

Nutrition Tips

- Remember to eat a VARIETY of foods because no single food is perfect. To get all the nutrients you need, enjoy as many different foods as possible from each of the four food groups in Canada's Food Guide to Healthy Eating!
- Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and fruit juice, yogurt, cheese, and eggs.
- Moderation doesn't mean giving up foods you love, it only means having a smaller amount less often. It's not just what you eat, but how often and how much, that really makes the difference!
- On the run? Is your life hectic? Snacks are a great way to tie you over until mealtime. Whether you're a school or at work, choose the healthy items in vending machines such as nuts and seeds, water, milk, 100% fruit and vegetable juices, fruit and fruit cups!
- Don't get the brown bag blues! Spice up your lunch by being creative. Instead of your usual ham sandwich, try some guacamole on whole grain crackers with a glass of milk! Or try hummus spread on pita wedges with raw veggies and yogurt rinsed down with 100% fruit juice! The possibilities are endless!
- Start your day the healthy way! Eat your breakfast every morning so that you will have energy to play with friends and have fun learning in school!
- Eating well and exercising helps your body grow healthy and strong! Think of a healthy food that starts with the first letter of your name!
- You need to eat many different foods to be healthy! There are four food groups in Canada's Food Guide to Healthy Eating. Can you name all four???
 - Grain Products
 - Vegetables and Fruit
 - Milk Products
 - Meat and alternatives



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- Healthy foods come in all shapes, colors, and sizes. Try a new food this week and explore a new taste and smell!
- Don't forget to drink water when you exercise or play with friends! It's a great drink to quench your thirst any time of the day!
- Be realistic about your body size and shape. Your genes have a lot to do with the way you look so avoid trying to be someone you were never meant to be. Feeling good about yourself starts with accepting how you look. Remember, healthy bodies come in all shapes and sizes!
- Make active living part of each day. Help your body move more by taking the stairs instead of the elevator for example and be active no matter what the weather - raking leaves, shoveling snow, all count toward your daily activity goal! Remember to stay hydrated – water is a great beverage to quench your thirst any time of the day!
- A single meal or day of eating rich foods will not make or break an otherwise healthy eating pattern. What you eat on a regular daily basis is what matters most. Enjoy your occasional indulgences but follow a healthy meal plan most of the time.
- Vitamin/mineral pills are not insurance for a poor diet! Only food provides you with great taste and the energy you need to get moving and feel great. Some individuals, including pregnant women, can benefit from supplements. Before taking any supplements talk to a registered dietitian.
- Carbohydrate foods are an important part of healthy eating and are the main source of energy for most people. Include more whole grains breads and cereals, rice, pasta, vegetables and fruit as well as beans, peas and lentils in your meal plans.
- Milk and milk products are a key source of calcium and other bone building nutrients such as vitamin D, magnesium, phosphorus and protein. Fluid milk is fortified with vitamin D. A healthy eating plan, which includes calcium and vitamin D along with daily activity will help prevent osteoporosis. Aim for 2-4 servings of milk and milk products each day.
- Fiber is important to help maintain regularity and control blood cholesterol and blood sugar levels. Eat a variety of fiber-rich foods everyday including whole grains, fruits, vegetables, and legumes such as beans, peas and lentils.



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- Grain products provide B-vitamins, iron and carbohydrates. Enjoy whole grain choices more often such as whole wheat, oats, barley, rye, bran or oat breads and cereals, brown rice, multi-grain breads, pumpernickel bagels, and whole wheat flour tortillas and pita bread.
- Strict weight control diets don't work in the long run. Most people who lose weight typically gain it back along with a few extra pounds. Instead of dieting adopt long lasting healthy habits such as eating well and keeping active.
- High protein/very low carbohydrate diets can be a risk to your health. Instead, follow a balanced food plan which includes foods from all four foods groups. For more information about healthy diets contact a registered dietitian.
- Balance your food intake with your daily activities and energy needs to maintain a healthy weight.
- Make small and gradual changes to your eating and activity habits. Pick one eating and activity change and stick with it for several weeks before adding a new one. Small steps work better than giant leaps to improve healthy living habits for the long term.
- Keep energized by having regular meals or snacks every 3-4 hours. Keep healthy snack and meal choices handy at work, in the car and at home to avoid settling for something less nutritious. Drink plenty of fluids including water throughout the day.
- A weekly meal plan can help you get organized, cut down on trips to the store, and reduce reliance on take-out or delivered foods. Get other family members involved in the planning, shopping, preparation and clean-up
- Got Milk?

Days are short but bodies still need the sunshine vitamin - Vitamin D! A cool, refreshing glass of milk provides vitamin D and other bone-building nutrients needed for growing children and adolescents.

Canada's Food Guide to Healthy Eating recommends:

- 2-3 servings for children ages 4-9 years
- 3-4 servings for youth ages 10-16 years

