

# Nutrition Month Calendar - March 2024

Sustainable  
Sunday

Myth-buster  
Monday

Trivia  
Tuesday

Wellness  
Wednesday

Thrifty  
Thursday

All-Foods-Fit  
Friday

Supportive  
Saturday

Scan here or  
visit:

<https://bit.ly/NM2024calendargeneral>

SCAN ME



**Registered dietitians are essential partners in health.**



Celebrate Nutrition Month with a calendar full of nutrition tips, tricks, and take-homes.



Click on the underlined coloured links to learn more!



**Alberta Health  
Services**

**Created by AHS public  
health dietitians**

1



What does it mean to have a positive relationship with food? Click [here](#) to learn more.

2



Healthy eating is more than just what you eat. Explore [Canada's Food Guide](#) to learn more.

3



What steps can you take to eat a more sustainable diet? Learn more at [UnlockFood.ca](#)

4



Probiotics & prebiotics sound alike but are they? **Probiotics** are good microbes & **prebiotics** feed our gut. Learn more [here](#).

5



Did you know that an avocado has 2x more potassium than a banana? Use the tip with [this recipe](#)!

6



2024 is your year! Want to eat healthier but don't know how to start? Learn how to set & achieve goals [here](#).

7



Do you want to meal plan on a budget? Read [these tips](#) to learn how.

8



**Happy International Women's Day!** Learn which nutrients are important for women at every age [here](#)!

9



Need help? **211 Alberta** finds the answer for you. Available 24/7, call/text/chat or click [here](#) to learn more.

10

Wondering how to reduce your food waste? Look no further than [this handout](#).

11



Apple cider vinegar may or may not help your digestion, but it sure does taste good in a salad! [Click](#) to learn more.

12



Did you know Mediterranean foods help prevent chronic diseases? Learn more [now](#).

13



Sleep plays a big role in our overall wellness. [Find out](#) how our diet can impact our sleep.

14



Wondering how you can eat healthy on a budget? Read [here](#) for tips.

15

Learn about food neutrality and how it can help you pursue a healthier relationship with food [today](#).

16



AHS offers free classes and workshops on a variety of nutrition topics. Click [here](#) to learn more.

17



Curious about the benefits of plant-based foods? Click [here](#) for plant-based meal ideas.

18



Genetically modified foods are safe to eat. Find out more [here](#).

19



Did you know bell peppers have more vitamin C than oranges? Put this tip into action with [this recipe](#)!

20



**National Dietitian's Day!** Learn about what we do, how we can help and where to find us [today](#).

21



Try [these tips](#) to save a few dollars next time you are at the grocery store.

22



Rediscover your joy for food. Click [here](#) for 4 tips to find your satisfaction factor.

23



Click [here](#) to get inspired with new recipes for dinner tonight!

24

[Enjoy leftover food!](#)

*Best before vs.  
expiry dates*

25

Click [here](#) to learn how seed oils can be part of a healthy diet.



26



Did you know carrots are sweeter in the winter? Make the best of this tip with [this recipe](#).

27

[Vitamin D](#) is the only vitamin that is recommended for all Albertans.



28

Canned foods are budget-friendly and nutritious! Click [here](#) for 8 staple canned goods.



29



Your words matter! [Learn](#) how educators promote a healthy relationship with food.

30



Nutrition questions? Call HealthLink at 811 and ask to speak to a dietitian.

31

