

**Topic:** Top 10 Tips for Healthy Eating

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

SLIDE	INFO	NOTES, AIDS, TIME
<b>Slide 1</b>	<p><b>WHAT:</b> Good morning / afternoon, my name is _____ and this is a briefing on healthy eating.</p>	<b>&lt; 1 min</b>
<b>Slide 2</b>	<p><b>Why eat healthy?</b></p> <ul style="list-style-type: none"> <li>• Eating well is critical for overall health and optimal performance.</li> <li>• Healthy eating is an important part of maintaining a healthy lifestyle and will help keep you looking good and feeling great!</li> <li>• Follow these 5 simple tips to help you eat well.</li> </ul>	<b>1 min</b>
<b>Slide 3</b>	<p><b>1. Go for Whole Grains</b></p> <ul style="list-style-type: none"> <li>• Make at least half your grain choices whole grains (Examples include whole grain wheat, whole oats or oatmeal, pot barley and bulgur).</li> <li>• Whole grains are higher in fiber, vitamins, and minerals than refined grains.</li> <li>• Research shows that a diet rich in whole grains is heart healthy.</li> </ul>	<b>1 min</b>
<b>Slide 4</b>	<p><b>2. Load Up on Fruit and Veggies</b></p> <ul style="list-style-type: none"> <li>• Fruit and vegetables are packed with nutrients.</li> <li>• Try to include at least one dark green and one orange veggie daily.</li> <li>• Fill half your plate with vegetables at dinner.</li> </ul>	<b>1 min</b>
<b>Slide 5</b>	<p><b>3. Make Your Day with Milk Products</b></p> <ul style="list-style-type: none"> <li>• Milk products are packed with protein, calcium and B vitamins.</li> <li>• Enjoy 500mL (2 cups) of milk or fortified soy beverage every day for bone-boosting calcium and vitamin D.</li> </ul>	<b>1 min</b>
<b>Slide 6</b>	<p><b>4. Go Lean &amp; Alternative!</b></p> <ul style="list-style-type: none"> <li>• Meat and meat alternatives are a good source of protein, iron, zinc, and other nutrients.</li> <li>• Make lean choices and prepare them with little or no added fat.</li> <li>• Enjoy alternatives like legumes (kidney beans, chick peas and lentils) and tofu.</li> </ul>	<b>1 min</b>

<b>Slide 7</b>	<p><b>5. Choose Healthier Fats</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Have less saturated fat and avoid trans fats.</li> </ul>	<b>1 min</b>
<b>Slide 8</b>	<p><b>Summary</b></p> <ul style="list-style-type: none"> <li>• Choose whole grains more often.</li> <li>• Eat more fruit and veggies every day.</li> <li>• Milk and milk alternates are great sources of nutrients.</li> <li>• Pick lean meats, legumes, and alternates to increase protein intake.</li> <li>• Choose unsaturated fats most often.</li> </ul>	<b>1 min</b>

**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>