

Nutrition Month 2026

March is **Nutrition Month**—a great reminder that small food choices can make a big difference in how we feel every day. Taking simple steps toward healthier eating can boost energy, support overall wellness, and help build lifelong habits.

Eating Nutritious Foods

Every day, focus on balanced meals with plenty of fruits and vegetables, whole grains, lean proteins, and staying well-hydrated. The **Healthy Plate** from **Canada's Food Guide** is a simple visual tool that helps us remember these healthy eating habits.

The Healthy Plate

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.

Aim to fill your plate with $\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ protein and $\frac{1}{4}$ whole grains as shown, to make sure you stay satisfied all day.

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



Stay full after a meal



Build

muscles
skin
bones, etc.

Whole grain foods

Contain: carbohydrates and fiber.

which help us...



Have long-lasting energy



Stay full after a meal

Drink water

Water keeps your body hydrated, which:



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

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



Nutrition Quick Fixes

Here are some fun dietitian-approved tips on how to eat healthier!

Not eating enough fruits and veggies?

Think about **adding color** to your meals by adding fruits and veggies.

More colors = more nutrients
Different colors = different nutrients

ex.:



Not drinking enough water?

Make hydration **fun!**

add fruits, veggies and herbs to your water



strawberry

+



basil



lemon



cucumber

drink from a funky water bottle or glass



drink tea



Aim to have at least 1.5L to 2L of water every day!

Want to increase your fiber intake?

Add **plant-based** proteins to your meals.

Fiber promotes regular intestinal transit and prevention of chronic disease.

Plant-based proteins are very diverse, and can be the perfect addition to some of your favorite recipes!

Here are some examples:

Find out more [here](#).

Legumes



Beans



Tofu



Edamame



Lentils



Chickpeas



Tempeh

Nuts and seeds



Chia seeds



Almonds



Nut butter



Pumpkin seeds



Walnuts

Want more info? Check out these websites and documents!



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