



# *Nutrition Month: More Than Food*

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AT GEORGINA NURSE PRACTITIONER LED CLINIC

**March is Nutrition Month and this year, dietitians are talking about how healthy eating is so much more than food. Many of us have at one point in our lives, looked at (and maybe changed) some of the foods we eat in order to live healthier lifestyles. However, looking at how you eat is just as important as what you eat, for building a long-lasting, healthy relationship with food.**

Eating is an activity that is linked with many aspects of our lives - our upbringing, our values, our culture, our traditions and our environment. These all impact the everyday decisions we make about food. In the newest version of Canada's Food Guide, Canadians are encouraged to consider four key areas of how we eat: the preparation, the level of enjoyment, the attention given to eating, and lastly, the company.

Meal planning and preparation is one of the first steps to eating. Setting aside time to meal plan can help save more time throughout the week. It can also help save money by reducing impulse buys that usually lead to waste. Cooking can help reduce intake of processed foods, usually from eating out or buying take out. When kids are involved with cooking at home, they are also learning important cooking skills and perhaps traditions and cultural roots of the recipes they are creating.

Enjoyment is often an area that many of us ignore, particularly when we put ourselves on restrictive diets. It can be hard to expect ourselves to eat well if we are not enjoying the process. Take time to enjoy your food. Appreciate culture and food traditions that influence your eating. Try new foods and different ways to prepare them. Enjoy the taste of different foods, and enjoy the many food-related activities that go along with eating.

Being mindful can often help people make healthier food choices in a way that is enjoyable. Try limiting distractions when you are eating and use all of your senses to savour your food. How does the food taste? How does it smell? How does the texture feel and change in your mouth? How does your hunger and fullness level change throughout the meal? Reviewing these questions will help you connect to the eating experience and become aware of its effect on enjoyment and health.

Lastly, plan time to enjoy food with others. Eating with others is a great way to enjoy quality time together, share food traditions, and explore new healthy foods that you might not normally try. At the end of the day, it is important to eat well but just as important to find ways to enjoy the process.

References: Dietitians of Canada, 2020. Nutrition Month 2020 Activity and Ideas Guide; Health Canada. Canada's Food Guide. Retrieved from <https://food-guide.canada.ca/en/>



## *Yogurt Bark*

6 SERVINGS

### **Nutrition Information (per serving):**

135 Calories, Fat 6g (8% DV), Saturated Fat 3g (16%DV), Protein 7g, Carbohydrate 13g, Fibre 2g (6% DV), Sodium 28mg (1% DV)

### **Ingredients:**

3/4 cup	Thawed frozen mango cubes
3 tbsp	Water
1 1/2 cups	Vanilla Greek yogurt
6-8	Large strawberries, diced
1 handful	Pumpkin seeds
1 handful	Unsweetened coconut strips

Recipe Source [www.nutritionmonth2020.ca](http://www.nutritionmonth2020.ca)  
provided by Dairy Farmers of Canada

### **Directions:**

1. Mix together the mango cubes and water. With an immersion blender, puree until smooth and evenly combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt in a layer approximately one centimeter thick.
4. Pour the fruit puree over the yogurt. With the tip of a knife, marble the mixture using circular motions.
5. Sprinkle with toppings: strawberries, pumpkin seeds, coconut strips.
6. Place in freezer until the yogurt is completely frozen, about two hours.
7. Break the bark into pieces and enjoy! The bark can be stored in the freezer.