

# 5 Tips for Healthy Eating



**Healthy eating is the cornerstone of a healthy lifestyle. It will help keep you looking good and feeling great!**

Follow these simple guidelines from Dietitians of Canada to help you eat well and live well:

## 1. Go for Whole Grains

Whenever you can, choose whole grains like whole wheat, wheat bran, oat bran, oatmeal, barley and bulgur. Grain products give you energy for your busy day, and the fibre in whole grains helps stabilize your blood sugar and keep your digestive system regular.

### Quick Tips:

- Start your day with a bowl of whole grain cereal
- Make sandwiches with whole grain bread or rolls
- Add barley, lentils, kidney beans or brown rice to soups and stews
- Substitute whole-wheat flour for all or part of the white flour when baking
- Choose whole-grain crackers
- Use whole grain pasta

When choosing grain products, pay attention to your serving sizes.

### A serving is:

- 1 slice of bread or  $\frac{1}{2}$  bagel
- $\frac{3}{4}$  cup (175 mL) hot cereal
- 30 grams cold cereal
- $\frac{1}{2}$  cup (25 mL) rice or pasta

## 2. Load Up on Vegetables and Fruit

Vegetables and fruit are packed with nutrients and fibre, so enjoy a wide variety of them. Try to include at least one dark green and one orange veggie daily.

### Quick Tips:

- Try a new vegetable or fruit each week
- Sprinkle some berries over cereal
- Pack a few pieces of fruit with your lunch
- Start dinner with a salad of dark greens like spinach or romaine lettuce
- Enjoy a veggie stir fry for dinner

### A serving is:

- 1 medium fresh fruit
- $\frac{1}{2}$  cup chopped fruit or veggies
- 1 cup (250 mL) raw leafy vegetables
- $\frac{1}{2}$  cup (125 mL) 100% juice

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### 3. Make Your Day with Milk Products

Milk products are a great source of protein, calcium and B vitamins. And they're delicious!

#### Quick Tips:

- Add milk to soups, puddings and other home-prepared dishes
- Make a low fat dip with yogurt
- Bring a few small cheese cubes with you for a quick snack
- Enjoy a serving of chocolate milk for a real treat

#### A serving is:

- 1 cup (250 mL) milk; choose lower fat options like skim, 1% or 2% milk
- 1 ½ oz (50 g) cheese
- ¾ cup (175 mL) yogurt
- 1 cup (250 mL) fortified soy beverage

### 4. Choose Lean Protein

Meat and meat alternatives are a good source of protein, iron, zinc and other nutrients. Make lean choices and prepare them with little or no added fat. For added variety, enjoy alternatives like legumes (kidney beans, chick peas, and lentils), eggs, peanut butter and tofu.

#### Quick Tips:

- Bake, broil or barbecue meat, fish and poultry
- Enjoy fish like salmon, trout and mackerel a few times a week

- Try meatless meals like lentils with rice, omelettes, or tofu burgers
- Keep boiled eggs in the fridge for handy, quick snacks

#### A serving is:

- 2 ½ oz (75 g) or ½ cup (125 mL) cooked meat, poultry or fish
- 2 eggs
- ¾ cup (175 mL) cooked legumes
- ¾ cup (175 mL) or 150 g tofu
- 2 tbsp (30 mL) peanut butter
- ¼ cup (60 mL) nuts or seeds

### 5. Go Easy on Added Fats

Fats and oils add a lot of flavour to food, and they help us absorb some nutrients. But high fat diets are also linked to health risks such as obesity and high blood cholesterol, so use added fats in moderation.

#### Quick Tips

- Try lower fat versions of salad dressings and mayonnaise
- Reduce the oil and add a splash of flavoured vinegar or fresh lemon juice to salad dressings
- Try mustard, chutney or salsa on sandwiches instead of mayo
- Use more herbs and spices to season your food
- There is no specific recommendation for healthy amounts of fats and oils. Use them in moderation to add taste and enjoyment to your food.

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