

March is Nutrition Month- Eating 9 to 5

During the month of March, dietitians across Canada will be sharing their food and nutrition expertise and serving up tips to: combat rushed mornings; improve choices at meetings, events and in the workplace; revive lunchtime; fight the mid-day slump and manage commuter cravings. This campaign for nutrition month will encourage people to eat well throughout the work day. Research shows that the workplace is the ideal setting to promote and practice healthy eating habits. Eating well at work can boost concentration and productivity. Healthy employees are less likely to be absent from work and more likely to perform well.

Workday challenges can make it difficult to eat well. Here are some tips to help with rushed mornings, fitting in lunch breaks, dealing with food filled meetings, workplace celebrations and end of day dinner struggles.

- Avoid the drive-thru. Try fast, make-ahead breakfasts like whole grain muffins or a homemade breakfast sandwich.
- Get the most out of your meetings. Order brain food, such as cheese, crackers, fruit and yogurt.
- Put dinner leftovers into containers and refrigerate for tomorrow's lunch.
- Take a break away from your desk to enjoy your lunch.
- Midday slump sinking in? No need for caffeine! Energize with a walk, some water or a small snack. Try peanut butter on apple slices.
- Long commute? Before you head home, grab a drink to wet your whistle. Sip on water, a plain latte or tea.

One of a dietitian's secrets to starting the workday off right is to get meal preparation going the night before. Beat the morning rush and eat well all day long with these helpful tips for prepping meals and snacks the night before:

- Portion and pack lunchbox snacks, such as fruit, vegetables with hummus, or roasted soy nuts.
- Fill up and refrigerate your reusable water bottle for sipping at work.
- Prep breakfast: wash and chop fruit, get out the breakfast dishes and set up the coffee maker.
- Get ready for tomorrow night's dinner. Cut veggies, cook grains and marinate meat.

For more tips for 'Eating 9 to 5!' and more information about Nutrition Month 2015 – visit www.nutritionmonth2015.ca or contact Stephanie Buckle, Regional Nutritionist at Western Health. You can also follow @NLnutrition2015 on Twitter for daily morsels. Additional resources can be found on [Western Health's Healthy Eating Page](#). Also keep your eyes open throughout the western region during the month of March for Nutrition Month displays in hospitals, grocery stores and in schools.