

March is National Nutrition Month: Simply Cook and Enjoy!

By Andrea Holwegner BSc, RD

The goal of the 2014 National Nutrition Month Campaign is that during March (and beyond), dietitians will inspire Canadians to get back to the kitchen to simply cook and enjoy healthy meals with their families. The slogan for this year's campaign is "Simply Cook and Enjoy!"

Why is the theme "Simply Cook and Enjoy!" relevant?

There is a growing concern regarding a potential lack of home cooking and loss of cooking skills among Canadians of all ages. Shifting values, time constraints and availability of prepared meals are just a few of the factors that translate into diminishing food preparation skills.

What are some time saving healthy options for breakfast?

Double up! Make a double batch of breakfast on the weekend to enjoy during the week.

- Refrigerate extra whole grain pancakes. Reheat in the toaster and top with almond butter and sliced bananas. Enjoy with a glass of milk.
- Make a big pot of oatmeal. Store single portions in the fridge or freezer. Reheat in the microwave and serve with a scoop of berries and walnut pieces.
- Bake a vegetable-filled frittata and refrigerate extra slices. They're tasty hot or cold.

If you don't like eating the same meal twice what is another way to save time?

Cook once. Eat twice. Make weeknight cooking a breeze with planned extras.

Planned extras make an entirely new meal! Just make a little more food than you need for one meal and reinvent it for another. Try these easy options:

- Grilling chicken or fish? Grill a couple of extra pieces for sandwiches.
- Roasting veggies? Roast extras to toss with pasta or barley or to top a pizza.





- Serving chili? Cook a bigger pot and then make enchiladas.
- Having salad with supper? Make extra and put it in the fridge, without dressing, for tomorrow's lunch.

You say you can make a healthy no fuss meal with just six ingredients?

You don't need a long list of ingredients to make a healthy, delicious meal. Get inspired with these ideas, which use just six main ingredients:

- Cheesy Frittata – eggs, spinach, diced potato, red onion, milk and old cheddar cheese baked together into a fabulous frittata
- Lemony Pasta– whole grain pasta tossed with grilled zucchini, cherry tomatoes, roasted garlic, chickpeas and freshly squeezed lemon juice
- Loaded Sweet Potato–baked sweet potato topped with black beans, green onion, tomato, cilantro and a spoonful of plain yogurt

Where can I get more resources on healthy cooking?

Visit the Health Stand Nutrition website www.healthstandnutrition.com and subscribe to our bi-monthly newsletter for tips, recipes, articles, podcasts and videos.

Visit www.dietitians.ca to watch videos of Registered Dietitians sharing *Simply Cook and Enjoy!* cooking tips.

Download *eaTipster* free from www.eatipster.com and be inspired by a new cooking tip each day in March – and healthy tips for the rest of the year!

Download the Cookspiration free iPhone and iPad app or visit www.cookspiration.com and get recipe ideas based on what you feel like eating.

Reference: Dietitians of Canada 2014 Nutrition Month Resource Manual

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