



Tips:

- Reduce your sodium: read labels and choose foods with less than 360 mg per serving.
- A daily diet high in vegetables and fruit can help to prevent some forms of cancer.
- Canada's Food Guide recommends adults consume 7-10 servings of veggies & fruit daily.
- Whole grains like brown rice, millet, and oatmeal are great sources of fibre.
- To increase your milk intake try having a latte in the morning made with low fat milk.
- One serving of meat is about the size of a deck of cards.

March is Nutrition Month! Healthy Eating makes you look and feel good. For reliable information on healthy eating ask a Registered Dietitian. To speak to a Registered Dietitian call Eat Right Ontario at 1-877-510-5102. For tips on meal planning, shopping, to find healthy recipes or to assess your own eating habits go to www.dietitians.ca/Your-Health.aspx

Photography By: Peter Bower (skating); Jamie Woodman (veggies-inset)

March 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	APRIL 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29			1 Try having Meatless Mondays for the month of March. Visit www.dietitians.ca for no-meat recipe ideas.	2 Shepherd's Table Community Supper Lakeside Baptist Church www.lakesidebaptistchurch.ca	3
4	5 Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	6	7	8 International Women's Day www.swc-cfc.gc.ca Good Food Box - order today! call Mary 705-488-1128	9	10
11 Daylight Saving Time Begins	12 Free family drop-in at Rails End Gallery All March Break Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	13	14	15 Good Food Box - pick up today!	16 Shepherd's Table Community Supper Lakeside Baptist Church www.lakesidebaptistchurch.ca	17 St. Patrick's Day
18	19	20 Spring Equinox	21	22	23	24
25	26	27	28	29	30	31