Eating for Good Health

Developed by Public Health Dietitians

Alberta Health Services

Welcome!

Healthy Eating

Eating in Canada

- Life is different here

- Food is everywhere

- Choose food that is good for your body

This will help you **feel good** and **stay healthy**!

Vegetables and Fruits

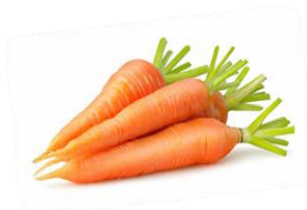Peppers   Green beans   Banana   Swiss chard   Cabbage

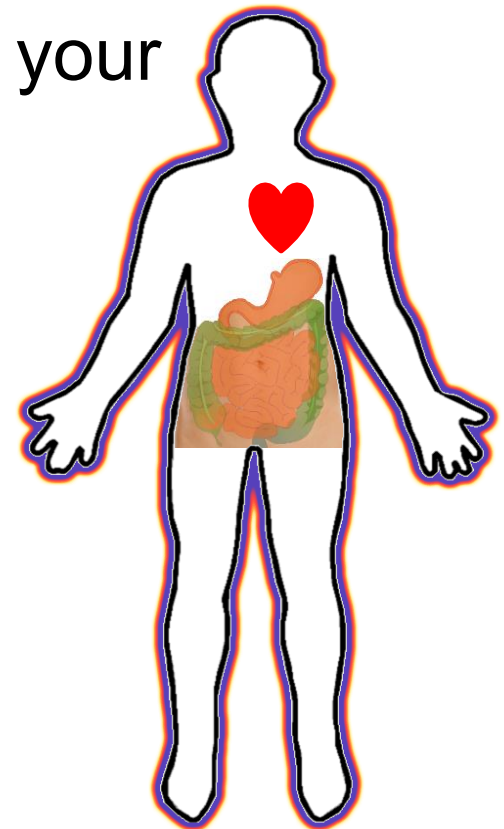Eggplant   Carrots   Parsnip   Orange   Tomatoes

Vegetables and Fruits

Vegetables and fruits are good for your heart, gut and your whole body!

Eat vegetables and fruits at every meal and snack.

Mikael Häggström, Intestine and stomach-transparent- cut.png, CCO

Vegetables and Fruits

In the winter it is very cold.

We cannot grow food all the months of the year.

In Canada, vegetables and fruits are:

Fresh

Canned

Frozen

Vegetables and Fruits

✓ Choose whole vegetables and fruits instead of juice

STOP

fruit punch

apple drink

100% ORANGE juice

Fruit juice =

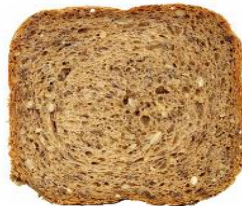# Whole Grain Foods

Quinoa

Brown rice

Whole grain pasta

Whole grain cracker

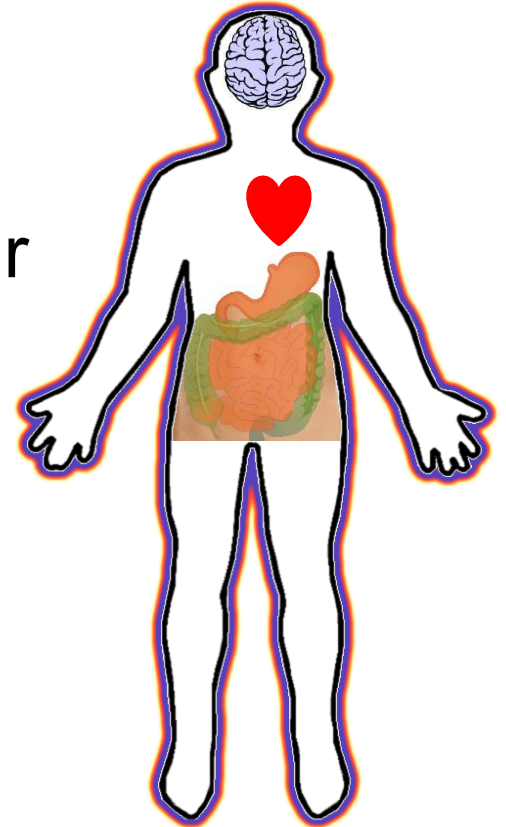Whole grain pita

Whole grain bread

Injera

Oats

Whole Grain Foods

Whole grain foods give you energy.

Whole grain foods are good for your brain, heart and gut.

Eat whole grain foods every day.

Holiday upload, Brain Outline, CCO
Mikael Häggström, Intestine and stomach- transparent- cut.png, CCO

Protein Foods from Plants

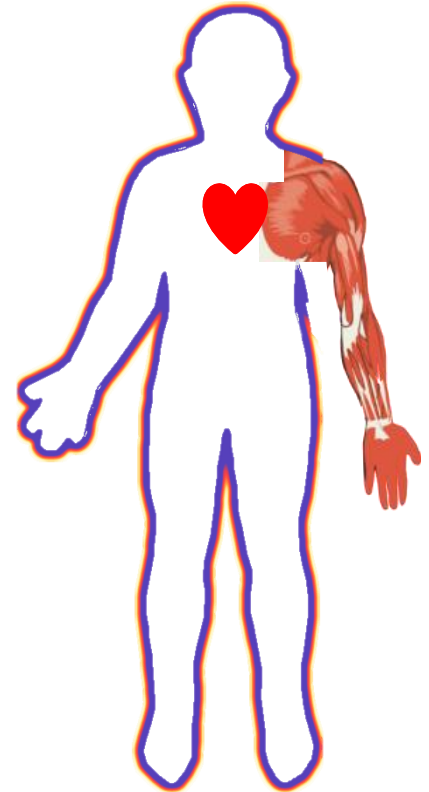Protein foods from plants are good for your blood, muscles and heart.

Nuts

Beans, peas, lentils

Tofu

Protein Foods from Animals

Protein foods from animals are good for your blood and muscles.

Meat
(beef, pork, lamb)
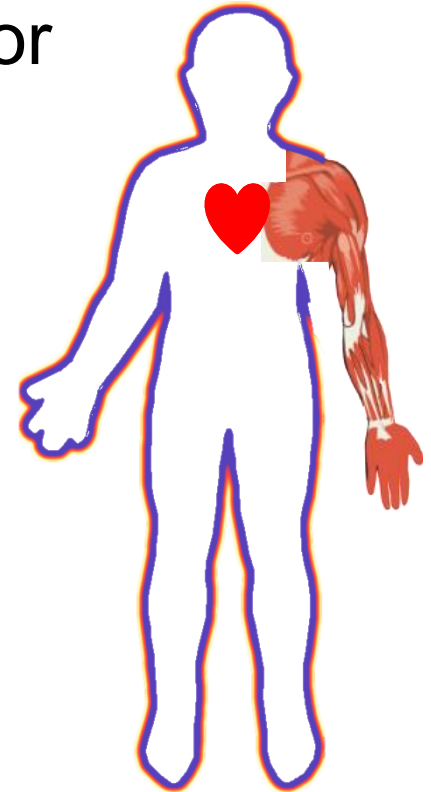
Poultry
(chicken, turkey)

Eggs

Seafood
(fish, shellfish)

KissCC0, Muscle Anatomy Human Body
Musculature Muscular system, CCO

Protein Foods with Calcium

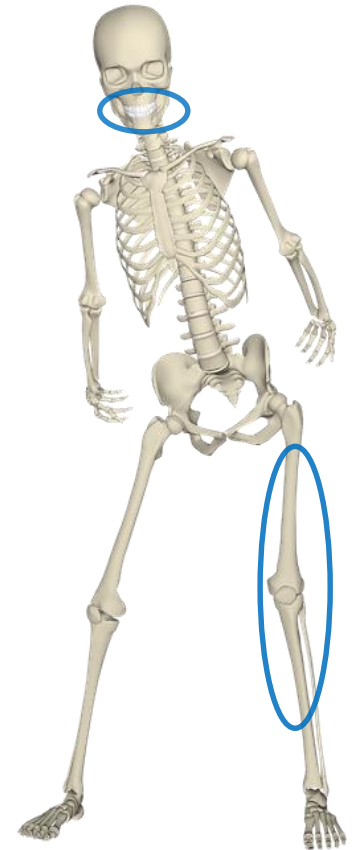Protein foods with calcium are good for your bones and teeth.

Milk

Cheese

Yogurt

Soy beverage

Tofu

Fish with bones

SilviaP_Design, Skeleton, weis fall, run, stumble, CCO

Protein Foods

Eat protein foods that come from plants more often.

Choose lean meat and poultry without skin.

Choose lower fat milk, cheeses and yogurt.

Healthy Fat

- Choose healthy fats
- Use a **small** amount of fat for cooking

Healthy Drinks

Water **Milk** **Fortified Soy Beverage**

Tap water is safe in cities and towns in Alberta

Healthy Drinks

Drink water most often.

Drink 9 - 12 cups each day

Even if it's cold outside!

12 cups

Healthy Drinks

Milk, fortified soy beverage, tea and coffee are all healthy drinks.

Drink 9 - 12 cups each day

All healthy drinks count!

12 cups

Canada's Food Guide

Canada.ca/ FoodGuide

Eat a variety of healthy foods each day
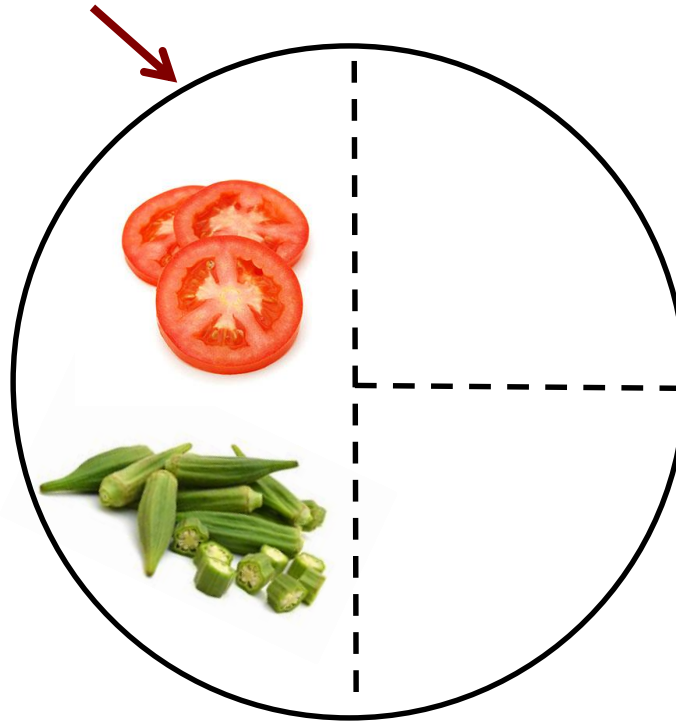

Have plenty of vegetables and fruits
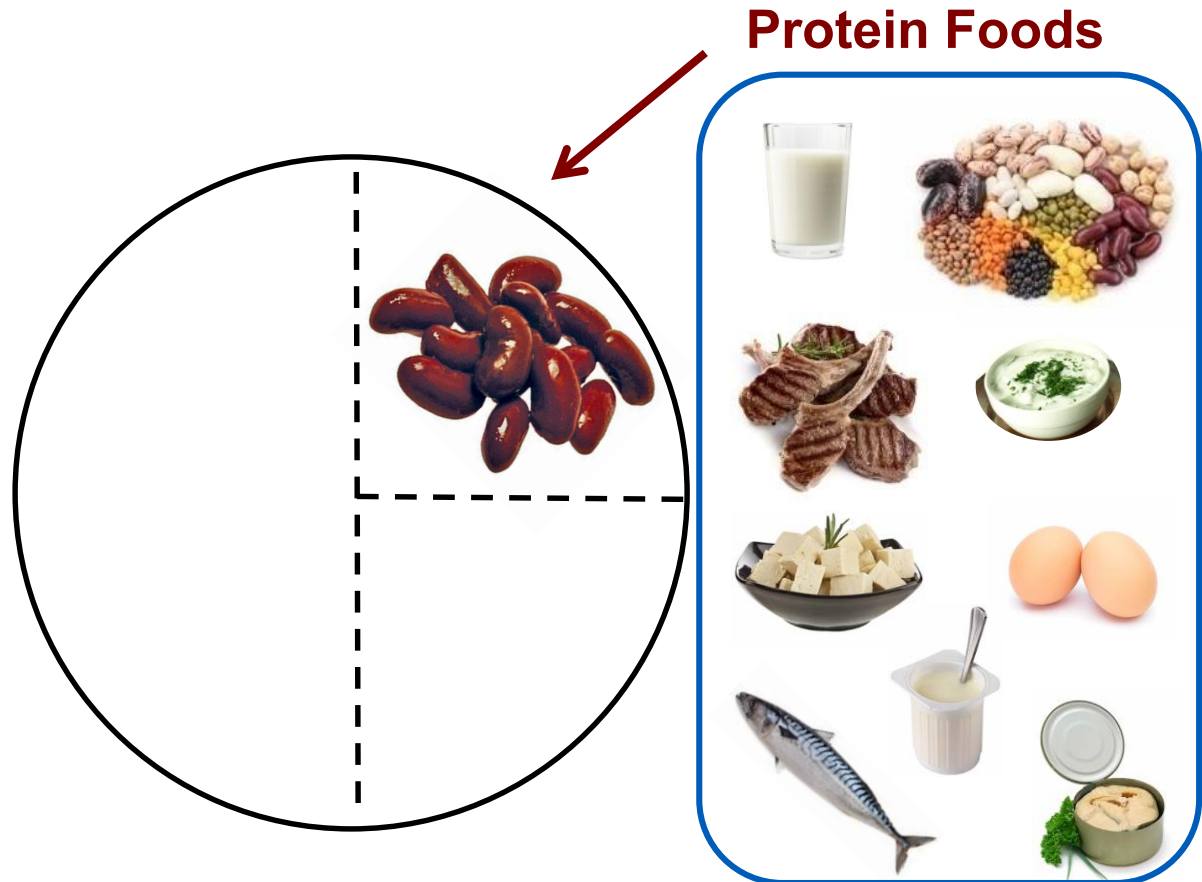
Eat protein foods

Make water your drink of choice

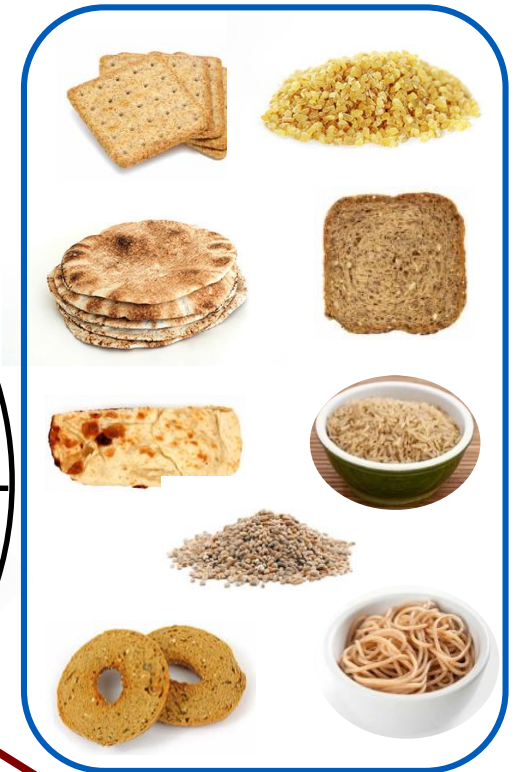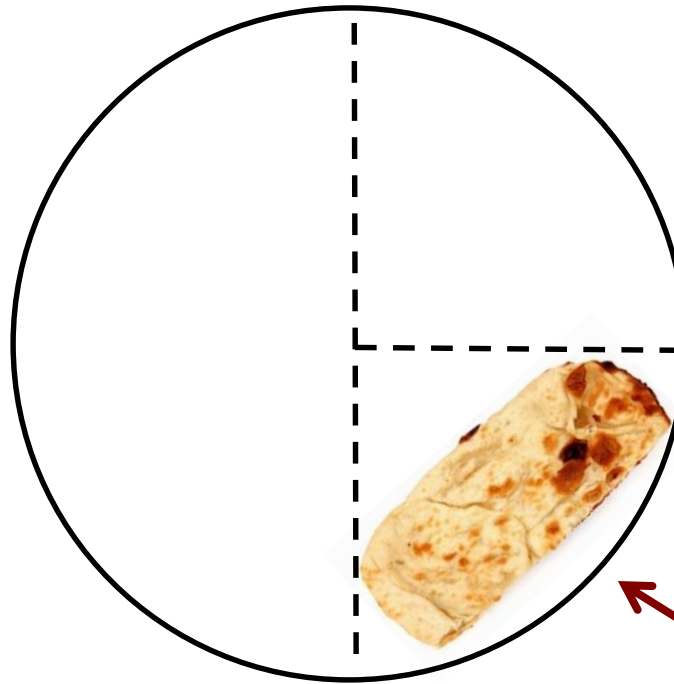Choose whole grain foods

Make a Healthy Meal

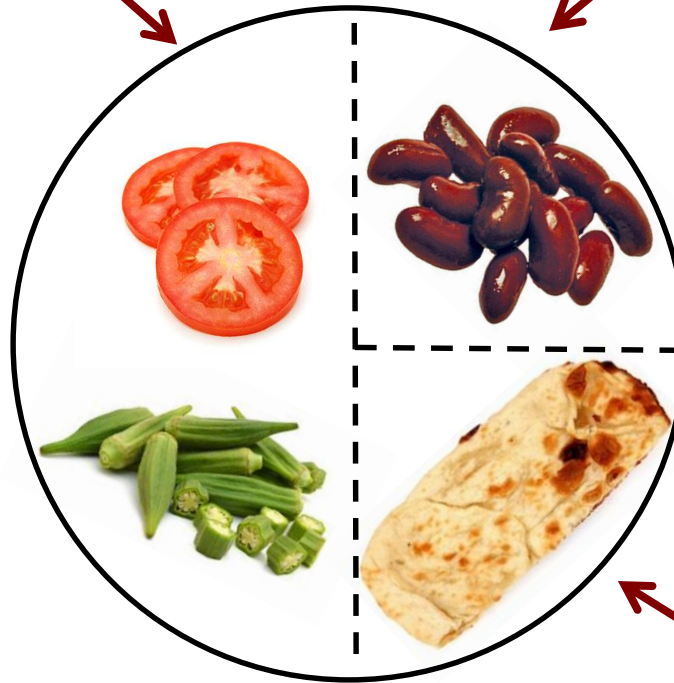**Vegetables and Fruits**

Make a Healthy Meal

Protein Foods

Make a Healthy Meal

Whole Grains

Make a Healthy Meal

Vegetables and Fruits

Protein Foods

Whole Grains

Choose a healthy drink

How to make a Healthy Bowl?
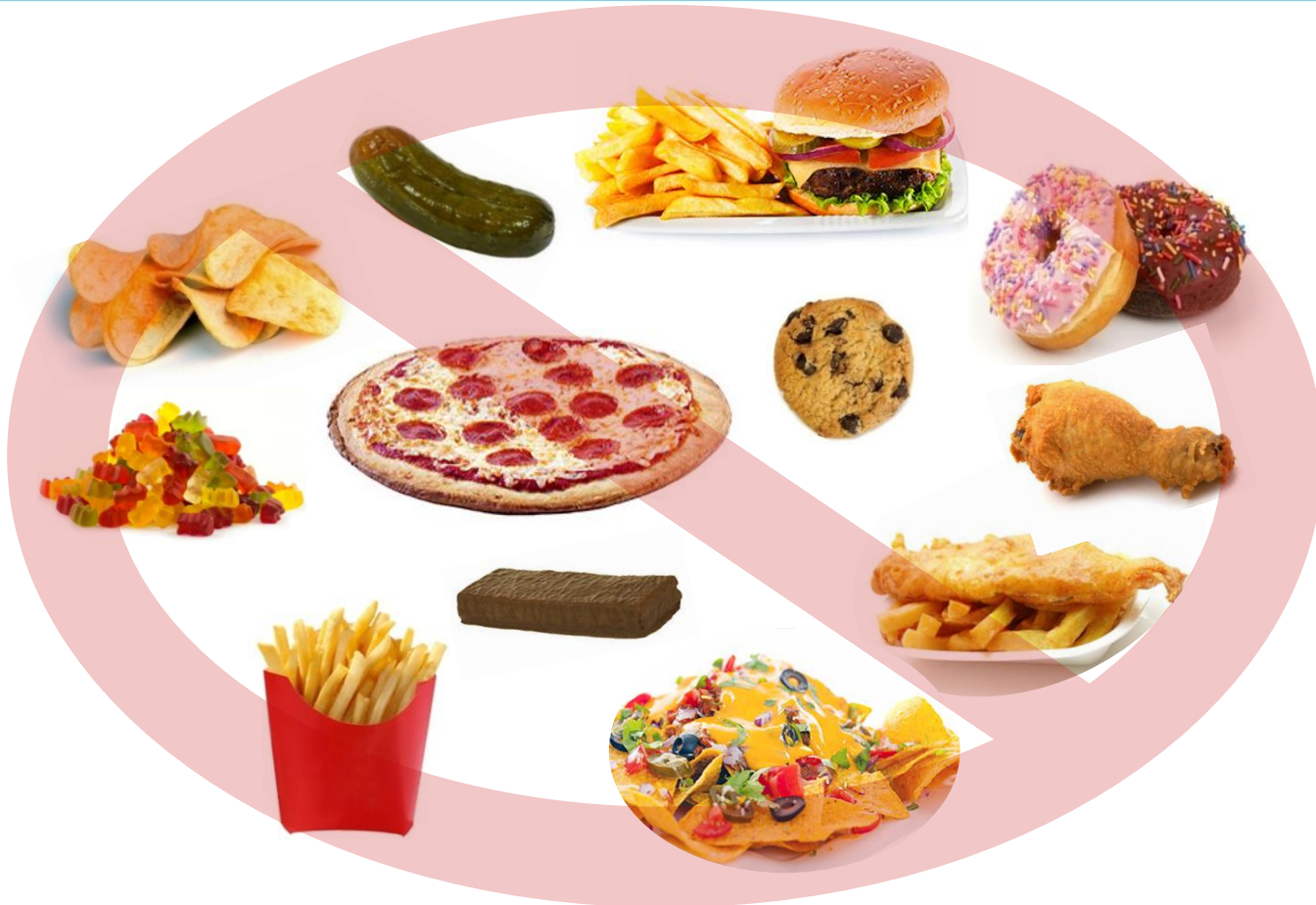
Healthy Bowl

Living in Canada

In Canada, food is everywhere. It is easy to eat too much food.

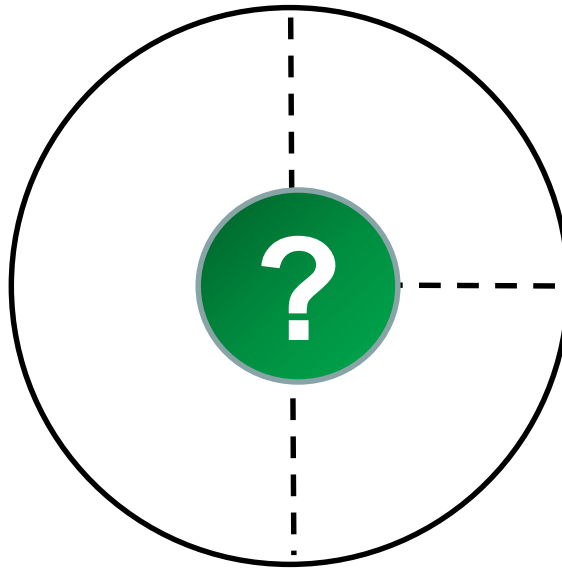Packaged foods may have too much **salt, fat and sugar**.
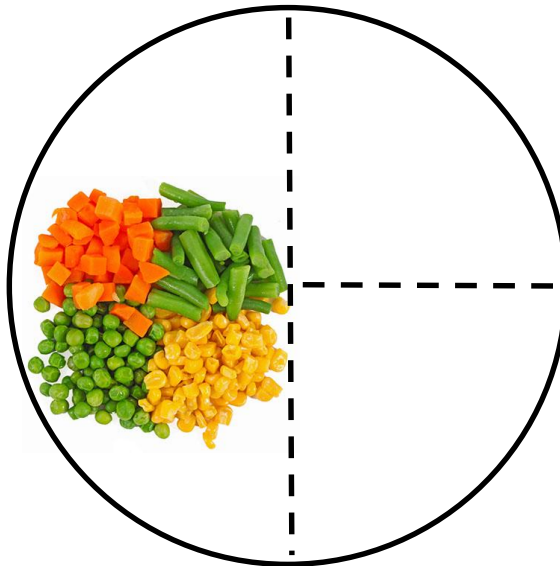
Foods to Limit

Drinks to Limit

Question

What type of food should we eat the **most** of?

Question

What type of food should we eat the **most** of?

Vegetables and Fruits!

Question

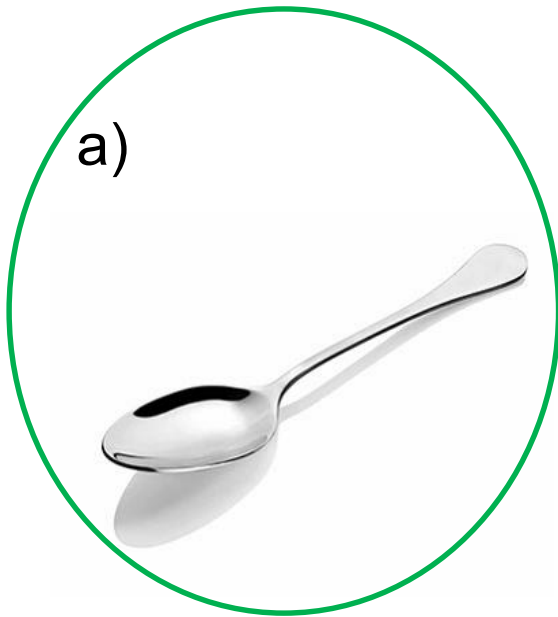If you are cooking with oil, how much should you add?

a)

b)

c)

Question

If you are cooking with oil, how much should you add?

a)

b)

c)

A small amount

Question

Which drinks are healthy?

| Cola | Milk or Fortified Soy Beverage | Ice Slush | Apple Drink | Water |

Question

Which drinks are healthy?

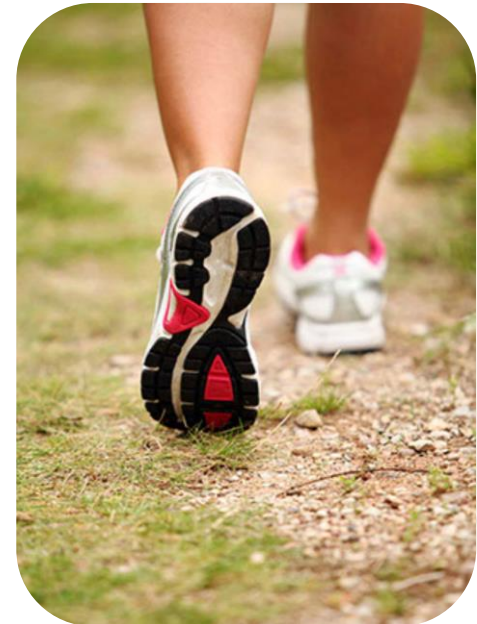| Cola | Milk or Fortified Soy Beverage | Ice Slush | Apple Drink | Water |

What to Remember

Choose food and drinks that are good for your body

Canada's Food Guide

Canada.ca/FoodGuide

Active Living

Active Living

How has your activity changed since moving to Canada?

Why should I keep active?

Keep Active and Sit Less

Staying Healthy in Canada

Take care of your health by:

– eating foods that are good for your body

– moving your body daily

Questions?

If you have questions about your health,

Call Health Link: **811**

References