

## Nutrition Month Tweets

March 1: Take your photo holding the colourful "Take the Challenge" certificate and post on social media with the hashtag #NutritionMonth. Sign and date your certificate as a sign of commitment: <http://bit.ly/2EbNAPa>

March 2: Food is nourishment, but it's so much more. Food unites us. Food can improve health, prevent disease and keep us well for longer. #NutritionMonth2018 #UnlockThePotentialofFood

March 3: The keys to healthy snacking are to choose nutritious foods and match portion sizes to hunger and energy needs. Here is a healthy snack idea to get you through a busy day: <http://bit.ly/2DWZfne> #NutritionMonth2018

March 4: Fail to plan, plan to fail! Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry, like cut up veggies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats. #NutritionMonth2018

March 5: Be wary of portion distortion! Instead of snacking from a large bag or box, take a portion and put it on a plate or bowl. #NutritionMonth2018

March 6: Listen to your hunger cues. Are you truly hungry, or are you eating because you are bored, tired or stressed? Consider going for a quick walk instead if you're not truly hungry. #NutritionMonth2018

March 7: Skip distracted snacking! Avoid munching while looking at a screen. You may eat more than you need if you're distracted from your feeling of fullness. #NutritionMonth2018

March 8: Snack on vegetables! About half of all Canadians don't eat enough vegetables or fruit. Snack on them between meals to add an extra serving or two to your day. #EatYourVeggies #NutritionMonth2018

March 9: A great way to teach children about food is to let them shop and cook with you. Here's a kid friendly recipe they can help with: <http://bit.ly/2DXLG7m> #NutritionMonth2018

March 10: Incorporate learning when cooking with kids: Build on lessons they learn in school, such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills. #NutritionMonth2018

March 11: Be a role model: If you're excited about cooking, kids will be too. Try a new food, describe the flavour and be adventurous to inspire your eaters to do the same. Get other members of the family involved! #NutritionMonth2018

March 12: Kids are much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters. Cooking with kids helps reduce mealtime battles and boost their willingness to try new foods. #NutritionMonth2018

March 13: Imaginative play in the kitchen helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant or reality cooking show. #TacoTuesday #NutritionMonth2018

March 14: Happy Dietitians Day! Dietitians are your experts when it comes to food and nutrition. For more information on what dietitians do: <http://bit.ly/2DM9bAK> #DietitiansDay2018 #NutritionMonth2018

March 15: Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and lower the risk of developing chronic diseases. #NutritionMonth2018

March 16: The best eating pattern is one that you enjoy and can stick with in the long run. Eating patterns that have been the most researched for their health benefits include the Mediterranean, DASH and MIND diets. #NutritionMonth2018

March 17: Vegetables and fruit, whole grains, legumes, nuts and seeds, milk, cheese and yogurt, fish, seafood and poultry, and healthy oils are the basic ingredients that form the diet for disease prevention. #NutritionMonth2018

March 18: Diets for disease prevention don't contain a lot of highly processed foods, like cake, chips, cookies and sugary drinks that are high in added sugar, salt and trans fat. Go easy on treats! #NutritionMonth2018

March 19: Almost 80 per cent of premature stroke and heart disease can be prevented through healthy lifestyle behaviours. These include eating healthy, being active and living smoke-free. #NutritionMonth2018

March 20: Work with a dietitian if you have health goals or concerns about your risk of chronic disease. They will help you embrace food, understand it and enjoy it while considering your overall objectives, needs and challenges. #NutritionMonth2018

March 21: Dietitians use foods to help you get the nutrients needed for the growth and repair of your body. Their advice helps prevent disease, treat conditions and keep the immune system healthy. #NutritionMonth2018

March 22: It's important to share meals together: it opens dialogue, connects people and helps us eat a more balanced diet. Share this meal together tonight: <http://bit.ly/2Gr9C1n> #NutritionMonth2018

March 23: The biggest barriers to eating together are busy schedules like work and evening activities. It takes creativity to balance busy schedules, but it's worth the

effort because everyone benefits when you eat in the company of others!  
#NutritionMonth2018

March 24: Children who eat with their family have more nutritious diets, better academic performance, a lower risk for being overweight and less risk of eating disorders. #NutritionMonth2018 #FamilyMeals

March 25: Teens who share family meals get better grades, and are less likely to smoke, use drugs or alcohol, or to participate in serious fights. #FamilyMeals #NutritionMonth2018

March 26: Adults who eat with friends and family tend to eat more vegetables and fruits, drink less pop, eat fewer meals at fast food restaurants, and have lower body mass indexes. #FamilyMeals #NutritionMonth2018

March 27: Water is essential for good health. Consider the beverages that you are drinking. Stay hydrated and read nutrition labels to see if there is sugar added to the beverages that you are drinking.

March 28: People who come together in communities can eat together at community kitchens, where they learn to cook, share meals, try new foods, have fun and learn about nutrition. #CommunityKitchens #NutritionMonth2018

March 29: Sharing family meals doesn't only mean dinner! If your evening schedule is hectic, share breakfast meals or have brunch together on the weekends. Most studies on the benefits of family meals start with sharing at least four meals together per week. #NutritionMonth2018

March 30: Consider a "No Phones at the Table" policy so you can focus on each other's company. This also allows time to focus on and enjoy what you're eating, instead of what friends on social media are eating. #NoPhones #NutritionMonth2018

March 31: Food has the potential to fuel, discover, prevent, heal and bring us together. Take the things you've learned during #NutritionMonth2018 and use them all year! #UnlockThePotentialofFood