

## TAKE THE 100 MEAL JOURNEY

Follow us on Facebook or Twitter to receive tips and tricks to making small, nutritious changes, one meal at a time.

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## SET GOALS, TRACK HABITS AND GET FEEDBACK

Download the eatracker app at [www.eatracker.ca](http://www.eatracker.ca)

## March is Nutrition Month

The theme this year for Nutrition Month from the Dietitians of Canada is **Take a 100 Meal Journey** with the slogan “**Make Small Changes, One Meal at a Time**”. The goal is to encourage people to focus on making 1 or 2 small, lasting changes and sticking with it...one meal at a time to help them achieve better health.



Take 2 minutes to answer the following questions. The answers are either “yes” or “no”. Keep track of the number of times you answer “yes”.

1. Salad and vegetables are served first, before the entrée and starch are brought to the table.
2. The main dish is pre-plated and served from the stove or counter.
3. Your dinner plates are 9 to 10 inches wide.
4. You eat sitting at a table with the TV turned off.
5. There are two or fewer cans of soft drinks in your fridge.
6. Your kitchen counters are organized (not cluttered or messy).
7. Pre-cut fruits and vegetables can currently be found on your middle refrigerator shelf.
8. At least 6 single servings of lean protein are in your fridge (such as eggs, yogurt, tofu, string cheese, sliced turkey etc).
9. Your snacks are kept in one inconveniently-placed cupboard.
10. The only food item on your kitchen counter is a fruit bowl.

If you answered “no” to any of the questions that may be a good starting point to making a small, meaningful change.

### You may try these tips to make healthy choices easier:

- **Keep nourishing snacks (e.g. hardboiled eggs, cut up veggies, yogurt, nuts, whole grain crackers) on an eye-level shelf in the fridge or a cupboard so something healthy is the first thing you see.**
- **Clear kitchen counters of all food except for a bowl of fresh fruit for crunchy snacking.**
- **Put high-fat, high-sugar treats, such as cookies, into non-transparent containers at the back of the fridge or cupboard so they're out of sight.**

Throughout the month of March check out the tips, recipes and helpful links that will be posted on the Sunrise Health Region’s Facebook and Twitter pages. You can also visit the Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) for additional information and motivation to help you on your journey to healthy eating.