

NUTRITION BITS AND BITES

Unlock the Potential of Food: Find a Dietitian



Dietitians are here to help you and your family!

Dietitians are the experts in nutrition. They LOVE to talk about food and enjoy helping others find joy in eating and the connections between nutrition and health.

Dietitians see clients of all ages and stages of life. They can support families with children who may be experiencing selective eating, growth concerns, or nutritional deficiencies.

Dietitians are located all around the Southern Health-Santé Sud region and can be seen in person or virtually over the phone or video conference.

Contact your primary care provider or community health services unit to inquire about making an appointment with a dietitian.

Is there a difference between a Registered Dietitian and Nutritionist?

YES! Dietitians are regulated health professionals with a university degree in nutritional sciences. They also have to meet regulatory standards to maintain their credentials yearly.

In the province of Manitoba anyone, regardless of schooling or education, can call themselves a nutritionist.

To ensure the nutritional information you are seeking is accurate and safe, stick to a Registered Dietitian (RD)

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Yogurt Bark

- frozen mango cubes, thawed -3/4 cup (175 mL)
- water- 3 tbsp (45 mL)
- vanilla Greek yogurt- 1 1/2 cups (375 mL)
- 6 - 8 large strawberries, diced ~6-8
- 1 handful of pumpkin seeds
- 1 handful of unsweetened coconut strips



Directions:

1. Mix together the mango cubes and water. With an immersion blender, purée until smooth and evenly combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt in a layer approximately one centimetre thick.
4. Pour the fruit purée over the yogurt. With the tip of a knife, marble the mixture using circular motions.
5. Sprinkle with toppings: strawberries, pumpkin seeds and coconut strips.
6. Place in freezer until the yogurt is completely frozen, about two hours.
7. Break the bark into pieces and enjoy! The bark can be stored in the freezer.

Recipe source: Dairy Farmers of Canada

Get the kids involved! Kids can help by:

- Spreading the yogurt
- Sprinkling the toppings
- Suggesting new and interesting fruit/nut/ seed combinations



scan the QR code
for more information on Nutrition
Month including more recipes!

** Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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