



Nutrition News

Brought to you by Central Zone
public health dietitians

March is Nutrition Month! The theme for 2024 is *We are dietitians: Essential partners in health*. Here are some fun nutrition recipes to celebrate the month!

Banana “Sushi”

Spread nut butter on one side of a whole wheat tortilla. Place a peeled banana on top and roll the tortilla up around the banana. Slice your “sushi” roll into 1/2-1 inch rounds and serve!



Mac & Cheese with a Twist

After draining cooked pasta, return it back into the pot and make it more nutrient dense by adding cottage cheese, frozen peas, spinach, zucchini, tomatoes, mushrooms, and/ or broccoli florets.



Apple Sandwiches

Cut apples horizontally into slices and spread about 2 teaspoons yogurt or nut butter. Add sliced almonds, dried fruit, unsweetened coconut, seeds, and/or chocolate chips!



Dietitians are essential partners in health

- Dietitians work collaboratively with you to support your health and find solutions that factor in taste, culture, budget and lifestyle.
- Work in a variety of settings including hospitals, home care, schools, childcares, clinics and more!
- To get in contact with a dietitian and to find reliable nutrition information visit AHS.ca/nutrition. Classes, counselling and resources are available.

811

Health Advice 24/7

Speak to a dietitian.

Visit ahs.ca/811 or call 811 and ask to speak to a dietitian to access services through Health Link.

For more info. email: publichealthnutrition.centralzone@ahs.ca