

Healthy Measures: Help...I'm in a rut!

Do you feel like you are eating the same thing day in and day out? Are you bored with your meals? With the day-to-day stresses of work and family, it's not surprising that many people get stuck preparing the same meals over and over again. Here are some tips to help you get out of your rut and into a new food groove:

Start simple

Think of all the recipes you already know how to make and add new skills and food gradually.

Take a cooking class

Many grocery stores, community colleges and municipalities offer cooking classes. Take one with your family to enhance food preparation and cooking skills and get new food ideas.

Shake up your favourite recipes

Making simple modifications to your current recipes can enhance their nutritional value and make something old feel new again. For example, add beans or vegetables to your pasta sauce or use ground chicken or turkey instead of meat for meatballs and chilli. Change up your cooking methods and try grilling vegetables or experiment with different herbs and spices.

Add some ethnicity

Plan your meals around ethnic theme nights such as Chinese, Indian, Mexican, Italian, Caribbean and Mediterranean.

Research

Researching new food recipes can be quick and easy: watch cooking videos on the Internet or read a cookbook for ideas and recipes. You can also download recipe applications directly to your smart phone or other mobile device.

Visit a farmer's market

When the weather gets warmer, visit your local farmer's markets and be inspired by fresh fruits and vegetables and homegrown products.

Plant a garden

Plant your own garden, starting with fresh herbs like basil, chives or mint. Vegetables like tomatoes, zucchini, peas and radishes are easy to grow and maintain. It's very rewarding to grow the food you eat.

Here are some fresh recipes to try from Dietitians of Canada:

[Beet, Orange and Jicama Salad](#)

[Thai Turkey Stir-fry](#)

[Broiled Cilantro Ginger Salmon](#)

[Swiss Chard Frittata on a Pita](#)

March is **National Nutrition Month**. This year's theme is *Celebrate food...from field to table*. Visit the [Dietitians of Canada](#) web site for more information and ideas on healthy eating, tips for preparing, cooking and celebrating Canadian food and learn how to connect with a Registered Dietitian.

Do you have questions about nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 and speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!