



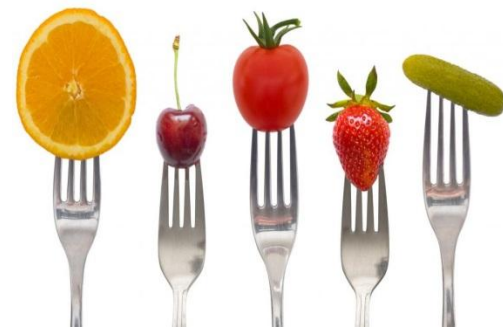
Top 5 Tips for Healthy Eating

**MARLANT Nutritional Wellness Working Group
& Health Promotion Services**

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Why eat healthy?



- Eating well is critical for overall health and optimal performance
- Healthy eating is an important part of maintaining a healthy lifestyle and will help keep you looking good and feeling great
- Follow these 5 simple tips to help you eat well

2. Load Up On Fruit & Veggies



- Fruit and vegetables are packed with nutrients
- Try to include at least 1 dark green and 1 orange veggie daily
- Fill half your plate with vegetables at dinner

3. Make Your Day with Milk Products



- 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

4. Go Lean & Alternative



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

5. 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

Summary



- Choose whole grains more often
- Eat more fruit & veggies every day
- Milk & milk alternates are great sources of nutrients
- Pick lean meats, legumes, & alternates to increase protein intake
- Choose unsaturated fats most often

Resources

Canada's Food Guide to Healthy Eating:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Top Ten Tips to Make Better Food Choices:

<http://www.choosemyplate.gov/ten-tips-make-better-food-choices>

Liven Up Your Meals with Vegetables and Fruits: 10 tips to improve your meals with vegetables and fruits:

<http://www.choosemyplate.gov/ten-tips-liven-up-your-meals>