

March is Nutrition Month!

This year St. Barnabas Church will be celebrating Nutrition Month on March 24. We hope that you will visit our table and ask your questions about nutrition and learn about some helpful resources. Also, we will learn more about nutrition through the featured artwork by the Spirit Squad!

Healthy eating habits may contribute to your wellness! It is beneficial, therefore, to learn about healthier food choices, and we would like to assist you to do just that!

Choose

- A balanced diet-a variety of vegetables/fruits, whole grains, protein foods, healthy fats
- Water as the “drink of choice”

Avoid

- Fad diets (focuses on one type of food group as good or bad) as whole food groups (fruits/vegetables or proteins) are often eliminated so nutrients are missing
- Highly processed foods

Do

- Read food labels. <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating.htm>.
- Consider eating with others
- Cook more often
- People of all ages and stages of life can benefit from eating well through a balanced diet and reduce the risk of some medical conditions. Research indicates that eating well and being active may improve the quality of life for older adults. (<https://www.eatright.org/>)

Nutrition websites

<https://www.unlockfood.ca/en/Seniors.aspx>. Nutrition information for across the lifespan

<https://www.hamilton.ca/people-programs/public-health/healthy-eating/healthy-eating-budget>. Eating well on a budget.

Nutrition and Cultural Groups

<https://food-guide.canada.ca/en/healthy-eating-recommendations/enjoy-your-food/cultures-food-traditions-and-healthy-eating/>

<https://www.eatright.org/food/cultural-cuisines-and-traditions>.

<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/culture-and-food>.