

## Mango Mania – Nutrition Month 2015: Eating 9 to 5! Week 1

MANGO and the ASD-N Healthy Learners Team are promoting healthy eating during Nutrition Month.

### TIP 1:

Did you know? Almost 40% of Canadians skip breakfast, increasing their risk for morning brain drain.

Read more to learn about some quick breakfast ideas...

Rushed mornings can leave little time for breakfast. If you skip the morning meal, your body and brain will lack fuel.

That means you might be less alert and unable to concentrate at work.

You're also missing out on some big benefits.

Eating a healthy breakfast is linked to:

- Healthy weights and reduced weight gain over time.
- Improved appetite control so you can avoid the morning munchies.
- Better intake of key nutrients including calcium, vitamin D, potassium and fibre

Get inspired with these quick breakfast ideas that can fit into your rushed mornings:

• <http://www.eatrightontario.ca/en/Recipes/Breakfast/Video--Quick-and-easy-breakfast-ideas#.VMqmdC7F95w>



## Mango Mania – Nutrition Month 2015: Eating 9 to 5! Week 2

MANGO and the ASD-N Healthy Learners Team are promoting healthy eating during Nutrition Month.

Bored with the same old sandwich? Think outside the lunch box! Reinvent dinner leftovers.

Read more to learn about some shortcuts to quick, healthy & delicious lunches...

Packing lunch is a healthy and budget-friendly habit. Keep it interesting! Reinvent tonight's leftovers into tomorrow's lunch with these three tasty ideas:

1. Leftover chicken or turkey + avocado + cheese + baby kale + tortilla = scrumptious southwestern wrap
2. Leftover barley, rice or quinoa + diced tomatoes + black beans + red onion + lime juice + hot sauce = yummy vegetarian lunch bowl
3. Leftover roasted vegetables + feta cheese + lentils + a drizzle of olive oil and balsamic vinegar = savoury dish that's tasty hot or cold

For more tasty lunch ideas, visit:

• <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Lunches/Brown-Bag-Lunches.aspx>



## Mango Mania – Nutrition Month 2015: Eating 9 to 5! Week 3

MANGO and the ASD-N Healthy Learners Team are promoting healthy eating during Nutrition Month.

Give your brain a boost with dietitians' top 10 smart snacks to pack in your lunch bag.

Read more for nutritious snacks ideas...

Smart snacks are rich in nutrients, with carbohydrates to fuel your brain, fibre to fill you up and protein to help energy last longer.

Pack these top 10 dietitian-recommended snacks in your lunch bag:

1. Whole grain crackers with a hard-boiled egg
2. Handful of grapes with a chunk of cheese
3. Veggie sticks with hummus
4. Apple slices with almond butter
5. Fresh fruit added to yogurt
6. Handful of nuts with dried fruit
7. Edamame and mint-infused water
8. Snap peas with black bean dip
9. Banana with peanut butter
10. Crunchy roasted lentils and green tea

For more smart stuff on snacks, visit:

- <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Healthy-Eating---General/Healthy-Snacks-for-Adults.aspx>

