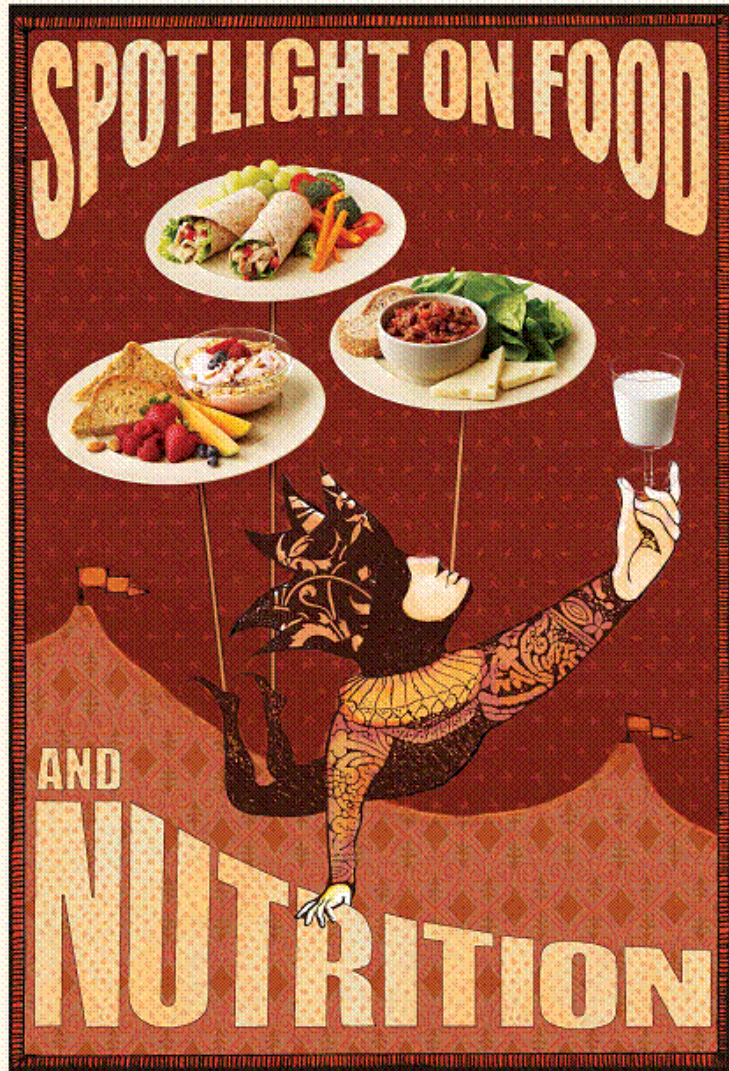




Spotlight on Food & Nutrition



Dietitians Top 10 List



1 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.



2 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.



3 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.



4 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.



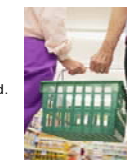
5 Colour your world with vegetables and fruit!

- 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.



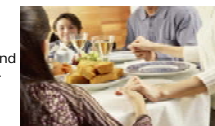
6 Be a savvy shopper

- WHY?**
 - Knowledge is power; food labels contain valuable information.
- HOW?**
 - Be aware of the serving size listed.
 - % Daily Value shows how much or how little of a nutrient is in a food.



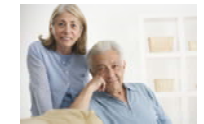
7 Make meal time a social affair!

- 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.



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

- WHY?**
 - Diets don't work.
 - 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.



9 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!



10 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



Handout Pouch

