



INFINITY
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HEALTHY EATING TIPS

In 2019, Canada's Food Guide changed! Some of the big changes were:

1. Moved away from portions to dividing the plate into sections
2. Dairy milk food group was moved into protein food group
3. Protein group encouraged addition of non-meat proteins such as legumes & nuts
4. Grains changed to be focused on whole grains, rather than refined & processed grains

More information on how to use Canada's Food Guide and why these changes occurred can be found on their website:

<https://food-guide.canada.ca/en/>

A balanced diet requires food from all 3 food groups. The goal for healthy eating includes including these portions in as many meals and snacks as possible.

Vegetables and Fruit (1/2 of plate)

Whole Grains (1/4 of plate)

Proteins (1/4 of plate)

Frequently Asked Questions & Tips

1. How to add more vegetables and fruit?

- Moving to 1/2 plate of vegetables and fruit at every meal can be challenging!
- Start by eating vegetables twice a day and fruit twice a day
- Decide what meal you think you can try to get to 1/2 plate of veggies & fruit
- Add more meals with fruits and veggies each week
- Eat as many colours as possible at each meal

2. What about sugar?

- Natural sugars from food are processed differently by our body than added sugars. Fruits do not need to be avoided!
- Look at sugar content on the food label ingredient list and limit/avoid foods with added sugar whenever possible
- Sugar can be hidden in sneaky forms on nutrition labels! Glucose, fructose, high-fructose corn syrup, honey, and molasses are all forms of sugar.
- Book with further information: Sugarproof by Dr Micheal Goran and Dr Emily Ventil

3. What about fat and lipids/cholesterol?

- Our bodies need some fat! But too much fat can increase our lipid (fat in our blood) levels, and lead to problems in our bodies. Whenever possible, limit/avoid foods high in saturated and trans fats



- Saturated fats increase HDL (good cholesterol) but also increase LDL (bad cholesterol)
 - Ex. Fatty meats, dairy, some vegetable oils (ex. coconut oil)
 - Trans (Trans-unsaturated) fats decrease HDL (good cholesterol) and increase LDL (bad cholesterol) – this is the opposite of our what our bodies need
 - Ex. Oils, most processed food
 - Mono-unsaturated and poly-unsaturated fats (e.g. Omega 3) can decrease inflammation in our bodies and decrease cholesterol. These are healthier fats!
 - Ex. Mono – avocados, nuts & seeds, olives
 - Ex. Poly – soybean, flaxseed, hemp seed, walnuts, fish
 - Vegetables and fruit naturally have no cholesterol. Cholesterol is only found in meat protein and processed food.
 - Whenever possible, limit cooking in oil (use water saute in a non-stick pan instead)
4. What about snacks?
- Be aware of sneaky “health food”. Many packaged foods, such as granola bars, may appear healthy but often contain added sugars and fats
 - Remember that labels often add healthy labels (ex. Smart Choice) that is often a company they pay to include on their label. Likewise, “organic” and “natural” are marketing terms with no benefit to your health.
 - Prepare vegetables & fruit and portion nuts and dried fruit to grab on the go
5. What should I drink?
- Water should be the drink of choice. Ask your pediatrician about how much water you need
 - Don’t drink your calories unless it is milk or a dairy alternative. Limit to 500ml or 2 cups per day, as there is limited benefit after this amount and may sometimes cause harm (e.g. iron deficiency)
 - Juice should be avoided, even “100% natural” juice or vegetable & fruit juice combination. When offered, limit it to maximum ½ cup or 1 small juicebox per day, and dilute it as much as possible
6. I am still hungry, what do I do?
- Your brain doesn’t know that food is in your stomach until 20-30 minutes after you start eating. So eat slow, and take the time to chew your food well.
 - Fibre (from vegetables, fruits and whole grains) is actually what fills up your stomach and makes you feel full. So make sure you have eaten at least 1/2 plate of vegetables and fruit. Eat more of these foods at meals and when you feel hungry.
 - Try to drink a large glass of water to help fill your stomach
 - If you are still hungry, make sure the sections of your plate match Canada’s Food Guide.



7. Be aware of why you are eating
 - HALT – Hungry, Angry, Lonely, Tired
 - Try to listen to your body and eat when you are hungry
 - Try distracting yourself with some exercise, reading, or the tips included in step 6

8. How do I navigate the grocery store?
 - Don't shop hungry!
 - Have a list with meal ideas and get those ingredients. Rather than grabbing ingredients to plan meals around.
 - 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 labels

9. Last pieces of advice
 - Sit down as a family and eat at the dinner table. Be sure to turn off the TV and cell phones.
 - Set a good example with your plate. Everyone should eat the same meal
 - Eat as many colours as possible at a meal
 - Try new recipes and flavours – you may be surprised what you like!

Healthy Eating Resources

Infinity Pediatrics Website www.infinitypediatrics.ca

- Our Nutrition Handouts section also contains:
 - 2 page summary of Canada's Food Guide
 - Mealtime Struggles, which is a picky eating handout made by dietitians, and includes link to free dietitian support at the bottom
 - Eating Plants handout for tips on vegetarian and vegan eating, along with how to include more non-meat proteins

Canada's Food Guide <https://food-guide.canada.ca/en/>

- We have the 2 page summary document with our Nutrition Handouts

Caring for Kids www.caringforkids.cps.ca

- Visit the Healthy Living page and scroll down to “Healthy Eating for Children” and “Health Snack for Children”

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