

# Smart Eating Makes The Grade

## “Take A 100 Meal Journey”

### Make Small Changes One Meal at a Time

Eating well can boost your health and help you feel your best. Instead of trying to change everything at once, take a 100 meal journey. We eat about 100 meals a month so focus on small, lasting change and stick with it. Ideas for positive easy changes that can make a big difference:

- Fill more of your plate with vegetables
- Choose whole grain bread instead of white bread
- Enjoy fruit for snacks instead of sweet or salty treats
- Drink water or milk in place of sugary beverages like pop or slushy drinks or sports drinks
- Eat breakfast
- Eat less processed foods, prepackaged and convenience foods

For Nutrition Month Resources, go to: <http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month.aspx>

### Eating well when short on time

Eating well doesn't need to take a lot of time. A little planning helps you eat healthy, even on the run:

- Stock your kitchen with healthy snacks like veggies, fruit, yogurt, cheese, hard-boiled eggs, nuts and seeds and whole grain crackers
- Cook big batches of soup, stew or chili on the weekends. Cook once. Eat twice. Make more food than you need for one meal and reinvent it for another
- Shop for healthier convenience foods, such as frozen or pre-cut vegetables, plain frozen fish fillets, shredded cheese, and canned lentils



## Pantry Raid! Add Foods to Nourish Your 100 Meal Journey

### Take Stock of Your Cupboard, Fridge and Freezer

Making nourishing meals and snacks is easier when you have healthy foods on hand. Get your kitchen ready for action with these good- for- you foods:

Vegetables and fruit: fresh or frozen, dried and canned

Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads

Milk products: milk,cheese,yogurt, kefir

Nuts, seeds and nutbutters: pumpkin seeds, flax, peanut butter

Canned and dried pulses:lentils,chickpeas, kidney beans

Fish: plain fish fillets,canned salmon, tuna or frozen shrimp

Meat and poultry: fresh cuts of lean beef or pork, turkey or chicken

For more on stocking a healthy kitchen, visit:

<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx>

### Hidden Veggie Pizza

- 1 box frozen spinach (thawed and drained)
- 1 cup mushrooms
- 4 cups homemade spaghetti sauce or 1- 32 oz jar spaghetti sauce (try to find one with only whole food ingredients)
- mozzarella cheese
- other desired toppings

Preheat oven to 425 degrees F.

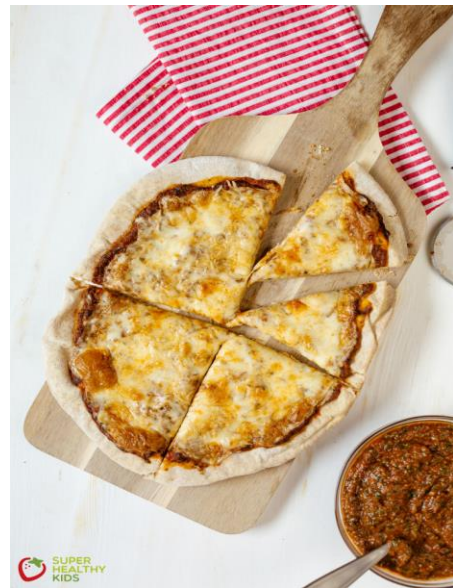
In a high powered blender, blend together spinach, mushrooms, and spaghetti sauce.

Make your whole wheat crust or use premade whole wheat crusts.

Spread sauce on the crust.

Top with cheese and other desired toppings.

Bake for 10-15 minutes or until cheese is melted and bubbly.



Source: [superhealthykids.com](http://superhealthykids.com)

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://www.southernhealth.ca) or  
Contact Health Links -1-888-315-9257  
Nutrition Services Team T 204-428-2736

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