

Nutrition Month Calendar - March 2024

Sustainable Sunday

Myth-buster Monday

Trivia Tuesday

Wellness Wednesday

Thrifty Thursday

All-Foods-Fit Friday

Supportive Saturday

Scan here or visit:
<https://bit.ly/NM2024>
[calendargeneral](https://bit.ly/NM2024)



Registered dietitians are essential partners in health.

Celebrate Nutrition Month with a calendar full of nutrition tips, tricks, and take-homes.

Click on the underlined coloured links to learn more!



Created by AHS public health dietitians

1 What does it mean to have a positive relationship with food? Click [here](#) to learn more.

2 Healthy eating is more than just what you eat. Explore [Canada's Food Guide](#) to learn more.

3 What steps can you take to eat a more sustainable diet? Learn more at [UnlockFood.ca](#)

4 Probiotics & prebiotics sound alike but are they? **Probiotics** are good microbes & **prebiotics** feed our gut. Learn more [here](#).

5 Did you know that an avocado has 2x more potassium than a banana? Use the tip with [this recipe!](#)

6 2024 is your year! Want to eat healthier but don't know how to start? Learn how to set & achieve goals [here](#).

7 Do you want to meal plan on a budget? Read [these tips](#) to learn how.

8 **Happy International Women's Day!** Learn which nutrients are important for women at every age [here!](#)

9 Need help? **211 Alberta** finds the answer for you. Available 24/7, call/text/chat or click [here](#) to learn more.

10 Wondering how to reduce your food waste? Look no further than [this handout](#).

11 Apple cider vinegar may or may not help your digestion, but it sure does taste good in a salad! [Click](#) to learn more.

12 Did you know Mediterranean foods help prevent chronic diseases? Learn more [now](#).

13 Sleep plays a big role in our overall wellness. [Find out](#) how our diet can impact our sleep.

14 Wondering how you can eat healthy on a budget? Read [here](#) for tips.

15 Learn about food neutrality and how it can help you pursue a healthier relationship with food [today](#).

16 AHS offers free classes and workshops on a variety of nutrition topics. Click [here](#) to learn more.

17 Curious about the benefits of plant-based foods? Click [here](#) for plant-based meal ideas.

18 Genetically modified foods are safe to eat. Find out more [here](#).

19 Did you know bell peppers have more vitamin C than oranges? Put this tip into action with [this recipe!](#)

20 **National Dietitian's Day!** Learn about what we do, how we can help and where to find us [today](#).

21 Try [these tips](#) to save a few dollars next time you are at the grocery store.

22 Rediscover your joy for food. Click [here](#) for 4 tips to find your satisfaction factor.

23 Click [here](#) to get inspired with new recipes for dinner tonight!

24 [Enjoy leftover food!](#)
Best before vs. expiry dates
 31

25 Click [here](#) to learn how seed oils can be part of a healthy diet.

26 Did you know carrots are sweeter in the winter? Make the best of this tip with [this recipe](#).

27 **Vitamin D** is the only vitamin that is recommended for all Albertans.

28 Canned foods are budget-friendly and nutritious! Click [here](#) for 8 staple canned goods.

29 Your words matter! [Learn](#) how educators promote a healthy relationship with food.

30 Nutrition questions? Call HealthLink at 811 and ask to speak to a dietitian.