



# the HEALTHY DOSE

keep up with us:

## Nutrition and Healthy Eating



**“Avoid beverages high in sodium and sugar”**

Concerned about getting the right nutrients in your diet? Follow these tips and speak to a health care professional for advice on nutritional supplements.

- Pick nutrient-dense foods including regular intake of vegetables, fruits, whole grains and protein-rich foods, especially plant-based protein.
- Limit the amount of processed foods which can be high in saturated fats, sodium and sugar.
- Avoid beverages high in sodium and sugar and drink lots of water instead.
- Plan meals ahead of time and make meal preparation a family activity to promote healthy attitudes about food.



Not sure when you need to supplement? Vitamins or supplements may be beneficial in the following situations.

- chronic diseases or cancer
- eating disorders
- taking certain prescription medications
- after bariatric surgery
- excessive alcohol intake
- pregnancy
- smoking
- restrictive diets, eg vegetarian

If your doctor has recommended calcium, vitamin D, vitamin B12, iron or other supplements, speak to your Morelli's pharmacist and make sure you get the most appropriate product for your health needs.

Pregnant or breast feeding? The pharmacists at Morelli's can help you pick a pre- or post-natal vitamin to ensure you and your baby are getting everything you need. If you are travelling this March Break, speak to the professionals at Morelli's about probiotics and find out how to avoid Traveller's Diarrhea.

### Visit your Morelli's Pharmacy in March for one of our Nutrition Clinics

North Oakville	March 10 <sup>th</sup>	12pm-4 pm
Fairview	March 16 <sup>th</sup>	12pm-4 pm
Markham	March 25 <sup>th</sup>	12pm-4 pm
Brampton	March 10 <sup>th</sup>	12pm-4 pm
Burloak	March 12 <sup>th</sup>	12pm-3 pm
Boxgrove	March 18 <sup>th</sup>	11am-4 pm
Aurora	March 24 <sup>th</sup>	12pm-4 pm
Maple Leaf Square	March 14 <sup>th</sup>	10am-2 pm
Leaside	March 10 <sup>th</sup>	12pm-4 pm
South Oakville	March 24 <sup>th</sup>	12-4 pm