

HEALTHY LIVING



NUTRITION IDEAS

If you want a strong, healthy body, you've got to give it good fuel. Everything you put in your mouth whether it's a drink or food makes up your diet.

10 TIPS *for healthy eating*

1. Eat three meals a day, including breakfast
2. Use Canada's Food Guide to learn about healthy foods
3. Learn how to read food labels and ingredient lists
4. Drink lots of water throughout the day
5. Include at least one vegetable or fruit with each meal and snack
6. Choose lower fat milk products such as skim or 1%
7. Take smaller amounts of food, eat slowly and stop eating when you're full
8. Avoid foods and drinks high in sugar, fat, salt and artificial ingredients
9. Pack healthy snacks and lunches for school or outings
10. Write down everything you eat and drink for a day to see how healthy your diet is



HYDRATION

Drinking water regularly is important for staying healthy. Whether you're out running or sitting in class, your body needs water. Over 60% of your body is made up of water, so be sure to drink lots of it.



TRY THESE HEALTHY SNACKS

- Cut up fruits and veggies
- Cheese and crackers
- Chocolate milk
- Fruit smoothie
- Pretzels
- Popcorn
- Yogurt
- Nuts and seeds
- Rice cakes



THINK YOUR DRINK

OFTEN	Water and milk	★★★
ONCE A DAY	100% fruit juice, chocolate milk and fruit smoothies	★★
ONCE A WEEK	Sports drinks, pop and fruit drinks like fruit punch or juices with added sugar	★
NEVER	Caffeinated/energy drinks	



Kids and caffeine don't mix!

THE FOUR FOOD GROUPS

based on Canada's Food Guide

	4-8 years	9-13 years	14-18 years		Tips
Vegetables and Fruit	5	6	girl 7	boy 8	Have a fruit or veggie with every meal or snack
Grain Products	4	6	6	7	Choose whole grain products
Milk and Alternatives	2	3-4	3-4	3-4	Stick with lower fat milk products like skim or 1%
Meat and Alternatives	1	1-2	2	3	Stick with lean meats and try to have fish at least twice a week

Getting what you need from these 4 groups and limiting foods and drinks that aren't included will ensure your body has the vitamins, minerals and other nutrients it needs to be healthy. Eating well will also reduce your risk of disease, obesity and make you feel and look better.

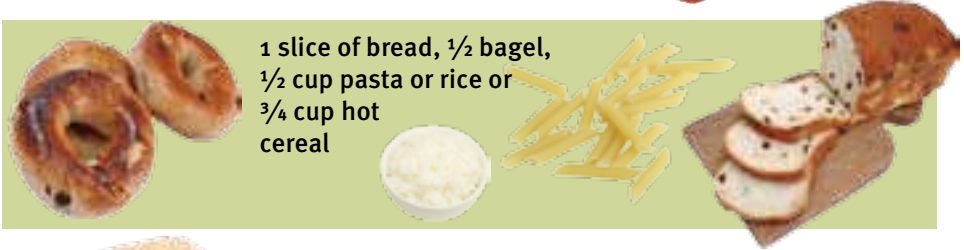
So we know there are 4 food groups in Canada's Food Guide, but what's in those groups and how much do you need to be healthy?

Examples and Serving size

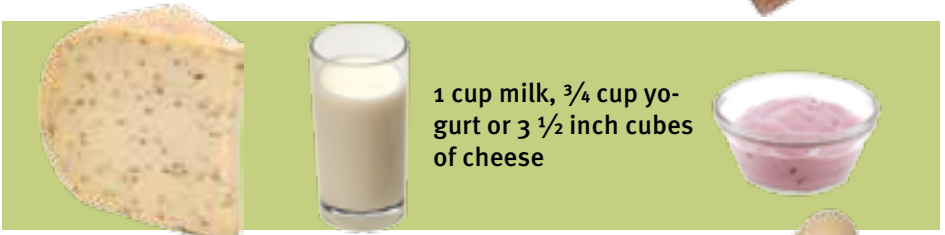
1/2 cup veggies,
fruit or 100%
vegetable or
fruit juice



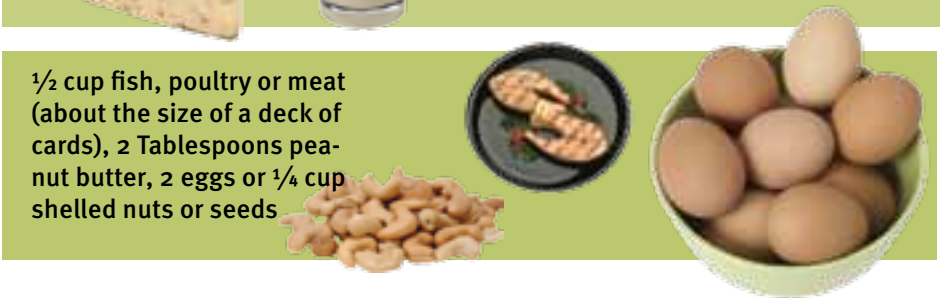
1 slice of bread, 1/2 bagel,
1/2 cup pasta or rice or
3/4 cup hot
cereal



1 cup milk, 3/4 cup yo-
gurt or 3 1/2 inch cubes
of cheese



1/2 cup fish, poultry or meat
(about the size of a deck of
cards), 2 Tablespoons pea-
nut butter, 2 eggs or 1/4 cup
shelled nuts or seeds



To learn more about healthy eating or to get your own copy of Canada's Food Guide visit www.hc-sc.gc.ca or google Canada's Food Guide.