

# High School Nutrition Month Display

March is Nutrition Month! This year's Nutrition Month theme is "Unlock the Potential of Food". Food not only provides nourishment but prevents disease, keeps us well for longer, brings us together and inspires us. This is why dietitians love food and believe in its potential to enhance lives and improve health. This year's Nutrition Month campaign has five topics that explore the theme "Unlock the Potential of Food": potential to fuel, potential to discover, potential to bring us together, potential to heal and potential to prevent. To help students learn more about healthy eating nutrition students from the University of Saskatchewan and Dietitians have partnered to make this display. Please visit [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca) for more resources; there are 5 fact sheets and 15 recipes for your use.

All schools should have received a Nutrition Month poster. If you did not please contact your local public health nutritionist to request one.

To set up the display:

1. Choose a plain background to put the materials on.
2. Print off all the materials. Assemble as shown on the layout page.
3. If you have the space, consider adding other Nutrition Month promotional resources.

March is Nutrition Month

Potential to Fuel

Potential to Bring us together

Potential to Discover

Benefits of Eating together

Get Involved in the Kitchen

Potential to Heal

The Four Food Groups

Potential to Prevent

Take the Challenge

Sports Drinks

Dairy Farmers Poster



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# Potential to Fuel:

## Stay energized by planning nutritious snacks

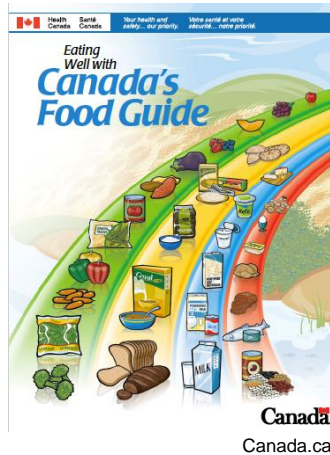
### Tips for healthy snacking

**Don't snack from the box**  
**Take smaller portions or buy small packages of food.**

Idea: 7 whole grain crackers with 1 oz low fat, low sodium cheese.



Moziru.com



**Keep healthy snacks at your desk, in your bag or in your car.**

Idea: Make trail mix with dry fruit, cereal and unsalted nuts and seeds.

**Include at least two food groups from Eating Well with Canada's Food Guide.**

Idea: Layer fruit with 1 cup of low-fat yogurt. Add a spoonful of trail mix.



Nuts.com

# Potential to Prevent:

Food can help prevent chronic diseases like type 2 diabetes and heart disease

## Good food choices now can keep you healthy in the future

To prevent disease eat more vegetables, fruit, whole grains, healthy fats and proteins.

- ❖ Healthy fats are nuts, seeds and vegetable oils like canola, olive and avocado
- ❖ Healthy proteins are legumes, nuts, seeds, meat, poultry, fish and dairy products.



# Potential to Heal:

Food can heal

Dietitians work in health care teams to make a difference

## **Dietitians are food experts!**

- ❖ Dietitians help clients choose foods to meet their body's needs.
- ❖ Dietitians are found anywhere there is food!
- ❖ Find them in hospitals, schools, clinics, public health, industry, private practice, community workshops and grocery stores.
- ❖ Where to find a Dietitian near you? [www.dietitians.ca/find](http://www.dietitians.ca/find)



# Potential to Bring Us All Together:

Enjoy eating with friends and family

## **Busy schedules make it difficult to share meals**

- ❖ Sharing meals gives time for family and friends to share traditions, learn and communicate.
- ❖ The biggest thing that stops people from sharing meals is busy work and evening schedules.
- ❖ Work to make time for family meals around busy schedules.





# Benefits of Eating Together:

## Sharing food has power

### Benefits for you:

- ❖ Families that share meals eat a greater variety of food.
- ❖ Students who eat with their family do better in school.
- ❖ Teens who share meals with family are less likely to smoke, use drugs or alcohol or get in serious fights.



Theinnerdaily.com



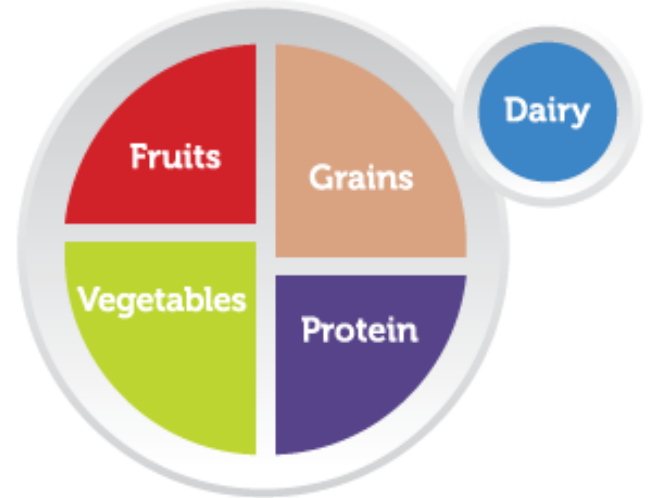
Easternwoodlandmetisnation.ca

# Potential to Discover:

Develop healthy eating habits by learning to shop and cook

**Improve your math, spelling, reading, science, and health skills by learning how to cook!**

- ❖ Watch YouTube videos to learn new skills.
- ❖ Challenge yourself to make one meal a week including all 4 food groups.
- ❖ Get creative! Come up with different after school snacks. Make sure to include at least 2 food groups.



# Get Involved in the Kitchen

**Food literacy is being able to make healthy, nutritious food choices**  
Increase your food literacy by learning to cook!



Independent.com

- ❖ Visit <http://sixbysixteen.me> for recipes, cooking instructions and more!
- ❖ Get the Cookspiration app. Have recipe ideas with you wherever you go.
- ❖ Find a cooking class near you. Ask a dietitian if you're unsure how to find one.

[www.dietitians.ca/find](http://www.dietitians.ca/find)

# TAKE THE CHALLENGE!

Go to [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca) and take the pledge to

## *Unlock the Potential of Food*

- ❖ Download the challenge certificate. Tell family and friends to sign one too!
- ❖ Get apps to help you cook and track your food. Download Cookspiration and EaTracker here: [www.dietitians.ca/gettheapps](http://www.dietitians.ca/gettheapps)
- ❖ Use the hashtag #NutritionMonth on social media.
  - Take the challenge to unlock the potential of food this #NutritionMonth
  - I (my name) will unlock the potential of food this #NutritionMonth



Pixabay.com



Help.twitter.com



Flaticon.com

# Sports Drinks: Yay or Nay?

Staying hydrated before, during and after sports is important

After exercise you may need electrolytes (sodium and potassium)

Carbs and a little protein may help speed up recovery and build muscle



Translatingcuba.com

## Milk for recovery

Milk or soy beverage is a perfect recovery drink. It has carbs, protein and electrolytes.



Livescience.com

## Sports drinks have a lot of sugar

They have electrolytes but sports drinks can have a lot of sugar too.



Lifejacks.com

## Water keeps you hydrated

Drink plenty of water before. Grab a glass after to replace fluids lost as sweat.

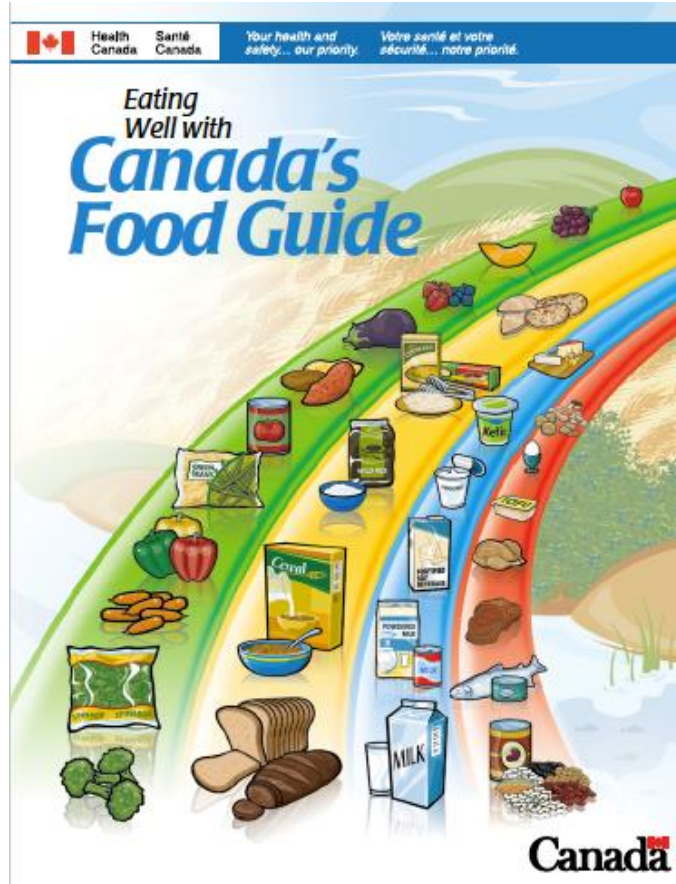
# What ARE The Food Groups?

## Vegetables and Fruits

- Peas
- Eggplant
- Peppers
- Strawberry
- Banana

## Grain Products

- Whole wheat bread
- Pasta
- Rice
- Quinoa
- Pitas or tortillas
- Cereal



## Milk and Alternatives

- Yogurt
- Cheese
- Fortified soy milk
- Fresh or powered skim milk

## Meat and Alternatives

- Fish
- Beans
- Lentils
- Eggs
- Chicken