

March Monthly Newsletter

March is National Nutrition Month
and this years theme is...

"Spotlight on Food and Nutrition"

Dietitians of Canada has prepared a
top 10 list... what you need to know!

1. Want to feel your best? Eat well and get physical
2. Benefit from balance- challenge and support family members to achieve and maintain healthy weights
3. Quality counts - whether at home, school, work or play, keep healthy food choices top of mind
4. Give your food portions a makeover - tune in to moderation in serving sizes

5. Colour your world with vegetables and fruit!
6. Be a savvy shopper - get the nutrition facts on foods from the label.
7. Make meal time a family affair
8. Healthy eating is more than a flash in the pan - it's a lifetime commitment
9. Make dietitians.ca your 'go to' place for trusted nutrition information and fun healthy eating ideas
10. Have a food or nutrition question?? Ask a registered dietitian!

So, over the next month dietitian's across Canada are urging you to "rate your plate" and spend a bit of time thinking about one or two things you want to change to take the next step to reach your health and nutrition goals! See the following page for the nutrition and delicious recipe of the month... Orange Hoisin Salmon

Orange Hoisin Salmon

Makes 4 servings

Prep time: 5 minutes

Cooking time: 7-10 minutes

2 Tbsp hoisin sauce

1 Tbsp frozen orange juice concentrate

2 tsp grated orange zest

2 tsp liquid honey

pinch freshly ground black pepper

4 salmon fillets (approx 750g total)

vegetable cooking spray

- preheat broiler, with rack set 4 inches from top
- in a small bowl, combine hoisin sauce, orange juice concentrate, orange zest and honey
- place salmon on lightly greased baking sheet and baste both sides with hoisin mixture. Season with salt and pepper.
- Broil for 7-10 minutes or until fish is opaque and flakes easily with a fork.

Serve with - steamed brown rice and a fresh garden salad!

Recipe from Simply Great Food - Dietitians of Canada 2007.