

HEALTHY EATING

A balanced diet requires food from all 4 food groups:

Vegetables and Fruit
Grains (Carbohydrates)
Meat and Alternatives
Milk and Alternatives

Tips

- Have 3 small meals and 2-3 snacks per day
- Eat fruit and/or vegetables at every meal
 - To get enough, you may need ½ plate at each meal
- Watch your portion size
 - Take 1-2 days to measure out all your food and compare to Canada's Food Guide
- Be sure to include dairy every day, but not more than 2.5 cups (or 20 oz) of milk per day
- Don't drink your calories unless it is milk
- Juice should be limited to maximum ½ cup or 1 small juicebox per day
- Seconds helpings are not needed – if you're tempted wait 20-30min for your stomach to feel full and then decide if you still *want* the extra food
- Limit desserts and when given offer healthy dessert choices, such as fruit or yogurt
- Try to limit added fat and sugar
- Grocery shopping
 - Have a list with meal ideas
 - Go around the outside of the store first to fill up with fresh food
 - Only go down the rows if you need an item from that row
 - Read the nutritional label
- Sit down as a family and eat at the dinner table. Be sure to turn off the TV and cell phones.

More Healthy Eating Information

Canada's Food Guide - Take a look at our Resources section for the link

Caring for Kids www.caringforkids.cps.ca

➤ Visit the Healthy Bodies page and scroll down to "Healthy Eating"

Healthy Children www.healthychildren.org

➤ Visit the Healthy Living page and select the "Nutrition" section

Fill Half Your Plate with Fruits & Veggies www.halfyourplate.ca