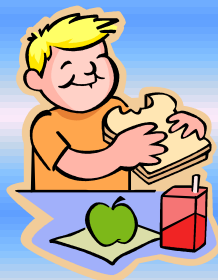


HEALTHY EATING



What is Healthy Eating?

Healthy Eating means eating a variety of foods you enjoy, especially cereals, breads, other grain products, vegetables and fruit. It means choosing lower-fat foods more often and cutting down on the amount of fat you use to prepare foods. It also means limiting salt, alcohol and caffeine in your diet. **Canada's Food Guide to Healthy Eating** (http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html) has lots of tips and suggestions to help you make healthy eating a part of your everyday life!



Tips on Healthy Eating:

- Follow Canada's food guide for healthy eating
- Treat your taste buds. Try one new fruit, vegetable or an ethnic dish this week to enjoy variety and new taste.
- 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.
- 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.
- 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 an extra glass of water every day this week.
- Rev up your breakfast! Try refreshing yogurt topped with sliced bananas and a sprinkling of cold cereal for crunch. For breakfast on the go grab a small whole wheat bagel with some cheese and an apple.
- Enjoy eating well, being active and feeling good about yourself. That's vitality.
- Carefully select a fruit and cereal bar that is low in fat and contains whole grains.
- Power Activities such as jumping, weight lifting, throwing a ball, swinging a bat require short bursts of energy. These activities use special chemical energy stored in the muscle.
- Speed Activities such as running, and swimming use sugar stored as energy in the muscle and liver.
- Endurance Activities that continue for longer more than 20 minutes use sugar stored as energy in the muscle and liver and stored fat as energy.
- Make sure you start your day with a breakfast
- Make sure you have 5-10 servings of fruit and vegetables each day
- A good guideline is for each pound of weight lost in sweat, drink 2 cups of water to replace lost body fluid.
- Put a copy of the food guide to Healthy eating on your fridge to remind your family which foods to eat more often
- Have nutrition questions? Dietitians provide food and nutrition information you can trust. To find a Registered Dietitian, check out the Dietitians of Canada website at www.dietitians.ca or call the Consulting Dietitians of Canada at 1-888-901-776.

Eating for Adventure

Guidelines for eating before a strenuous Adventure

Foods to go:

Protein

Hard boiled eggs. Leave them in the shell to keep them clean and fresh.

Cheese

UHT milk shake

Yogurt squeeze

Peanut or other nut butter



Carbohydrates / Starches

Whole grain breads, bagels, and crackers

Pitas, dry breakfast cereal – this can be made into a trail mix by adding raisins or other dried fruit, and coconut. Some chocolate chips are nice too.

Vegetables

Prepare and package fresh vegetables. Carrot sticks or mini carrots, broccoli, cauliflower, celery, cucumbers.



Fruit

Apples, pears, plums, bananas, grapes, blueberries, strawberries, kiwi.

1 to 2 hours before the activity	2 to 3 hours before the activity	3 or more hours before the activity
Fruit or vegetable juice, sport drink, fresh fruit (low fibre)	Fruit or vegetable juice, sport drink, fresh fruit Breads, bagels with jam, English muffin with jam	Fruit or vegetable juice, sport drink, fresh fruit Breads, bagels with jam, English muffin with jam Nut butter (peanut, sesame, soya) Lean meat, reduced fat cheese Baked potato Cereal with 1% M.F. milk Pasta with tomato sauce

Source: Dietitians Canada, Health Canada and Howard Sileg, B.Sc.PDr., Valley Flax Flour



Links to some useful websites on Healthy Eating and Nutrition:

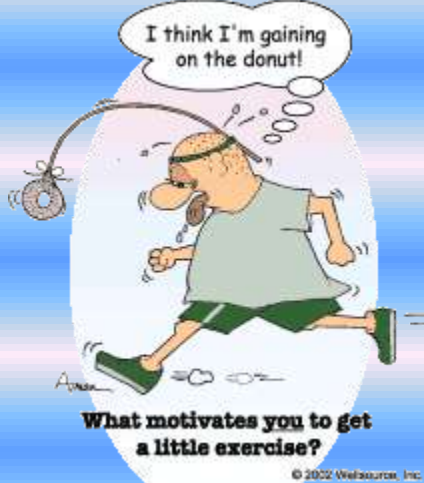
- Dietitians of Canada: <http://www.dietitians.ca/child/index.asp>

This web site is designed to help you check out your food choices, activity patterns, and healthy weight. It provides you with personalized feedback to help you achieve your healthy eating and active living goals and answers your nutrition questions.



- **Health Check:** <http://www.healthcheck.org/>

Health Check™ is the Heart and Stroke Foundation's food information program. Every food in the program is evaluated by registered dietitians, based on *Canada's Food Guide*. The Health Check™ symbol on food packaging is your assurance that the product contributes to an overall healthy diet.



- **BECCEL Canada:** <http://www.becel.ca/default.asp>

Becel is committed to providing information to the public on how to be heart healthy. The website describes a four week personal action plan to fulfilling the goal of becoming heart healthy. There is also other useful information on eating well, meal planning and your heart.



- **Canadian Health Network:** <http://www.canadian-health-network.ca>

The mission of the Canadian Health Network is to promote healthy choices. They do this by communicating trustworthy information on health promotion and disease and injury prevention through a network of expert organizations. The website provides a variety of quality information on not only Health eating, but also on a variety of topics such as: Active Living, Health Promotion, Health System, Injury Prevention, workplace health, mental health, etc. It is even broken down into sections by specific groups such as youth, seniors, men, women, etc.



- **Nutrition Labelling Education Centre:** <http://www.healthyeatingisinstore.ca/>

Healthy Eating is in Store for You™ (HESY) is an exciting project that will help consumers make healthy food choices through better use of the nutrition information on the label of packaged foods. The Canadian Diabetes Association and Dietitians of Canada have joined forces to bring this program to you. Funding for the project was

received from Health Canada through the Canadian Diabetes Strategy Prevention and Promotion Contribution Program.

- **Nova Scotia Health Promotion & Protection:** <http://www.gov.ns.ca/hpp/healthyeating.html>

Recent reports show that Nova Scotians are the second most obese in the country, and childhood obesity is a growing problem. Nova Scotia Health Promotion will work closely with the Department of Education, school boards, schools and many other partners to develop provincial school food and nutrition policy. This will include guidelines to provide healthier choices in vending machines and on the menus, and give parents the tools they need to feed their children a balanced diet.

Publications:

“Healthy Eating Nova Scotia”

<http://www.hpclearinghouse.ca/pdf/HealthyEatingNovaScotia2005.pdf>

“Food and Nutrition in Nova Scotia Schools”

<http://www.gov.ns.ca/hpp/repPub/FoodAndNutritionInNSSchoolsFinalJun04.pdf>

“Health Eating Choices for your children”

http://www.healthcheck.org/english/pdf/HSF_MiniBooklet_v2.pdf

Eat your way to
5 A Day

