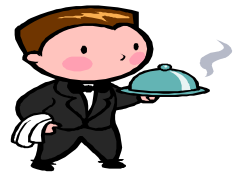


March is Nutrition Month!

Make Wise Food Choices, Wherever You Go!



At the grocery store

Plan ahead! Make a shopping list to keep you focused on the healthy foods you need, while avoiding temptations and impulse buying along the way.



Eat before you shop! If you shop on an empty stomach, you're more likely to buy foods that tempt you "at the moment".

Surf the perimeter first! Fill your cart with fresh fruits, veggies, whole grains, dairy and lean meats. You'll find more processed foods in the centre aisles – which are usually higher in fat and salt.



Read the label! Take that extra minute to read the "Nutrition Facts" table on food packages to help you make wise food choices.



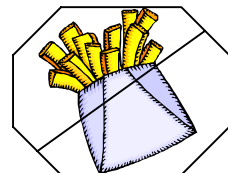
Look to "Get Caught" making Wise Food Choices by Registered Dietitians at participating grocery stores during the month of March. If caught, you can enter draws to win great prizes! So get caught choosing healthy foods that will keep you feeling good and healthy for life.

At the restaurant or cafeteria

Don't be afraid to special order!

Ask for condiments such as gravy, mayo and dressings and on the side... they can add plenty of calories to your meal. Forego the fries and order healthier side options such as baked potato or veggies.

Downsize it! Don't be tempted by larger sized meal deals. They may cost only pennies more but add a real wallop of calories and fat. Or, eat half the meal and save the other half for the next day's lunch.



Fear of the fryer – Go for the grill!



Pay attention to how your food is prepared. Look for healthier cooking terms such as grilled or baked, and skip the fried food items as they contain a lot more fat.

Brought to you by Dietitians of Canada
For more information on nutrition labelling, visit www.healthyeatingisinstore.ca
For more information on Nutrition Month, visit www.dietitians.ca/eatwell

