



Healthy Eating:

A balanced diet requires food from all 4 food groups:

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

Quick 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 juice box per day
- Second 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 is available at:

- Canada's Food Guide
- Caring for Kids www.caringforkids.cps.ca
 - Visit the "Healthy Living" page and select the "Food and Nutrition" section
- 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