



Welcome to Food Families!





Healthy Eating Module 2



Agenda

- Healthy Art
- 7 Principles For Healthy Eating
- Canada's Food Guide
- What Are Nutrients?
- Reading Food Labels
- How To Implement Healthy Eating



Healthy Art

Draw the healthiest meal on your paper plate.

- What kinds of food are on your plate?
- What food groups need to be represented?
- What portion sizes should you have?
- Do you need a second plate?
- Dessert?
- Drink?



What Does Healthy Eating Mean To You?



What Do You Think Are The Basics For Eating In A Healthy Way?



7 Basics Of Healthy Eating

“Eat food. Not too much. Mostly plants.”

Author, Michael Pollan



7 Basics Of Healthy Eating

1. Know Yourself
2. Give Beetroots And Kiwi A Chance
3. Eat Less Meat
4. Choose Healthy Fats
5. Portions Are Important
6. Eat, Don't Drink, Your Calories
7. Eat More Whole Foods, Limit Packaged Foods



Canada's Food Guide

Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

What is One Food Guide Serving? Look at the examples below.

Fresh, frozen or canned vegetables
125 mL (½ cup)

Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)

Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)

100% Juice
125 mL (½ cup)

Bread
1 slice (35 g)

Bagel
½ bagel (45 g)

Flat breads
½ pita or ½ tortilla (35 g)

Cooked rice, bulgur or quinoa
125 mL (½ cup)

Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)

Cooked pasta or couscous
125 mL (½ cup)

Milk or powdered milk (reconstituted)
250 mL (1 cup)

Canned milk (evaporated)
125 mL (½ cup)

Fortified soy beverage
250 mL (1 cup)

Yogurt
175 g (¾ cup)

Kefir
175 g (¾ cup)

Cheese
50 g (1 ½ oz.)

Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)

Cooked legumes
175 mL (¾ cup)

Tofu
150 g or 175 mL (¾ cup)

Eggs
2 eggs

Peanut or nut butters
30 mL (2 Tbsp)

Shelled nuts and seeds
60 mL (¼ cup)

Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

- ▶ **Eat at least one dark green and one orange vegetable each day.**
 - Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
 - ▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**
 - Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
 - ▶ **Have vegetables and fruit more often than juice.**
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- ▶ **Make at least half of your grain products whole grain each day.**
 - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
 - Enjoy whole grain breads, oatmeal or whole wheat pasta.
 - ▶ **Choose grain products that are lower in fat, sugar or salt.**
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.
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- ▶ **Drink skim, 1%, or 2% milk each day.**
 - Have 500 mL (2 cups) of milk every day for adequate vitamin D.
 - Drink fortified soy beverages if you do not drink milk.
 - ▶ **Select lower fat milk alternatives.**
 - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.
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- ▶ **Have meat alternatives such as beans, lentils and tofu often.**
 - ▶ **Eat at least two Food Guide Servings of fish each week.***
 - Choose fish such as charr, herring, mackerel, salmon, sardines and trout.
 - ▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**
 - Trim the visible fat from meats. Remove the skin on poultry.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Enjoy a variety of foods from the four food groups.

Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.



What Are Nutrients?



What Are Nutrients?

A nutrient is a substance that provides nourishment for growth and the maintenance of life. Nutrients provide energy, or building material, for the survival and growth of a living organism.



What Are Nutrients?

There are 6 classes of nutrients:

1. Water
2. Protein
3. Carbohydrates
4. Fats
5. Minerals
6. Vitamins



Cooking A Healthy Recipe





Decoding The Nutrition Label

Start Here

Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90	Calories from Fat 30		
	% Daily Value*		
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 300mg	13%		
Total Carbohydrate 13g	4%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 3g			
Vitamin A 270%	Vitamin C 10%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide to % Daily Value

5% or less is low
20% or more is high

Footnotes



Implementing Healthy Eating





What is one idea you learned today?

What are the 7 principles for healthy eating?

What are you going to do differently based on what you learned?