

March is Nutrition Month!

Throughout our daily lives, we are continuously exposed to a excess of foods, drinks, and snacks. It's difficult to pass by the snacks that we're craving and move into the produce section, but healthy eating plays a *huge* role in our mental and physical health. It's worth looking into our cupboards, fridges, and drawers, while being honest with the decisions we're making as far as healthy eating goes.

Why Do Our Bodies Need Food?

Everyone needs food to survive. That part is clear, but you can't survive on ice cream sandwiches and chips. The [purpose of food](#) is to:

- Repair, replace, and develop cells and tissues;
- Produce energy;
- Activate chemical processes; and
- Protect our bodies from infection

These are a few of the most important jobs food has in our bodies, while nutrients fuel our bodily functions. With the right diet, you will notice improvements in your skin, hair, health, etc. There's nothing to lose (except for a few pounds of course!).

Tips to Eat Healthier

You may have seen a picture of the food guide before and know that you should be eating far more vegetables and fruits than you have been, but where do you start? Here are a few tips to eat healthier, without having to make it complicated:

Eat Your Staple Foods

With every meal, you should be including a staple food that will provide you with energy and protein for the day. Staple foods include starchy foods such as rice, wheat, potatoes, yams, or plantains. Staple foods will keep you full and give you energy, but they will not provide you with the important vitamins your body needs to function.

Eat More Legumes

Legumes will provide you with protein and are also a source of vitamins, fibre, and minerals. They include beans, peas, lentils, groundnuts, and soybeans and are cheaper than animal meats!

Drink More Water

Drink more water. This may seem like an easy task, but you should be drinking around eight cups of fluid every day. You should also be drinking more water if you are active, in the sun, or sick (anytime your body is using up more fluids). A reusable water bottle can help you keep better track of the amount of fluids you're drinking daily, while encouraging you to drink more.

Hungry? There are 15 'free' delicious new recipes for Nutrition Month at <https://bit.ly/2M8cjfo>

