

One Meal at a Time

March is Nutrition Month and at Carleton Place & District Memorial Hospital (CPDMH), we're challenging Canadians to **Take a 100 Meal Journey**. It's all about pledging to make a small change to your eating habits and to stick with it - one meal at a time.

A recent nutrition survey revealed a significant 35% drop in people who made a change to improve their eating habits over the past couple of year. Dietitians of Canada wants to reverse this trend and inspire Canadians to make a small change to improve their health.

Deb Quintal, CPDMH's Dietitian, notes that half of Canadians over the age of 20 live with a chronic disease like diabetes or heart disease. Four out of five are at risk, with diet and lifestyle being major factors.

"I love this year's campaign," says Deb. "Since we will consume almost 100 meals in March, let's start by picking one change and incorporating that change into each meal. Stick with it and make it a lasting change! Eating well can boost your health and help you feel your best."

At CPDMH, Deb leads a Diabetes Clinic and a Heart Healthy Class and often shares these tips to ensure healthy eating. Good luck with your journey!



DEB'S TOP TIPS

- *Surround yourself with a clean environment. Keep treat-type snack foods out of sight at home and in the office.*
- *No time for an egg at breakfast? Grab a handful of almonds or pumpkin seeds to eat on the go.*
- *Limit juice and pop. Keep a reusable water bottle handy. Add some mint, berries or citrus for variety.*
- *Add more veggies to your meal by filling half your plate.*
- *Planning to eat out? Do your research ahead of time online and pick choices with less sodium. To cut back on calories, split an entrée, skip an appetizer or share dessert.*