


Nutrition News

WE ARE WHAT WE EAT



“ Forget the detox diet this spring. If you want to feel more energetic, improve your health and perhaps lose a few pounds, cleanse your fridge instead. ”

- Registered Dietitian Leslie Beck

In This Issue

Best of the Blogs

Give Your Pantry a Spring Makeover

I Want to Eat Healthy... but Ain't Nobody Got Time for That!

Ways to Increase Physical Activity in the Spring

In the News

Nutrition Tips To Help You Stay Sane Over Easter

Get the Facts

Benefits of Buying Local Food

Monthly Tip

It's Finally Spring!

Featured Healthy Recipe:

Stir Fry Beef & Broccoli with Lentils

From Cookspiration

Looking for a quick and well-balanced meal to kick off spring? Check out this stir fry beef and broccoli with lentils. It has a great mix of vegetables, protein, and fibre. Feel free to mix it up and add more vegetables to better suite your tastes.

[Find the recipe here.](#)

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Give Your Pantry a Spring Makeover

By Leslie Beck, RD

April is the perfect time for spring cleaning! When you're tackling your house this spring, don't forget about the kitchen. Get rid of old foods that are beyond their expiry date and make room for in-season fresh produce and new pantry staples. Need some spring cleaning help to determine what to toss and what to keep, check out this handy guide.

[You can read more here.](#)

I Want to Eat Healthy... but Ain't Nobody Got Time for That!

By Andy De Santis RD MPH

Sometimes it's not just your cupboards that need spring cleaning, but also your eating habits. But what should you do when you have no time? Here are some tips on how to eat healthier when you have none to spare.

[You can read more here.](#)

Ways to Increase Physical Activity in the Spring

By Kaite Chircop, BPHE, MSC.PT

If you've been cooped up all winter, the emergence of warmer weather can be a huge relief. Need some inspiration on how to get you and your family back into the great outdoors this spring? Look no further than these tips.

[You can read more here.](#)

Nutrition Tips To Help You Stay Sane Over Easter

By Lindsay Gee

This year Easter ends up falling in the middle of April. Did you know that Easter is second to Halloween in terms of treat consumption? It's important to have a plan in place to help ensure you don't go completely sugar crazy this year.

[You can read more here.](#)

Benefits of Buying Local Food

From EatRight Ontario

Soon various farmers markets will start opening up and local produce will be more readily accessible on grocery store shelves. Buying local often means that foods are fresh and cheap. Also, you're helping to support farmers in your area. EatRight Ontario has put together a handy guide for what's local in Ontario.

[You can read more here.](#)



Monthly Tip:

It's finally spring! That means that days are getting longer and the weather is finally getting warmer. By now, most of us have forgotten about the New Year's resolutions we set in January. However, the changing of the seasons can be a great time to get back on track with our eating habits. Here are five tips to improve your health this spring.

1. Get moving. Now that the weather is warming up, it's a great time to start implementing a small amount of daily exercise. Whether it's a walk, a bike ride, or kicking the ball in the park, just do something that you enjoy that gets you moving.
2. Clean out the fridge. Out with the old and in with the new. Make sure to get rid of anything that's past its expiry and restock with healthy pantry staples and fresh produce.
3. Find a local market. Fresh local foods are often cheaper and are much easier to find this time of year. Peruse your local farmer's markets and pick out a new fruit or vegetable to try each week.
4. Plan out your meals. It's so much easier to shop and cook when you know what you're having. Plan your meals out in advance so you know you have everything you need on hand when it comes time to cook.
5. Cook in batches. Often, springtime is when evenings start to get busier. Outdoor activities for the kids start up and cooking time can be limited. Cooking in big batches means you can cook once but eat several times. Starting to cook in batches now allows you to throw things in the freezer for those especially busy nights.

If you've suffered through a long cold winter, the spring can be a time of rejuvenation. Use this opportunity to adopt some new healthy behaviours that can become life-long habits.

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