



# Better Health

Keewatin Yatthe Regional Health Authority  
MONTHLY HEALTH PROMOTION NEWSLETTER



**March 2013 Theme – Nutrition**

## Welcome, Tansi, Edlaneté

Welcome back to KYRHA's Better Health monthly health promotion newsletter!

We hope you find the information useful in making *better health* choices.

Remember to share this with you co-workers and clients, and to post in your facility and community.

Send your questions, comments and submissions to:  
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## TIPS AND MORE

- “Smart” choice photos
- Eating habits survey: How well are you doing?
- EATracker: Track your foods and activities
- 24/7 education, learning and webinars
- Healthy recipes
- Meal and grocery shopping planning
- Daily nutrition tips

[www.dietitians.ca](http://www.dietitians.ca)

## Better choices, better health!



Healthy eating begins at the grocery store, where most people buy food and are faced with many choices — not all of them healthy!

Watch what you buy and your budget. ***Make a list and stick to it!***

Try these wallet friendly health-wise grocery shopping tips:

- **Shop sales** .....  
Scan store flyers and online coupon sites for specials
- **Stock up** .....  
Take advantage of discounts — buy extra staples such as bulk whole grains (oatmeal, brown rice), dried legumes (beans, peas, lentils), canned vegetables and fruit, and powdered milk. Buy extra meat, fish and poultry when on sale — freeze for use later.
- **Read food labels** .....  
Compare products to choose nutrient-rich foods in every aisle of the store. Fill your cart with vegetables, fruit, whole grains, milk products and lean fresh meat. Skip processed foods filled with fat, sugar or salt and are low in nutrients
- **Check for clearance items** .....  
Buy whole grain bread to freeze or vegetables and fruit to use in soups, stews or muffins
- **Compare prices** .....  
Take time to compare prices. “No name” brands are often lower in price
- **Use a calculator** .....  
As you shop, add up the grocery bill to help you stay within your budget
- **Eat before you shop** .....  
If hungry, you may be more likely to buy things you don't need. Food on sale is not a bargain if you don't need it or don't eat it!



For more information visit: [www.dietitians.ca](http://www.dietitians.ca)  
or contact your local dietitian: Stacey Shmyr  
306-833-3360 or [Stacey.shmyr@kyrha.sk.ca](mailto:Stacey.shmyr@kyrha.sk.ca)