

## March Nutrition Month

Every year in March, we are reminded of the importance and the positive impact healthy eating can have on our lives. The Canadian Food Guide contributes to meet your needs for vitamins, minerals and other nutrients. Following the Food Guide also reduces your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis. Here are some quick ideas to help make wise nutritional decisions:

1. Eat at least one dark green and one orange vegetable each day
2. Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt
3. Have vegetables and fruit more often than juice
4. Make at least half of your grain products whole grain each day
5. Choose grain products that are low in fat, sugar or salt
6. Drink skim, 1% or 2% milk each day
7. Select lower fat milk alternatives
8. Have meat alternatives such as beans, lentils and tofu often
9. Eat at least two Food Guide Servings of fish each week
10. Select lean meat and alternatives prepared with little or no added fat or salt
11. Satisfy thirst with water

For more information on healthy eating or to receive a copy of the Canadian Food Guide please visit [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)