



## NUTRITIONAL WELLNESS MARCH & APRIL 2015



“Nutritional Wellness” is developing healthy eating habits and lifestyles practices. There are many tools and resources available to assist in managing nutrition. By managing healthier eating habits and certain risk factors, your commitment towards becoming more health conscious is a achievable goal. The Nutritional Wellness dimension continues to engage everyone in improving overall long-term health.

**Track your nutritional activities and accumulate points. Points are transferred onto your KEI Wellness Passport, towards your Health Service spending account (HSSA), and eligibility for draws.**



Nutritional Activities	Date Completed	Points
Complete a Health Risk Assessment – 50 pts (max. 1/year)		
Go to the Homewood Health website and calculate your calorie requirement. What does the abbreviation of BMR and AMR mean? What is the definition of both? - 10 pts		
Create a login on Fitbit website and create a Dashboard with a Food Log. <a href="https://www.fitbit.com/">https://www.fitbit.com/</a> - 10 pts		
Complete Homewood Health: 30-Day Nutrition Challenge:30 pts (Weight Loss, Healthy Heart or Sugar Buster) 18006631142		
Create a personalized “My Food Guide” part of the Canada’s Food Guide @ <a href="http://healthycanadians.gc.ca/eating-nutrition/food-guide-aliment/my-guide-mon-guide/index-eng.php">http://healthycanadians.gc.ca/eating-nutrition/food-guide-aliment/my-guide-mon-guide/index-eng.php</a> - 5 pts		
Complete a Nutri-eScreen Eating Habits Survey @ <a href="http://www.nutritionscreen.ca/escreen/">http://www.nutritionscreen.ca/escreen/</a> - 5 pts		
Create a health dashboard under the Dietitians of Canada @ <a href="http://www.eatracker.ca/">http://www.eatracker.ca/</a> - 10 pts		
Complete a Nutritional Food Label Quiz @ <a href="http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/quiz-interactive-eng.php">http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/quiz-interactive-eng.php</a> - 5 pts		
Create an online account on the Heart & Stroke Foundation website - 5 points <a href="http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581583/k.F7E3/Heart_Disease_Stroke_and_Healthy_Living.htm">http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581583/k.F7E3/Heart_Disease_Stroke_and_Healthy_Living.htm</a>		
Under the Heart & Stroke Foundation website, go to Health e-tools and create a Weight Action Plan. Show 4 weeks tracked on your action plan and get 50 pts.		
Under the Heart & Stroke Foundation website, go to Health e-tools and create a Blood Pressure Action Plan. Show your action plan for 25 pts.		

Nutritional Activities	Date Completed	Points
Provide a Nutritional comparison (Calories, Carbohydrates, Fats, Sodium, Protein) between any McDonald's burger and any other healthy burger. McDonald's Nutrition Centre - 20 pts <a href="http://www.mcdonalds.ca/ca/en/food.html?gclid=CL2Hx_iX7sMCFdgHgQodjJgAlA">http://www.mcdonalds.ca/ca/en/food.html?gclid=CL2Hx_iX7sMCFdgHgQodjJgAlA</a>		
Find a healthy cooking lesson on YouTube. Cook the recipe and take a photo of what you made. - 15 pts		
What is included on a Nutrition Facts Table? Provide 10 items. - 10 pts		
Choose and research a Nutritious Topic (i.e. How to increase Fibre in your diet) and write 5 points on this topic. - 20 pts		
Create and provide 3 Healthy Eating Tips - 5 pts		
Provide 5 myths and 5 truths about Nutrition. - 10 pts		
Name 5 healthy benefits of water. - 5 pts		
Read an educational article on unhealthy eating and submit a print out. - 10 pts		
What is HDL? What is LDL? Which one is good for you? Hint: Cholesterol - 5 pts		
Canada's Food Guide includes 4 food groups. What are they? - 4 pts		
Create a Healthy Meal Plan for 1 month that includes Canada's Food Guide's 4 food groups. - 25 pts		
Provide a healthy recipe that includes all 4 food groups. - 10 pts		
Name other sources (i.e. types of food) that a vegetarian can eat and still get all 4 groups into their diet. - 10 pts		
Create your own 12 month calendar with health eating information, recipes, etc. - 50 pts		
Submit 5 recipes with photo to be added to the KEI family Cookbook. 5pts/recipe (max. 5 recipes) - 25 pts		
Complete a "What's your nutrition IQ?" quiz. Available at Health Services. - 10 pts		
Write 3 "personal" nutritional objectives. - 3 pts		
Find and make a healthy smoothie. Take a photo drinking the smoothie. - 15 pts		
What's My Risk? Complete a questionnaire <a href="https://www.mycanceriq.ca/Cancers/Risk">https://www.mycanceriq.ca/Cancers/Risk</a> (5 pts/assessment)		
Donate healthy topics to the KEI's Library i.e. food related books, cookbooks, etc. - 2 pts/book (10 books max.)		
Provide 5 Food Safety Tips - 5 pts		