



Nutrition Month: Ingredients for Healthier Tomorrow

BROUGHT TO YOU BY THE REGISTERED DIETITIAN AT
GEORGINA NURSE PRACTITIONER LED CLINIC

March is Nutrition Month! This year's theme highlights important "ingredients" that make up a sustainable food system that is good for you, and good for the planet. As an individual, there are many ways that we can take care of our planet through the foods we eat. Take a look at some tips below!

What is a Sustainable Healthy Diet?

A sustainable healthy diet is a way we eat that can nourish our bodies, without the expense of our planet. Of course, this is not a one-person job. However, the foods we choose to buy is the best way to tell food companies what to sell. As an individual, our food choices and eating habits have a direct impact on our planet. For example, we can:

- choose foods that have lower environmental impact in the way it is produced;
- buy and eat foods that are local and in season;
- buy and support products that avoid plastics in its food packaging; and
- reduce food waste.

Choosing Foods with Lower Environmental Impact

- Eat plant based foods more often - beans, lentils, chickpeas, and tofu are excellent sources of protein to substitute animal meats.
- Choose seafood that is harvested in ways that don't harm the environment. Check out [SeafoodWatch.org](https://www.seafoodwatch.org) to search their recommendations on best and certified seafood options.

Buying and Eating Local and Seasonal Foods

- Shop at the local farmers' market when in season.
- Grow something on your own - even if just a small pot of herbs or cherry tomatoes.
- Look at the country of origin on signs in grocery stores and choose Canadian produce as much as possible.

Reducing the Use of Plastics in Food Packaging

- Drink tap water instead of bottled water.
- Bring your own refillable containers and shop at bulk food stores.
- Bring your own reusable produce bags and shop from stores that sell produce without plastic packaging.
- Buy products packaged in boxes (when available) rather than plastic bags or bottles.

Reducing Food Waste

- Store foods properly to keep them fresh longer and learn how to use the odds and ends of produce we often throw away. [LoveFoodHateWaste.com](https://lovefoodhatewaste.com) has all the information on this.
- Check out [Guelph Family Health Study's Rock What You've Got Cookbook](#) to get inspired with leftovers.



Maple Mustard Baked Fish Sheet Pan Dinner

4 SERVINGS

Ingredients:

4 tbsp	Olive oil
4 tbsp	Dijon mustard
6 tbsp	Maple syrup
2	Lemons, zested and juiced
2 tsp	Garlic powder
1/2 tsp	Salt
1/4 tsp	Black pepper
4	Salmon, trout or cod fillets (about 560g)
3 cups	Asparagus (1 bunch) or snap peas, ends trimmed
1 cup	Brown rice

Directions:

1. Preheat oven to 400°F and line a large baking tray with parchment paper. In a large bowl, combine the oil, mustard, maple syrup, lemon juice, lemon zest, garlic powder, salt and pepper. Whisk until well combined.
2. Toss in the green vegetable and fish fillets into the bowl. Carefully coat with the vinaigrette. Arrange the vegetables and salmon onto the baking tray. Bake for 15 minutes, or until the vegetables are tender and the salmon flakes easily using a fork.
3. Meanwhile, prepare the rice per package instructions. Once cooked, serve alongside the roasted fish and green vegetables.

Sources:

- (1) Dietitians of Canada, 2022. Nutrition Month 2022 Activity & Ideas Guide. Retrieved from https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/NM2022-ActivityGuide-EN-FINAL.pdf?ext=.pdf&utm_source=website&utm_medium=banner&utm_campaign=nM_2022 on Feb 22, 2022.
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- (3) Recipe from Guelph Family Health Study, 2019. Rock What You've Got Recipes for Preventing Food Waste. Retrieved from <https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf> on Feb 22, 2022.
- (4) Image from Anna Tis from Pexels.