

Healthy Eating

Good food can make the difference between just existing and living life to the fullest. A few changes in your diet will give you more strength and energy. It will also help you fight diseases such as cancer, diabetes, and heart disease.

**Canada's
Food Guide
To Healthy
Eating**

For individuals who are 51 years old or greater Canada's Food Guide¹ suggests the following number of servings of each of the four food groups for men and women:

	Men	Women
Vegetables & Fruits	7	7
Grains	7	6
Milk & Alternatives	3	3
Meat & Alternatives	3	2

**What Is A
Food Guide
Serving?**

The Food Guide serving sizes are intended to be used to help you judge how much food you are getting and how much you might need.

The following are examples of Food Guide serving sizes:

Vegetables and Fruit

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

Grain Products

- 1 slice (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 mL (½ cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 mL (¾ cup) hot cereal

Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese

¹ Health Canada (2007). *Canada's Food Guide: How much food you need every day*. Health Canada. Retrieved, October 1, 2008 from, <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php>

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What Is A **Meat and Alternatives**

- Food Guide**
- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
 - 175 mL (¾ cup) cooked beans
- Serving?**
- 2 eggs
 - 30 mL (2 Tbsp) peanut butter
- (Continued)*

Your doctor, nurse, dietician or other primary care provider may give you further or very specific advice about the types of foods and portion sizes that you should be eating based upon your own individual dietary needs.

Take It Easy **Fats and Oils**

With These All fats and oils are pure fat, but some fats - for example, olive, sunflower, or canola oil - are better for your heart. Instead of butter on your toast, try a teaspoon of peanut butter. Do not use too much salad dressing, and when you are eating out always ask for dressing on the side.

Salt and Sugar

Prepackaged foods contain a lot of excess sugar and salt. When you buy these foods frozen, canned, or packaged, read labels carefully so you can choose items with less fat, sodium, and calories.

Treats and Snacks

Do you really have to give up doughnuts or chips forever? Not necessarily. If your health care provider says it is okay, you can treat yourself once in a while to a small serving. For the other times, keep plenty of healthy snacks on hand, such as dried fruit, whole-wheat crackers, low-fat cheese, and cut-up vegetables with a low-fat dip. Nuts can be a good snack, but limit yourself to about ¼ cup per day.

Guides To Healthy Eating To make the best use of your daily calories, eat earlier in the day when you are more active, and less at night when you are more at rest:

- Cook more than you will eat at one meal, and freeze or refrigerate the rest for a day when you do not feel like cooking. When eating out, ask for child-size portions, split an entrée with a friend, or eat half and take the rest home.
- Try to drink at least six 8-ounce glasses of water every day. Low-fat or skim milk and juice count in that total, but not soft drinks, whether sweetened or not.

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Guides To Healthy Eating (Continued)

- Take daily multivitamin-mineral supplements if you need them. Supplements are no substitute for a balanced diet, but they can help ensure that you get essential nutrients such as B12 and folic acid.

Resources Readings

Chuey, Campbell, Waisman and Dieticians of Canada (2007). *Simply great food.* Published by Robert Rose.

This is a cookbook that is recommended by the Dieticians of Canada as a resource that provides “food solutions” and guides individuals to healthy eating. This cookbook contains 250 recipes with questions and answers to nutrition questions.

Organizations

Dieticians of Canada

480 University Avenue, Suite 604
Toronto, Ontario, Canada M5G 1V2
Tel. 416 596-0857
Fax. 416 596-0603
Toll-Free Number in Ontario: 1-877-510-5102

Web Sites

Health Canada – “Eating Well with Canada’s Food Guide”

Web site: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Dieticians of Canada – “Eat Well Live Well” and “Eatracker”

Web site: www.dieticians.ca

Web site: www.eatracker.ca

Ministry of Health Promotion

Web site: www.eatrightontario.ca

Government of Canada

Web site: www.healthycanadians.ca

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