Nutrition Station #1

Using your PCN Grocery List/Meal Planner (meal plan is on back of pages):

- ✓ Plan two easy nutritious meals for when you have a flare up. Aim for 4 food groups.

- ✓ Plan how you will get groceries as well.

Nutrition Station #2

- ✓ Omega 3 fats- sources:
  - o Fish- salmon, rainbow trout, sardines
  - o Walnuts
  - o Ground flax
  - o Hemp seed
  - o Omega 3 eggs
  - o Canola and flax seed oils
  - o Fortified products- margarines, milk and yogurts that are labeled with Omega-3's added.

Using your PCN Grocery List/Meal Planner:

- ✓ Add one item to grocery list that is high in omega-3s.
- ✓ Explore how you will incorporate into your eating- when and how will you eat this item?

Nutrition Station #3

Using your PCN Grocery List/Meal Planner:

- ✓ Plan healthy snacks for the next 3 days (2 snacks/day).
- ✓ Healthy snack ideas: (You can use these or make up their own). A healthy snack contains 1-2 food groups from Canada's Food Guide.
  - o Fruit and yogurt
  - o Hummus and raw veggies or small pita bread
  - o Unsalted nuts/seeds
  - o Cottage cheese and fruit
  - o Whole grain crackers and cheese
  - o Graham crackers and peanut butter
  - o Air popped popcorn
  - o Small bowl high fibre cereal and milk
  - o _____
  - o _____