

Canada's Food Guide

getthehearthealthy.ca/canadas-food-guide

In this section you will learn:

- What Canada's Food Guide plate model is
- How to make meals according to the plate model
- Healthy eating habits to incorporate into your routine

The Plate Model

- The plate model is a visual representation of what your plate should be comprised of.
- It should be used as a reference tool to help you make healthy meals and snacks.

Fruits and Vegetables

High in Fibre

- Promotes a healthy digestive system
- Lowers **LDL** cholesterol
- Associated with weight management

Serving Size

- Recommended to aim for 5+ servings per day
- One serving:
 - 1 medium sized fruit
 - 1C fresh/frozen fruit
 - 1/4C dried fruit
 - 1C leafy greens
 - 1/2C fresh/frozen vegetables

Apples, beets, cabbage, eggplant, mango, okra, papaya, turnip

Protein

Building Blocks

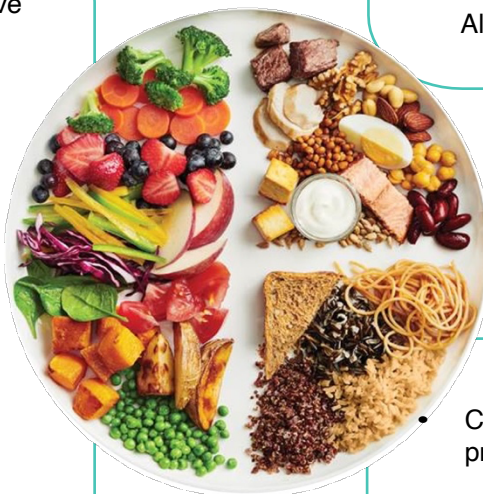
- Helps build muscle and other body tissues

Keeps You Full and Satisfied

Plant-Based Protein

- Aim to choose plant-based proteins more often

Almonds, beans, chicken, eggs, lentils, salmon, tofu, yogurt



Whole Grains

Energy Source

- Carbohydrates are the body's preferred source of energy

High in Fibre

- Promotes a healthy digestive system
- Lowers **LDL** cholesterol
- Associated with weight management

Whole vs Processed

- Not all grains are created equal
- Choose whole, unprocessed grains more often – increased fibre, vitamins, minerals

Barley, oatmeal, popcorn, quinoa, sweet potato, whole grain bread

Water should be your drink of choice! To add flavour, add fresh fruits or vegetables such as berries, cucumbers, or lemon.

Healthy Eating Habits

Be mindful of your eating habits: Being mindful of your eating habits can help you make healthier food choices, reduce overeating habits, and give you a better understanding of your body's hunger, craving, and fullness cues.

Cook more often: Cooking and preparing your food allows you to learn new skills, save money, and reduce your intake of processed foods. Meal planning and involving others in meal preparation can help you to cook more often.

Enjoy your food and eat meals with others: Though food is often a main part of celebrations, eating with others does not need to be saved for special occasions. Doing so allows you to spend quality time with others, share food traditions, and explore new foods.

Think about the last meal or snack that you ate. Can you describe:

What you ate?

Why you ate?

When you ate?

Where you ate?

How you ate?

How much you ate?

Eating Healthy Does Not Have to be Expensive!

Fruits and vegetables

- Buy in-season
- Buy frozen or canned options. Ensure you are purchasing products that do not have added salt or sugar

Protein

- Buy meat in bulk, and freeze portions for later
- Eat eggs, beans, and lentils more often, as these are cheaper alternatives to meat

Whole grains

- Buy dried grains in bulk
- Buy bread products on sale and freeze portions for later

Ask Yourself

Are you having a vegetable at every meal?

Is water your beverage of choice?

How does your body feel when you are hungry? What about when you are full?