



Dietitians from across Canada celebrate Canadian foods in delicious ways to eat healthy!

Mary Sue from Halifax, Nova Scotia celebrates Nova Scotia blueberries –packed with disease fighting antioxidants, she eats blueberries (either fresh or frozen) with every breakfast she can! She recommends: “Warm up a generous handful of blueberries in the microwave oven until their juices ooze. Place atop hot oatmeal; add a splash of maple syrup and a dash of cinnamon. Enjoy with a glass of lower fat milk for a delicious hearty breakfast.”

Janine from Trinity Bay Newfoundland enjoys a hearty and heartwarming moose stew with home grown root vegetables like carrot, turnip, parsnip, onion, cabbage and potatoes. Moose is found in the Meat and Alternatives group of Canada’s Food Guide and provides important nutrients such as protein, iron and B vitamins. Moose is also low in fat. A warm berry crisp made from local partridge berries finishes off the family meal. Partridgeberries are packed full of antioxidants and vitamins.

Lois from Mississauga, Ontario is a peach fanatic! At breakfast she serves homemade spicy peach compote served atop whole grain pancakes; at lunch she enjoys a luscious fresh juicy peach when they’re in season, and for dinner she enjoys pork chops with a peach salsa. She rounds out the meal with garlic mashed potatoes, fresh spinach salad, and for dessert, a few pieces of cheese and of course, dried peaches!

Carolyn from Saskatoon delights her family with flax bread French toast topped with Saskatchewan sour cherry jam. Lunch is a local lamb burger on a whole wheat bun. Toppings include fresh garden lettuce, tomatoes and onions. A dinner favourite is bison roasted with rosemary and garlic served with baked root vegetables and a lentil salad. Fresh Saskatoon Berries on milk custard makes a perfect dessert.

Lynda from Victoria, BC enjoys the fabulous fusion of English, Asian and California cuisines in this coastal city. Her favorite brunch or light supper is a farmers frittata containing eggs, chopped sweet red pepper, chopped fresh basil, button mushrooms, roasted potatoes and some Vancouver Island crumbled chèvre (goat cheese), served along side of broccoli/apple slaw.

Audra and Tanya from Yellowknife, NWT enjoy fresh-caught local whitefish, lightly pan-fried with ginger-garlic soya sauce, fresh dill and a splash of white wine, served with warm, baked whole wheat bannock and salad. A simple dessert of mixed local berries (cranberries, blueberries, raspberries) topped with French vanilla yogurt rounds out the meal.

Caroline from Oka, QC end of summer menu includes a gaspacho made with fresh tomatoes she got from her neighbour, grilled chicken breast served with cranberry salsa accompanied with mini potatoes and baby carrots. To end the meal, she opts for a piece of Oka cheese and slices of Melba apple she just picked in the orchard.

For more information about Nutrition Month, visit www.dietitians.ca/eatwell. Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.

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