



# Healthy Together



A MONTHLY NEWSLETTER

## March is Nutrition Month

Looking for information on the food you and your family eat?

- 1 Get healthy eating advice from a registered dietitian by dialing 8-1-1 (at no cost). Translation services are available in more than 130 languages.
- 2 Find nutrition information at [www.healthlinkbc.ca](http://www.healthlinkbc.ca) under Dietitian Services.
- 3 Visit [www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca) to find healthy recipes and learn about the importance of vegetables and fruit, sugary drinks, salt and sodium, and the informed dining program in BC.

**SODIUM INTAKE ...** Most of us eat more than double the amount of sodium we need. Healthy adults need 1500 mg of sodium per day and healthy children need 1000-1500 mg of sodium per day. Reduce your sodium intake by seasoning food with herbs and salt-free spices, lemon, vinegar, garlic, and onion.

## Emily's Zippy Dip

Serve this delicious dip with raw vegetables, whole grain crackers, baked tortilla chips or pita chips, or use it as a sandwich spread.

- 125 ml (½ cup) hummus
- 125 ml (½ cup) salsa
- 25 ml (2 tbsp) plain yogurt or sour cream

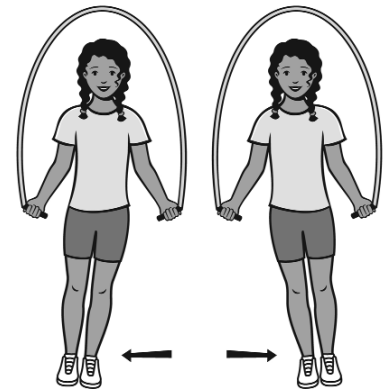
In a bowl, stir together hummus, salsa and yogurt or sour cream until blended well.

For school based healthy eating or physical activity information visit [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

## Bone-Building Skipping

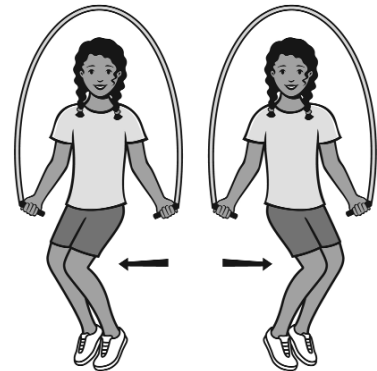
Have ropes easily accessible to encourage skipping at home and school. Wear proper footwear. Try these skipping activities:

- Skip in place, skip on the move, skip forwards, backwards, sideways, faster, and slower.
- Set a personal record then try to beat it.



Slalom

- Try 1 foot skipping, the slalom and twister.



Twister

**DID YOU KNOW?** Jumping rope not only builds strong bones, muscles, endurance, and co-ordination, it also helps to develop the brain for optimal learning!

