

4 Shortcuts in the Kitchen

1. Rely on *some* quality convenience foods:

Try ready-packed salad greens, pre-cut vegetables, frozen vegetables and fruits, and pre-trimmed meats. Avoid packaged foods with added fat, sugar or salt. Identify them by reading Nutrition Facts tables and ingredient lists.

2. Design meals based on the four food groups. Ensure each meal includes:

1. a serving or two of vegetables; fruit for dessert
2. whole-grain rice, bread, cereal, crackers or pasta
3. milk, cheese or yogurt
4. one serving of lean protein or a meat alternative



3. Collect cookbooks or recipes with short, easy, healthy recipes: Create a master list of favourites for busy days.

4. Stock up on staples, such as: low salt canned beans and tomatoes, whole-wheat pasta and frozen vegetables.

The bottom line: Watch portion sizes. Limit processed and packaged foods. Eat more “whole” foods. Prepare it yourself.

How to Eat Less

Identify situations that lead to overeating.

Decide how much you’ll eat before certain events — a hockey game, eating out or watching a movie — and try to stick to that limit.

Recognize when you’ve eaten enough to satisfy your hunger, and leave the table or put the food away. You’re more likely to notice you are full when you eat slowly and savour the flavours of your food.

Measure servings. Don’t eat out of packages. Place a single serving (as defined by Canada’s Food Guide) into a small dish.

Choosing the right fats

Some fat is necessary for a healthy diet. Both the type and amount of fat you eat are important.

- **The Food Guide** recommends vegetable oils such as canola, olive and soybean, or soft (non-hydrogenated) margarines made from these oils. They contain unsaturated or “good” fat.
- **You** should limit butter, hard margarine, lard and shortening, since they contain unhealthy saturated and/or trans fat.

When cooking and baking:

- **The Food Guide** recommends 30-45 ml or 2-3 tbsp unsaturated fat each day. Choose vegetable oils (olive, canola, soybean) and soft margarine instead of butter or lard to reduce your intake of unhealthy saturated fat.
- **Use** small amounts of vegetable oils for stir-frying or sautéing — 5 ml or 1 teaspoon is usually enough.
- **Skip** creamy dressing. Use oil-based vinaigrettes instead.
- **Fill** a spray bottle with oil and gently spray your pans instead of greasing with butter.

Join the Club

By using Canada’s Food Guide, you’ll be one of a growing number of people aiming for a healthier lifestyle through nutrition and physical activity. **Here are some other resources you can use:**

Nutrition:

Eating Well with Canada's Food Guide — First Nations, Inuit and Métis:
www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index_e.html
Dietitians of Canada:
www.dietitians.ca

Fitness:

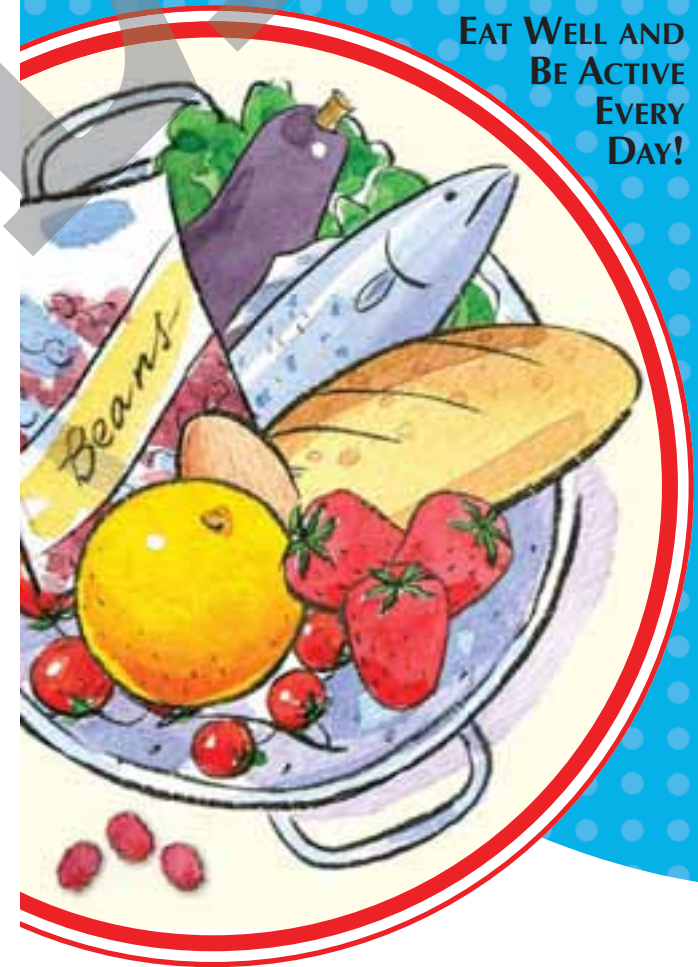
Canada's Physical Activity Guide:
www.phac-aspc.gc.ca/pau-uap/paguide/index.html

Reviewed by Cara Rosenbloom, RD, Personal Best Canadian Wellness Advisor, 5/09.
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EATING WELL WITH CANADA'S FOOD GUIDE



EAT WELL AND
BE ACTIVE
EVERY
DAY!



MEET CANADA'S FOOD GUIDE

Eating Well with Canada's Food Guide, published in 2007, includes healthy eating guidelines for all Canadians with an individualized approach based on age and gender.

How is the 2007 Guide different from past Food Guides? If you fondly remember the 1970-1980s circular food guide or the 1992 rainbow version, you may be surprised by some of the differences in the 2007 version.

Key changes include these recommendations:

- **Eat at least one dark green and one orange vegetable each day.**
- **Make at least half of the grains you eat whole grains.**
- **Drink fortified soy beverages if you do not drink milk.**
- **Eat at least two Food Guide servings of fish each week.**
- **Over 50? Take a daily vitamin D supplement of 10 ug (400 IU).**
- **Eat 30 to 45 ml or 2 to 3 tbsp of unsaturated fat daily.**
- **Limit trans fat.**
- **Satisfy your thirst with water.**

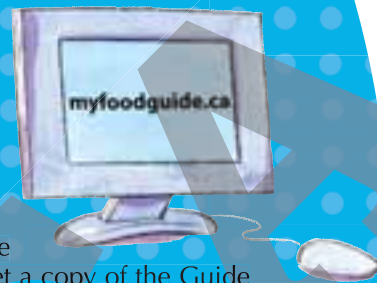
Getting Started

The updated guide includes a website that offers personalized food guide plans (www.myfoodguide.ca) and helpful food lists. It also features a section for First Nations, Métis, and Inuit populations, and offers the Guide in several languages. Get a copy of the Guide at www.healthcanada.gc.ca/foodguide.

Bottom line: Eating according to the Food Guide helps you:

- **Get enough nutrients, such as vitamins and minerals**
- **Reduce your risk of heart disease, certain types of cancer, osteoporosis, obesity, and type 2 diabetes**
- **Maintain your overall health and energy**

This brochure presents valuable tips for using the Food Guide. So set a goal, and **GO FOR IT.**



Build Your Food Guide

Simple steps to good nutrition:

- To personalize your Food Guide, go to www.myfoodguide.ca and select your age and gender.
- A table appears that gives you the daily number of servings from each of the four food groups.
- Choose 1 to 6 examples from each food.
- Choose 1 to 6 examples of physical activities.

Then view your Food Guide results:

My Numbers: Recommended number of daily servings you need from each food group.



125ml or ½ cup tomato sauce.

My Examples: You'll see pictures of one Food Guide serving for each food group. The vegetables and fruit servings might show 125 ml or ½ cup of broccoli, 250 ml or 1 cup raw Romaine lettuce, or

Tip: Create an individualized Food Guide for everyone in your family. No Internet access? Call 1-800-O-Canada (1-800-622-6232) to request a copy of the Guide.

Below these two tables is a reminder to include 30 to 60 minutes of moderate physical activity in your day, every day, and a list of physical activities you selected. You can get more ideas for getting active from **Canada's Physical Activity Guide** at www.phac-aspc.gc.ca/pau-uap/paguide/index.html.



Note: Increase the duration of your daily physical activities according to your weight and fitness goals. You don't have to exercise nonstop for an hour – increments of at least 10 minutes that add up to 30 to 60 minutes a day are beneficial, too.

Wage a Sweet Defence

Check food labels for added sugar and sweeteners such as corn sweetener, brown sugar, malt, glucose/fructose and dextrose. Unless the sugar is natural, such as that found in fresh fruits and milk (lactose), stay aware that added sweeteners tend to pile on empty calories.



Remember that other activities outside of scheduled exercise count toward your physical activity goals, such as gardening, housework and walking. The point is — get moving any chance you have.

Remember: Living in a fast-food culture, chances are you might not be eating the recommended daily amount of the essential nutrients. Don't be discouraged. The ultimate goal is to change your lifestyle habits gradually.

Tips from Canada's Food Guide:



• **Eating breakfast** every morning may help control your hunger throughout the day.

• **Walk** every chance you get — take the stairs, park or get off the bus farther away from your destination.

- **Eat** fruits and vegetables at every meal and as snacks.
- **Savour food** — eat slowly and share meals with family and friends.
- **Watch** portion sizes.
- **Read** food labels and ask for nutrition information when you dine out.