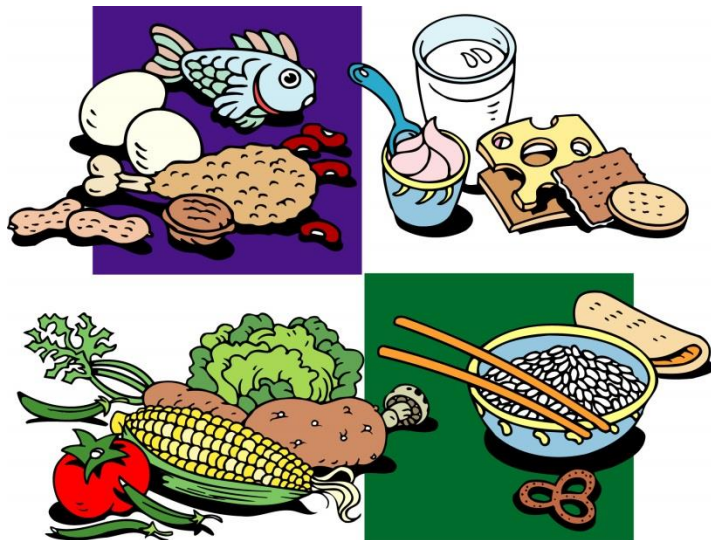


meals. Planning ahead will help you to eat healthier even if you are on the run.

Numerous studies have shown a connection between poor eating habits and the high incidence of chronic diseases that plague our modern society - heart disease, diabetes, obesity, stroke and cancer. Why not consider making one or two simple changes to improve your nutrition? Small changes can make a big difference.

I have identified a couple of things I am going to try. How about you? If you want to discuss any of these ideas further, please email or give me a call.

Karen Watson, Parish Nurse 519-578-0660, then press 2.
parish.nurse@wkumchurch.ca



Healthy Reflections – Body, Mind and Spirit

March 2016

National Nutrition Month - The 100 Meal Journey



During National Nutrition Month the Dietitians of Canada have initiated the “**100 Meal Journey**” campaign. This initiative is both a challenge and an opportunity. An opportunity to increase awareness of the health benefits of improved nutrition, and a challenge to make a commitment to this improvement – one meal at a time.

What I like most about this initiative is the practical nature of the suggestions and recommendations. The program is broken up into a 5 week plan, with corresponding fact sheets for each week.

I have posted the weekly fact sheets on the Health and Wellness Bulletin Board in the foyer by the sanctuary..... please feel free to take a copy for each of the 5 weeks. The fact sheets are also available on-line at www.dietitians.ca Each one has simple suggestions for implementing the goal for the week.

Here is the plan in a nutshell:

1. **Week 1 – Get Ready....** to make small nourishing changes. Stock up on healthy, fresh foods, clear out the pantry of less-healthy choices, add healthy cues such as a bowl of fruit on the counter or a tray of cut up veggies at eye level in the fridge.
2. **Week 2 – Quality Counts....** Start with a good breakfast, add a quality serving of protein early in the day, look for opportunities to substitute low fat, lower sodium, low sugar, and fibre rich choices into your diet – buy fresh, buy local....



3. **Week 3 – Prioritize Portion Size....** Downsize if your portions are typically too large; turn off screens during meal times to regulate and improve appetite and awareness of food consumption; slow down when you eat; use a smaller plate / bowl; manage munchies by keeping healthy snacks prepared and ready.
4. **Week 4 – Try Something New....** Variety Counts!!! Enliven the taste buds with new flavours, herbs & spices, something new from the fresh food aisle, bright coloured veggies such as sweet potatoes or red peppers, bright greens such as kale or spinach. Try a fish dish you do not usually eat – look for some new recipes on-line, different sources of protein and fibre such as quinoa, lentils or barley. Check out the Fact Sheets for additional ideas.
5. **Week 5 – Make it Stick....** be prepared with nourishing “grab and go” foods such as seeds and nuts, cut up veggies, fruit options. Prepare ahead by making large batches of soup, chilli or stew; when preparing for a family meal, make enough for 2

