Savour
Healthy Eating

Improving Life

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Get Chopping!

Busy work schedules and hectic lifestyles can make it challenging to find the time or motivation to cook healthy meals at home. With so much going on, and especially if you aren't a confident cook, you may be reluctant to step up to the chopping block. You don't have to be a master chef to prepare healthy, delicious meals. Start where you are, use what you've got, and with a few tricks up your sleeve, you can get healthy, tasty dishes on your table in no time.

Registered Dietitians want to help Canadians to get cooking, savour their time in the kitchen, and discover how they can transform their tables with a few tasty and healthy tweaks.

Get Chopping!

DID YOU KNOW?

- Families who eat home cooked meals are more likely to eat more vegetables, fruit, and whole grains;
- Cooking helps you to be more aware of what you are eating and to make better food choices;
- Cooking with your children helps them learn about food preparation, and it also develops literacy, math, and science skills. It's also a great way to spend quality time with them!

Here are three practical cooking tips to infuse healthy food with fun and flavour:

Tip # 1: Instead of take-out tonight, try making your own fun food, fast.

If take-out seems like the easy crowd-pleaser, your DIY skills need a makeover. Skip the take-out, and bring back kitchen fun and healthy food by switching up how you cook and serve supper.

- Cook create-it-yourself meals with kids. Try a family taco, fajita, salad bar – with everyone helping, meal prep is easy.
- Make your own pizzas in minutes. Top whole grain flat breads with tomato sauce, flavourful cheese, and leftover veggies.
- Sandwiches for supper? Sure! Use whole grain buns, hummus or leftover roasted chicken or beef, add a slice of cheese, and then pile on the veggies.

Tip # 2: Hello taste buds, get ready to tingle! It's time to try something new.

Want to try new foods but not sure where to start? These tasty ideas are sure to tempt you:

- Toss slivers of raw purple beets, green pears, feta, and ground flax seeds in a lemony vinaigrette for a salad that's bursting with colour and crunch.
- Squeeze lime juice onto grilled pineapple for a naturally sweet dessert.
- Make easy mushroom risotto with toasted barley and low-sodium broth, and then sprinkle with Parmesan for a flavour-filled side dish.

Tip # 3: Spice is nice! Shake things up with new flavour combos that kick things up a notch.

Give new life to your usual menu by experimenting with these mouth-watering flavour boosters:

- Grainy mustard and lemon add tangy freshness to fish, like cod.
- Adding a dash of nutmeg is tasty on carrots, butternut squash, and parsnips.
- Curry livens up lentil soup and makes a tofu-and-veggie stir fry sizzle.

When you speak with your Homewood Health Registered Dietitian (RD) through your EFAP, you are receiving advice from a member of a provincial regulatory body with a degree in food and nutrition, from an accredited university — this ensures that you are receiving nutrition advice from a qualified professional. Dietitians provide science-based nutrition advice that is realistic and easy to follow. They understand your specific nutrition challenges, interests, and lifestyles. For advice you can trust on food and nutrition, turn to dietitians.

Adapted from The Dietitians of Canada's Nutrition Month Campaign Materials. Find more information about Nutrition Month at: www.nutritionmonth2016.ca

Take the 100 Meal Journey

Making small changes for big results

Making small changes for big results

When you want to make a change in your life, an all-or-nothing attitude is exciting because it promises big changes and fast results. The ideal weight, the coveted clothing size, the perfect diet, and exercise regime. These goals are virtuous and rewarding to achieve, but what makes them so rewarding can also make them demoralizing: they require time, energy and dedication to realize. The motivation you feel on the first day of your new overhauled diet can easily dwindle if the scale doesn't immediately budge, or if you have a stressful day at work. If your goal seems out of reach, just comparing where you are now to where you want to be can be enough to make you throw up your hands in defeat before you've even gotten started.

By setting aside the ultimate goal, and focusing on daily progress, we can foster a healthy attitude about our health that is motivating and engaging. Rather than worrying about what we have yet to achieve, we can start celebrating little successes each day.

This March, the theme for Nutrition Month is "The 100 Meal Journey."

Instead of getting bent out of shape over the big stuff, Canadians are going to savour the small stuff. Savouring the small stuff means congratulating yourself for healthy (and tasty!) choices at every meal, knowing that if you take aim at the small stuff, often the big stuff will take care of itself.

It's easy to make small changes that add up to big results. Here are 10 sample suggestions for inspiration:

1. Skip the sugar in your tea or coffee
2. Have a mindful mid-day snack (no eating at your desk!)
3. Go meatless on Monday
4. Sip on water, not soda
5. Take the salad, not the French fries
6. Ask for your dressing/sauce on the side
7. Trade your crackers for sliced veggies
8. Skip the butter on your popcorn
9. Spice up your life: try cooking with spice or fresh herbs
10. Satisfy your need for sweets with fruit or dark chocolate

Whatever your ultimate health goal, if you want to start moving toward improved health, ask a Registered Dietitian to be your guide and coach in your 100 Meal Journey.

About Homewood Health

Homewood Health is Canada's leader in mental health and addiction services. With over 130 years of experience, we achieve outstanding outcomes every day through our national network of nearly 4500 employees and clinical experts, and through the Homewood Health Centre – one of Canada's largest and leading facilities for medical treatment of mental health and addiction disorders. Our complete suite of services includes organizational wellness, employee and family assistance programs, assessments, outpatient and inpatient treatment, recovery management, return to work, and family support services customized to meet the specialized needs of individuals and organizations. Homewood Health is redefining mental health and addiction services to help Canadians live healthier, more productive and more fulfilling lives.

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