

# TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES. ONE MEAL AT A TIME.

## 1 WEEK 1 GET READY!

Eating well can boost your health and help you feel your best. Want to eat better? Instead of trying to change everything at once, take a 100 Meal Journey. We eat about 100 meals in a month, so focus on making a small, lasting change and stick with it... one meal at a time.

Committing to make a healthy change is a great first step. Take a week to get prepared. Try our tips for choosing change, setting goals and putting strategies in place to support your 100 Meal Journey.

### Pledge to make a small, nourishing change and stick with it, one meal at a time.

Too many changes at once can be overwhelming and hard to keep up. It's better to make one nourishing change that sticks.

First, choose your change. Think about your eating habits. Where can you make a positive, easy change? Here are some ideas that can make a big difference:

- Fill more of your plate with vegetables.
- Choose whole grain instead of white bread.
- Serve smaller portions.
- Enjoy fruit for snacks instead of sweet or salty treats.
- Drink water in place of sugary beverages, like pop.

**Find all five fact sheets, from Get Ready to Make it Stick, at [NutritionMonth2016.ca](http://NutritionMonth2016.ca).**



### DIETITIAN PRO TIPS

Dietitians are food and nutrition experts who can help you make healthy eating changes. Here are some real-life strategies by dietitians to help you get started:

- Post your healthy eating goals in the kitchen and at your desk to keep healthy eating top of mind.
- Share your goals. Enlist your family and friends to support, not sabotage, your new habits.
- Make a meal plan so you know ahead of time what foods you will be cooking and eating. That way, you'll be less likely to make end-of-day fast-food stops.

Find a dietitian in your area:  
[www.dietitians.ca/find](http://www.dietitians.ca/find)



Track eating and activity on the go with **eaTracker**.  
Get inspired with recipe ideas from **Cookspiration**.  
Serve up a nutrition tip a day with **eaTipster**.





GET READY!

## Pantry raid! Take stock of your cupboards, fridge and freezer. Add foods to nourish your 100 Meal Journey.

Making nourishing meals and snacks is easier when you have healthy foods on hand. Get your kitchen ready for action with these good-for-you foods:

- Vegetables and fruit: fresh or plain frozen, dried and canned.
- Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads.
- Milk products: milk, cheese, yogurt, kefir.
- Nuts, seeds and nut butters: pumpkin seeds, flax, natural peanut butter.
- Canned and dried pulses: lentils, chickpeas, kidney beans.
- Eggs: whole or cartons of eggs or egg whites.
- Fish: plain frozen fish fillets, canned tuna or salmon.
- Meat and poultry: fresh cuts of red meat, turkey, chicken.

## Change your eating environment. Add healthy cues, like a bowl of fresh fruit on the kitchen counter.

Look around your house, workplace, car or anywhere you might be eating. Are there cues, like candy bowls and cookie jars, that hinder healthy habits? Redesign your environment with healthy cues to prompt good choices. Try these ideas:

- Put a bowl of fruit on the kitchen counter. Keep all other food in the fridge or cupboards.
- Keep a reusable water bottle on your desk so it's ready for sipping instead of sugary drinks.
- Store nourishing snacks, like cut up veggies, handy at eye level in your fridge. Put tempting treats at the back of the cupboard.

## Seeking support? Get on track with must-have apps from Dietitians of Canada.

A dietitian can help you assess your eating habits, set achievable goals and put strategies in place for lasting change. Get daily support with these top 3 dietitian-designed apps:

1. Tracking your eating habits can help you stick with your goals. **eaTracker** helps you set goals, track habits and get feedback along the way.
2. Need fresh meal ideas? Get inspired with **Cookspiration!** Find hundreds of dietitian-approved recipes to suit your mood and schedule.
3. **eaTipster** gives you a new dietitian-approved tip every day to motivate you to stick with your small change!

To download these must-have apps, visit:

[dietitians.ca/gettheapps](http://dietitians.ca/gettheapps)

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