

NUTRITION BITS AND BITES

Good Nutrition...Finding Your Healthy



How do I include cultures and food traditions as part of healthy eating?

- Choose recipes that explore different ways to prepare and cook foods.
- Shop in places that sell the ingredients you need to make traditional foods.
- Preserve and share family recipes. Recipes and food traditions are a part of family history.
- Grow, harvest, fish, hunt and prepare food in traditional ways.

Good Nutrition for you...Finding Your Healthy

Canada's Food Guide encourages Healthy Eating Habits for all Canadians. It promotes health and good nutrition while recognizing our diverse population and the many ways in which we live, learn and play.

The foods shown on the 'plate' are only examples of healthy food choices. The food guide encourages everyone to enjoy their food and make choices for their preferences, culture and traditions and budget.

Budget and availability:

- The food guide provides healthy food options such as fresh, frozen, canned or dried foods to meet different budgets and food availability

Culture and Food Traditions

- The food guide recognizes that culture and food traditions can influence how, what and when people eat
- The food guide is also available in 31 languages including 9 Indigenous languages

To find Canada's Food Guide language options visit:
<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/snapshot/languages.html>

Find more information about Nutrition Month at www.NutritionMonth2021.ca

Blueberry Smoothie Bowl

Ingredients:

2	very ripe bananas, frozen
1 cup	frozen blueberries
2/3 cup	quick rolled oats, divided
2 tbsp	ground flax &/or hemp seeds divided
1 cup	plain yogurt
2 tsp	liquid honey
2 tbsp	almonds with skin
2 tbsp	blanched almonds
½ cup	fresh blueberries

Recipe Information:

Preparation Time: 7 Minutes

Serves: 2

Directions:

1. Set aside fresh blueberries, almonds with and without skin and 2 tbsp of the oats.
2. In a blender, combine yogurt, honey, bananas, frozen blueberries, oats and seeds: puree until smooth. Pour into bowls and top with fresh blueberries, oats and almonds. Serve immediately.
3. If you don't have blanched almonds, you can use almonds with skin instead.

Recipe source: www.nutritionmonth2021.ca

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. In this recipe, kids can help to:

- Measure the ingredients
- Operate the blender (age dependent)



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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