



All Foods Can Fit

Healthy eating is important to our health. It can make a difference in how we look and feel.

Healthy eating doesn't mean you have to give up all of your favourite foods. Whether you are at work, home, eating out or eating on the run, you have lots of food choices. The key is to make better choices **MORE OFTEN**. Improving the way you eat can be as simple as making small changes in the way you and your family prepare and eat foods, like eating more vegetables and fruit,

or switching from 2% to 1% milk. In simplest terms, **variety, balance and moderation** are the keys to healthy eating.

Eating a **variety** of food is very important to get all of the nutrients and energy you need to be the best you can be. This includes more than 50 different nutritional substances that come from the food you eat everyday. Variety in what you eat also adds more enjoyment to your eating experience.

Balance plays a role when you consider all the high fat foods and

less nutritious ready-to-eat items around you every day. The key is to balance nutrient dense foods with foods that have less nutritional value.

Finally, consider eating high calorie, high fat foods like french fries, potato chips, doughnuts or cheesecake in **moderation**. Eating these foods in smaller quantities and less often is what moderation is all about. The bottom line is that all foods **CAN** fit into a healthy way of eating for you and your family.

Test Your Knowledge!

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|--|-----------------------|-----------------------|
| 1. Ten percent of Windsor-Essex county residents are overweight. | <input type="radio"/> | <input type="radio"/> |
| 2. Setting goals will NOT help you stay on track with healthy eating. | <input type="radio"/> | <input type="radio"/> |
| 3. Healthy eating is about what you eat each and every day. | <input type="radio"/> | <input type="radio"/> |
| 4. Eating well can give you energy and make you feel great. | <input type="radio"/> | <input type="radio"/> |
| 5. It's okay to eat french fries in moderation. | <input type="radio"/> | <input type="radio"/> |
| 6. Cutting out some fat can help to prevent heart disease. | <input type="radio"/> | <input type="radio"/> |
| 7. Keeping a well stocked pantry will help you make meals and provide snacks in a hurry. | <input type="radio"/> | <input type="radio"/> |
| 8. Dark green & orange vegetables and fruit don't contain very many nutrients. | <input type="radio"/> | <input type="radio"/> |
| 9. Low fat milk products have the same amount of calcium as the full fat versions. | <input type="radio"/> | <input type="radio"/> |
| 10. The Health Unit offers free Shop Smart supermarket tours. | <input type="radio"/> | <input type="radio"/> |

NOTE THE BENEFITS

The foods that you eat affect your health in many ways. Eating well can reduce your risk for:

- heart disease
- diabetes
- high blood pressure
- some forms of cancer
- osteoporosis
- obesity

Eating well also gives you the energy to do your daily tasks at home and at work.

Choosing the food you eat can be some of the most enjoyable and important decisions that you make in a day.

See answers on back panel

Why should you change the way you and your family eat?

Most Canadian adults eat too much fat, too little fibre and not enough vegetables and fruit. Also, about one third of Windsor-Essex adults are overweight. Another alarming fact is that more and more children are becoming overweight in part due to poor food choices. Poor nutrition is a major risk factor for the leading cause of death in our community: **heart disease**. The good

news is that eating well reduces your risk for heart disease and stroke as well as diabetes, cancer, high blood pressure, osteoporosis and obesity. Eating well also gives you energy to help accomplish all of your daily tasks.

As for children, being well nourished allows them to grow and develop properly. On top of this, numerous studies have found that

when children are well nourished, they do much better in school. As a bonus to parents, if your family practices healthy eating habits together, then your children are more likely to develop good eating habits that will last into adulthood.

And so, if you're like most W-EC residents, you and your family would likely benefit from making small changes to improve the way you eat.

How can you start eating better?

Eating well may be easier than you think. The key to starting off is to go slowly by making small changes in the way you and your family eat. It is easier to make small changes than it is to make large changes. Over time, making small changes can really add up to large benefits.

Start Off

Discover Canada's Food Guide

The ultimate guide to eating better is *Canada's Food Guide to Healthy Eating* (for those older than four years). It recommends the type and amount of foods to choose.

Everyday you should:

- Choose a good variety of foods
- Focus on whole grain cereals and breads

- Eat a variety of vegetables and fruits; the darker the colour, the better it is for you!
- Choose lower-fat milk products, leaner meats and foods prepared with little or no fat
- Limit salt, alcohol and caffeine.
- Eat regular meals and snacks throughout the day and try not to skip meals.

The amount of food you should eat depends on your age, gender, how active you are, your weight goals and whether you are pregnant or breastfeeding. Make sure you have at least the minimum number of recommended servings from each food group every day. Check out the Food Guide for more information on sizes and recommended numbers of servings.

Take Steps

Many people have a hard time finding enough time to prepare or eat nutritious meals and snacks.

Here are a few tips:

- 1) Stock up on "grab and go" snacks like whole grain crackers and bagels, cereal bars, breakfast cereals to eat without adding milk, fresh fruit, juice boxes, cut up vegetables and yogurt, etc.;
- 2) Try to plan at least two quick meals to prepare during the week and keep a running shopping list on the fridge. This should save lots of time and reduce lots of stress at the end of the day, and

Keep a well-stocked "pantry" so that you will have everything

What

is so difficult about changing the way you eat?

1. **Not having enough time.** When it comes to food, many of us have little time to prepare food and often eat on the run only to find that our food choices can be less than optimum.
2. **Constant pressure to eat.** It seems that everywhere you turn, there is food available to eat! And, much of it is in large portions which means more calories and, more times than not, more fat as well.

1) you need on hand to make meals and provide snacks in a hurry. Include items in your cupboards, fridge and freezer like:

- Canned beans & lentils
- Whole grain breads & cereals
- Canned fish
- Fresh & canned fruits
- Herbs & spices
- Nuts & seeds
- Pasta & pasta sauces
- Fresh & frozen vegetables
- Regular and lower-fat cheese
- Eggs
- Frozen fruit concentrate
- Milk and yogurt
- Peanut Butter
- Meats like chicken and lean ground beef.

Stick To It

Remember that healthy eating is not a “diet.” It’s a way of eating for the long term. So, don’t worry about a meal or day that you think

has been “bad.” At the next meal or following day, you can get back on track.

For many people, it helps to set healthy eating goals. Be sure that your goals are realistic and specific, and that you can measure your progress over time. For example, you may wish to eat more vegetables and fruits. An example of a goal is: “To eat some fruit as an afternoon snack at least five days a week for the next two weeks.” Once you reach this goal, try building on to your success by setting other goals such as switching to fat-free salad dressing or eating more beans and lentils. Before long, your eating habits will be much improved.

Celebrate!

Be sure that you celebrate your healthy eating successes. Try to reward yourself with non-food items like a night out at the movies, tickets to a hockey game, or a new piece of clothing.

Go for it!

RESOURCES:

For reliable information on food and nutrition:

- Call a Registered Dietitian at the Health Unit 258-2146.
- Call the Heart and Stroke Foundation 254-4345.
- Sign up for a “Shop Smart Supermarket Tour” offered free of charge by the Health Unit.
- Look for cookbooks or magazine articles written by Registered Dietitians.

WEBSITES:

- Dietitians of Canada: www.dietitians.ca
- American Dietetic Association: www.eatright.org
- Nutrition Navigator: www.navigator.tufts.edu
- Heart & Stroke Foundation: www.heartandstroke.ca
- Health Canada-Nutrition: www.hc-sc.gc.ca/hppb/nutrition

www.wehealthunit.org and at www.windsor-heart-health.com

CLIP & KEEP THIS INFO!

Tips for Healthy Eating

- Go for whole grains. Whenever you can, choose whole grains. Start your day with a bowl of whole grain cereal, and make sandwiches on whole grain bread, rolls or pitas.
- Take a bite out of more vegetables and fruits. Eat a variety of vegetables and fruit every day especially those that are dark green or orange. Have a salad with dark greens like spinach, or pack a few pieces of fruits with lunch. Fresh, frozen or canned—all are nutritious choices.
- Make your day with milk products. They are loaded with calcium. Include a yogurt in your lunch or add cottage cheese to lasagna. Choose the lower fat varieties—you lose the fat, not the nutrients.
- Pick a lean protein. Try beans, lentils, eggs and tofu for added variety and nutrition. Make a meatless meal this week or cook meat using little or no added fat.
- Go easy on added fats. Try to use as little as possible when preparing foods. Try the lower fat versions of mayonnaise and salad dressings and use more herbs and spices to season foods.

Pass it on!

Please feel free to copy any articles in this brochure as long as you acknowledge the source.

Make it happen at your workplace!

- Bring your own lunch and snacks to work., and keep them in line with your goals.
- Keep extra fruits, lower fat muffins, fruit juices, cereals, crackers and peanut butter in your desk drawer or locker.
- Start a pot luck fruit basket in your work area or department for you and your co-workers. Take turns refilling the basket on a regular basis.
- Have a monthly potluck lunch with co-workers that features low fat dishes.
- Start a recipe exchange.
- In vending machines, ask for healthier choices like light popcorn, pretzels, fig cookies, milk, low fat yogurt, dried fruit mixes, fruit juice, etc.
- In the cafeteria, ask for healthier choices to be included on the menu like baked potatoes, plain cooked vegetables, veggie pizza, etc. as well as those items suggested for vending machines.
- Develop healthy eating guidelines for foods provided at workplace related functions.

*Remember, you are what you eat
AND
what you don't eat, too!*

Unknown

Answers (from front page): 1:F, 2:F, 3:F, 4:T, 5:T, 6:T, 7:T, 8:F, 9:T, 10:T

For more information about the Workplace Health Promotion Program, contact the Windsor-Essex County Health Unit at 258-2146, Ext. 312



This brochure and others in this series available online at:
www.wehealthunit.org and at www.windsor-heart-health.com