What an exciting Month! Canada’s new food guide was released early in 2007 and the theme for this March, Nutrition Month®, is COOK IT UP HEALTHY!

The food guide provides specific recommendations for a balanced diet based generally on food groups and portion sizes. Below is an example, similar to the one in the food guide, which can help provide ideas of how to work certain dishes (like this salmon one) into a meal.

**BALANCED MEAL SUGGESTION:**
- 2 ½ oz salmon = 1 serving meat and alternatives
- ½ cup spinach, tomatoes & mushrooms = 1 serving of vegetable & fruit
- 1 cup brown rice = 2 grain products
- 1 cup skim milk = 1 serving milk & alternatives
- 1 cup salad = 1 serving vegetable & fruit
- 1 tbsp dressing = part of oil and fats intake
- 1 apple = 1 serving vegetable and fruit

**TOTAL: 3 vegetables & fruit, 2 grain products, 1 milk & alternative, 1 meat and alternative, a portion of daily Oils & Fats**

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**BAKED SALMON WITH TOMATOES, SPINACH & MUSHROOMS**

Preparation time: 10 minutes  
Total Time: 35 minutes  
Makes 2 servings

**Ingredients**

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<tr>
<td>4 salmon fillets (2 ½ oz each) or 2 large fillets (5 oz each)</td>
<td>2 medium tomatoes, chopped</td>
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<tr>
<td>2 cups chopped spinach</td>
<td>1/3 cup Sun-dried Tomato Vinaigrette Dressing</td>
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<td>1 cup sliced mushrooms</td>
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**Directions:**

1. Place salmon fillets (skin sides down) in 13 x 9-inch baking dish sprayed with cooking spray.
2. Mix remaining ingredients until well blended and spoon over salmon.
3. Bake at 375°F for 20-25 minutes or until salmon flakes easily (test with fork).

Recipe adapted from [www.kraftfoods.com](http://www.kraftfoods.com). Calories: 221, Total fat: 15g, Saturated fat: 2.3g, Protein: 17g, Vitamin A: 28% DV, Calcium: 5% DV, Iron: 12% DV
What is Nutrition Month®?

In March, all across Canada, dietitians collaborate to organize events to reinforce the role that nutrition plays in health and wellbeing. This year, the theme of Nutrition Month’s® is “Cook it up Healthy” in hopes of emphasizing, especially in today’s fast paced society, the benefits and joys that cooking can provide. The campaign will introduce new approaches and resources for home-cooked meals that can be delicious, quick, and easy at the same time.

Some Key Messages from Nutrition Month-Cook it up Healthy

-Canadian eating habits need refining – home-cooked meals can help control what we eat by including more fruits & vegetables, whole grain products, iron & calcium into our meals and reducing the amount of sodium and fat used in food preparation
- Families who prepare and eat meals together have healthier eating habits
- Canadians want to eat healthy and are looking for quick & easy meals

Source: http://www.dietitians.ca/members_only/pdf/NM07_Key_Messages_english.pdf

Canada’s Food Guide has made some significant changes from the 1992 version of the Guide and reflects input from Dietitians of Canada. Below are three of the major changes to the food guide.

1. Distinct guidelines on portion sizes and number of recommended servings. Depending on your age and gender (i.e. men and women over the age of 50, children, women of child bearing age), different amounts of daily servings are recommended. This change allows you to better choose the proper amounts of food to eat for healthy development and growth. It is also designed to help you to reduce your risk of chronic diseases such as heart disease, type 2 diabetes, osteoporosis, obesity and various types of cancer.

2. Emphasis on physical activity. There is such a strong relationship between being active and eating well on factors such as feeling good, building strong bones, helping maintain healthy weights, being active and eating well that the food guide has a more central focus on physical activity.

3. Guidelines on the amounts and kinds of fats and oils that can reduce saturated and trans fat intake. With their content of omega-3 fats which promote heart health, it is now recommended that one consume at least two Food Guide Servings of fish per week (i.e. sardines, mackerel, char, salmon).

WEBSITES TO CHECK OUT!

Nutrition Month Website:
http://www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/about.asp

Health Canada/Food Guide Website: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html