

Take the 100 Meal Journey: Make Small Changes, One Meal at a Time

March is Nutrition Month and this year Dietitians encourage people to make small changes to improve their health, one meal at a time. Did you know that we consume 100 meals each month? So there is lots of opportunity for making small, positive changes to our meals and snacks. Using the tips and strategies provided can help you get started and continue on your healthy eating journey.

Pledge to make a small, nourishing change and stick with it, one meal at a time.

Focus on one thing you would like to change in your eating habits. It's better to make one nourishing change that sticks. Here are some ideas that make a big difference:

- Fill more of your plate with vegetables.
- Serve smaller portions
- Enjoy fruit as snacks instead of sweet or salty foods.
- Drink water in place of sugary beverages, like pop.

Change your eating environment.

Do you have candy bowls and cookie jars that hinder healthy habits? Redesign your environment with healthy cues to prompt good choice. Try these ideas:

- Put a bowl of fruit on the kitchen counter.
- Keep a reusable water bottle on your desk so it's ready for sipping instead of sugary drinks.
- Store nourishing snacks, like cut up veggies, handy at eye level in your fridge. Put tempting treats at the back of the cupboard.

Take stock of your cupboards, fridge and freezer. Add foods to nourish your 100 meal journey

Making nourishing meals and snacks is easier when you have healthy foods on hand. Stock your kitchen with good- for –you foods:

- Vegetables and fruit: eat them fresh, frozen, dried or canned.
- Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads.
- Milk products: milk, cheese, yogurt, kefir.
- Nuts, seeds and nut butters: pumpkin seeds, flax, natural peanut butter.
- Canned and dried lentils, chickpeas, kidney beans.
- Eggs: whole or cartons of eggs or egg whites.
- Fish: plain frozen fish fillets, canned tuna or salmon.
- Meat and poultry: fresh cuts of red meat, turkey, chicken.

Give yourself a hand! Size up your portions with handy estimates.

Wondering if you're eating too much or too little? Use your hand and try these estimates on for size:

- 1 cup of leafy green veggies or 1 whole piece of fruit = 1 fist.
- Fresh, frozen or canned vegetables = ½ fist.
- 1 slice of bread or ½ bagel = 1 hand.
- 1 cup of milk or ¾ cup of yogurt = 1 fist.
- 50 grams of cheese = 2 thumbs.
- Serving of chicken = palm of hand.
- ¾ cup of lentils, black beans, chick peas = 1 fist.

Pack good food fast with “planned extra” leftovers for lunch.

Packing lunch is a healthy, budget-friendly habit. Keep it simple: reinvent “planned extra” leftovers for a lunch that’s way better than the food court.

Try these tasty ideas:

- Cook extra chicken for dinner. For lunch, wrap chicken in soft tacos, with crunchy cabbage and shredded carrots, a sprinkle of feta and big squeeze of juicy lime.
- Roast extra root veggies. Layer them on crusty whole grain bread with hummus and baby spinach for a scrumptious sandwich.
- Toss extra cooked whole-wheat pasta, couscous or barley with pesto, cherry tomatoes, lentils and small cheese chunks for a protein-packed salad.

Dietitians are the leading credible source for food and nutrition information. Dietitians specialize in working with individuals and groups to improve eating habits and improve health outcomes.

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- Get inspiring meal and snack ideas using the free smartphone app Cookspiration or daily tips with eaTipster.
- Download eaTracker to review your food and activity choices, analyze your recipes, plan your meals, and more.
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