

Comprehensive School Health Newsletter Nutrition Month

National Nutrition Month 2018

March is Nutrition Month! Public Health Dietitians from Horizon and Vitalité, along with Dietitians of Canada, want to help you *Unlock the Potential of Food* to enhance your life, improve your health, inspire children, fuel your activities and bring people together.

Having trouble staying energized? Think about eating regular meals and snacks, as needed. Avoid going long periods of time without eating. Snacking can be part of a healthy eating pattern and is a great way to get all the nutrients the body needs in a day. Some healthy snacks may include vegetables with hummus, trail mix, fruit and nut butters and high fibre granola bars. Want to set your kids up for a lifetime of healthy habits? Teach them to shop and cook! Have your children help make a grocery list and get them involved in the kitchen with meal preparation. This could include washing and chopping up vegetables and setting the table for a meal. This will help give them the power to discover better health as they grow.

Lifestyle, including what we eat, is a major influence on disease prevention. Healthy eating habits including vegetables, fruit, whole grains, healthy fats and healthy protein sources such as legumes, nuts, seeds, meat, poultry, fish and dairy can help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer. A bite of prevention goes a long way!

Food can promote healing! Food is crucial for the human body because it provides nutrients, which are used by the body for daily activity, growth, repair, and all bodily functions. Boost your immune system by making healthy choices.

Food brings people together. Sit down and enjoy meals with family and friends! Sharing meals allows people to connect with each other, let's parents model healthy habits, and improves quality of life by providing time to appreciate the people around us and the food we are eating.

Don't know where to start? Try this recipe at home tonight!

Banana Lentil Muffins

Makes 12 servings

Cooking Time: 20 min

Ingredients

1 egg, slightly beaten
1/2 cup canola oil 125 ml
1/2 cup granulated sugar 125 ml
1 cup bananas, mashed 250 ml
1 cup lentil puree* 250 ml
1 tsp vanilla extract 5 ml
1 1/3 cup whole wheat flour 325 ml
1 tsp baking soda 5 ml
1 tsp baking powder 5 ml
1/2 cup raisins 125 ml

Instructions

1. Preheat oven to 400°F (200°C).
2. In a bowl, combine egg, canola oil, sugar, bananas, lentil purée and vanilla. Mix well.
3. In another bowl, mix together flour, baking soda, baking powder and raisins. Stir into egg mixture until just combined.
4. Spoon batter into greased muffin tins filling about 2/3rds full.
5. Bake for 15-20 minutes or until a toothpick inserted into center comes out clean. Cool and remove from muffin tins.

*Lentil Puree: In a food processor, place cooked lentils (or rinsed and drained canned). For every cup (250 mL) of cooked lentils, add 1/4 cup (60 mL) water. Blend until smooth. Lentil puree has a similar consistency to canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed. Store in the refrigerator for up to 3 to 4 days, or freeze for up to 3 months.

Recipe provided by Canadian Lentil