



Cook It up Healthy Challenge

Welcome to Cook It Up Healthy

Dietitians of Canada have chosen this theme for Nutrition Month, 2007 to encourage Canadians to rediscover the pleasures of cooking healthy meals. Use this checklist to see how your meals compare to current Canadian eating habits.

Look to Dietitians of Canada website www.dietitians.ca for interactive tools on menu planning, recipe analysis and grocery shopping.

Cook it up Healthy Checklist

Yes

1. Despite a busy schedule do you spend at least 20 minutes each day preparing dinner?

Planning meals, having items on hand and having others help all save time in meal preparation. Even children can tear lettuce for a salad, scrub potatoes or set the table.

2. Do your food choices include low fat options?

If not, your food choices may provide more than the recommended 35% of calories from fat?

3. Do you try to eat as a family for 4 or more dinner meals each week?

Family meals allow parents to role model good food choices. Children and adolescents eat healthier and miss fewer breakfasts.

4. Do you avoid eating in front of the television each day?

20 % of Canadians who eat in front of the TV each day have trouble maintaining a healthy weight and are more negative about their health.

5. Do you try new recipes at least once a week?

More variety means a broader range of nutrients. Borrow "Simply Great Food" the new Dietitians of Canada cookbook from the library? Recipes taste great and are meant to save time too!

Total Checks:

If you scored 3 or more – Congratulations! You've got healthy eating in your sights. Keep up the great work.

If you scored less than 2 - Review your eating habits. Which questions did you not check? Target one of those for you next meal. You're worth it!