

HEALTH REALLY MATTERS

# Nutrition and Healthy Eating

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## Quick Facts about Nutrition and Healthy Eating

- Eating healthy does not mean you have to diet.
- Focus on making changes that you can follow for life.
- It doesn't have to be hard.
- It doesn't have to be expensive.
- Healthy eating allows you to enjoy delicious foods.
- Restrictive diets aren't often healthy, there is no "best diet" out there.

## Benefits of healthy eating

Health benefits are many and include preventing or controlling:

- Heart disease.
- High blood pressure.
- Type 2 diabetes.

- Healthy eating leads to other healthy habits like more activity, better sleep and less stress.
- When you eat healthy your family and loved ones will be more likely to follow along.

## Set healthy eating goals

- Keep it simple and achievable.
- Do one thing at a time such as planning to eat breakfast every morning.
- Be very specific.
- Saying, "I'll eat more veggies" may not be helpful. A more specific goal will be, "I will pack carrot and celery sticks with my lunch on work days."
- Reward yourself for a job well done with a non-food treat!

## Tips to get started

- Try to get as much of your nutrition from unprocessed foods (things that haven't been cooked, prepared, packaged or altered).
  - Fruits and vegetables, especially those in season.
  - Meat, poultry, eggs.
- Include more home-cooked foods.
- Consider keeping a food journal so you know just what you are eating.



- Aim for balance by eating a variety of foods from the food groups.
- Practice moderation by not having too much or too little of any one thing.
- Don't let yourself get too hungry, be prepared with healthy snacks.
- Drink mostly water.
- Take a few minutes each week to plan your menu.
- Eat with others in a social environment, not in front of a screen or on-the-go, as much as possible.

## **Find more great information and tools here**

- HealthLink BC: <http://goo.gl/bdZY93>
- Nutrition Labels: <http://goo.gl/9rjpx>
- Evans Healthlab—Healthy Eating 101: <http://goo.gl/uF4VZU>
- Dietitians of Canada: <http://goo.gl/4te0yc>
- Healthy eating: <http://goo.gl/4Qi5Ox>
- Health Canada—Canada Food Guide: <http://goo.gl/AUsiEr>
- Eat Well Plate: <http://goo.gl/RFwFmJ>

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## **Notes:**