

Top 5 Tips for Healthy Eating

Go for Whole Grains

- Make at least half your grain choices whole grains.
- Whole grains are higher in fiber, vitamins, and minerals
- A diet rich in whole grains is heart healthy

Load up on Fruits & Veggies

- Fruit and vegetables are packed with nutrients
- Try to include at least 1 dark green and 1 orange veggie daily

Make Your Day with Milk

- Milk products are packed with protein, calcium, and B vitamins
- Enjoy 500mL (2 cups) of milk or fortified soy beverage every day for bone-boosting calcium and vitamin D

Go Lean & Alternative

- Meat and meat alternatives are a good source of protein, iron, zinc, and other nutrients
- Make lean choices and prepare them with little or no added fat
- Enjoy alternatives like legumes (kidney beans, chick peas and lentils) and tofu often

Choose Healthier Fats

- Enjoy a small amount (2 to 3 Tbsp.) of healthier unsaturated fat each day from foods such as avocados, nuts and seeds, and oils such as olive, canola, flaxseed or nuts
- Have less saturated fats and avoid trans fats

