



Want to feel your best? Eat well and get physical!

□ WHY?

- Wise food choices lower your risk of chronic diseases.
- Daily activity improves self-esteem, mood, stress level, and quality of life.

□ HOW?

- Use Eating Well with Canada's Food Guide.
- Build up to 60 minutes of activity everyday.



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Benefit from balance

□ WHY?

- About 60% of Canadian adults are obese or overweight.
- Chronic Disease increases as BMI and waist circumference increase.

□ HOW?

- Choose smaller portion sizes.
- Pack healthy snacks.
- Decrease TV and computer time.





Quality counts

at home, work, school and play



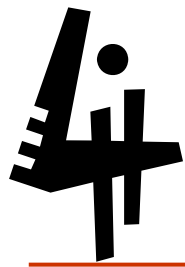
□ WHY?

- Everybody needs over 50 nutrients to keep it healthy.

□ HOW?

- Eat more nutrient rich foods like vegetables, fruit and whole grains.
- Work with your community to ensure that healthy choices are the easiest choices.





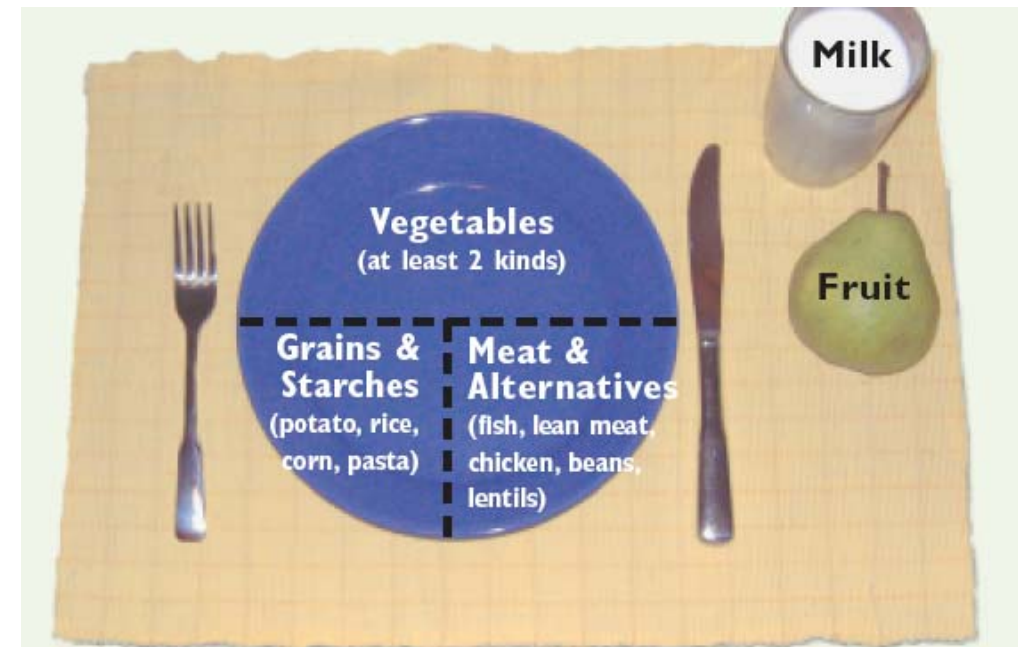
Give your food portions a makeover

□ WHY?

- Larger than recommended portions can lead to weight gain.

□ HOW?

- Listen to your body, only snack if you are truly hungry.
- Use Canada's Food Guide to check portion sizes.



5 Colour your world with vegetables and fruit!



□ WHY?

- Dark green and deep orange vegetables and fruit are filled with health promoting antioxidants.
- They help maintain healthy body weights.



□ HOW?

- Add vegetables to snacks, soups, casseroles & pizza.
- Top cereal or yogurt with fruit.



6 Be a savvy shopper

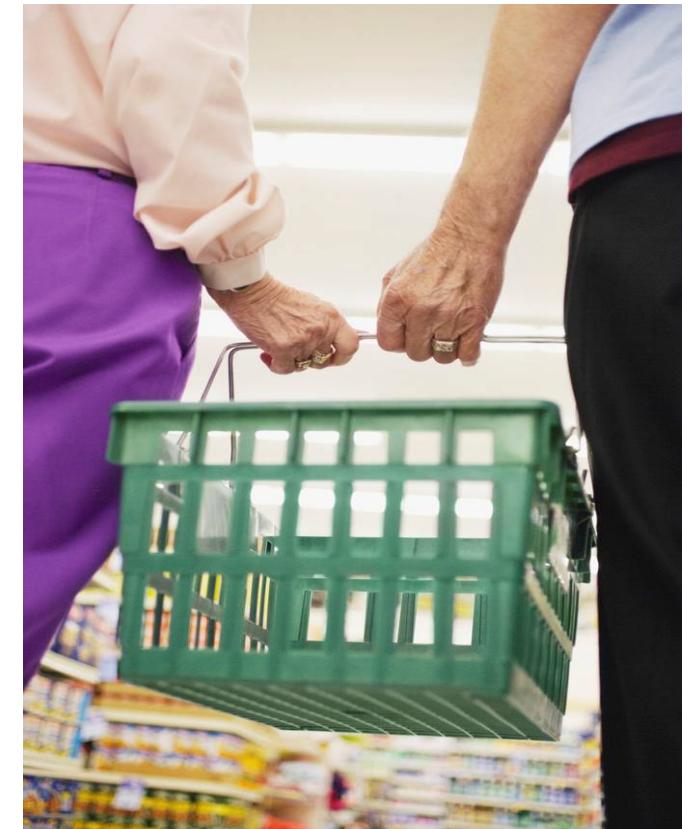


□ WHY?

- Knowledge is power; food labels contain valuable information.

□ HOW?

- Be aware of the serving size listed.
- Use % Daily Value on food labels to show amounts of nutrients in the food.





Make meal time a social affair!

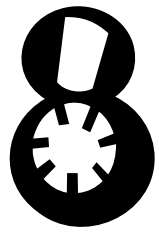
□ WHY?

- Children and teens who eat with their families tend to eat healthier.
- Eating together promotes social contacts and recreational activities.

□ HOW?

- Make it a habit to eat and cook meals with others.





Healthy eating is more than a flash in the pan - it's a lifetime commitment

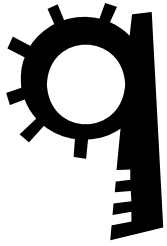
□ WHY?

- Healthy habits begin early – start at any age!
- Nutrition needs change with age.
- Canada's Food Guide helps you age well.

□ HOW?

- Try one healthy eating change at a time to improve your food intake.





Go to www.dietitians.ca/eatwell

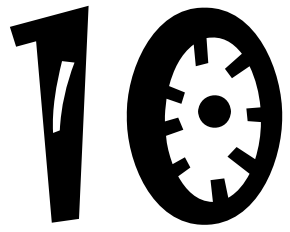
□ WHY?

- The website features fact sheets and frequently asked questions on a wide variety of nutrition topics.
- It offers “Recipe Analyzer”, “EATracker” and “Make a Meal”.

□ HOW?

- Point, click and get informed!





Have a food or nutrition question? Ask a Registered Dietitian!

□ WHY?

- Dietitians provide the most accurate, reliable and current evidence on food and nutrition.

□ HOW?

- Call a Registered Dietitian or Public Health Nutritionist.
- Saskatoon Health Region Public Health Services at 655-4630.

