

Here are four ways that you can increase your nutritional balance for this month!

- 1 Eat a variety of foods from each food group at every meal.



- 2 Make sure to eat half your plate in fruits and vegetables at every meal.



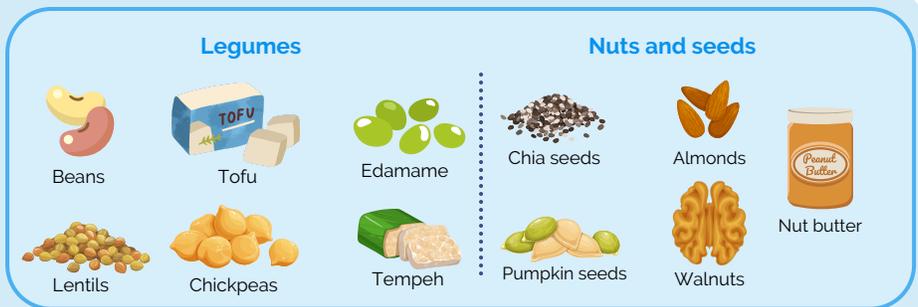
Easy ways to add vegetables to your meals:

- Make yourself vegetable soups
- Have a salad as a side dish
- Serve crudités with dip at mealtime

- 3 Vary your source of protein.

Try to choose protein foods that come from plants every day.

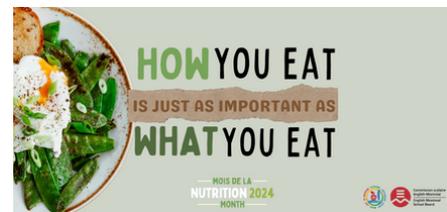
Find out more [here](#).



- 4 Eat mindfully.



Check out our website for more info on mindful eating!



Additional Resources

Looking for some more nutrition information? Check out these dietitian approved resources!



Unlock Food
Dietitians of Canada



Canada's Food Guide
Health Canada



Lunch Box and Snack Essentials
Dairy Farmers of Canada



Easy Meals for Great Leftovers
Dietitians of Canada