



# Eat Well, Age Well



BRITISH  
COLUMBIA

SeniorsBC



Provincial Health  
Services Authority

Province-wide solutions.  
Better health.

# Today's Session

- 1 What is healthy eating?
- 2 Why do we need to eat well?
- 3 *Eating Well with Canada's Food Guide*
- 4 **A Balanced Plate**
  - Vegetables and fruit
  - Protein
  - Fibre
  - Carbohydrate
  - Healthy fats
  - Water and beverages
  - Sodium
- 5 Let's give it a try!

# Healthy Eating Quiz

## TRUE OR FALSE?

- 1 Healthy eating is too expensive.
- 2 Snacking between meals is bad for you.
- 3 I don't feel thirsty, so I must be drinking enough.







What does healthy  
eating mean to you?





# Healthy eating is...

- **Having a positive relationship with food**
- **Enjoying a variety of balanced food choices**
- **Meeting your needs for nutrients and energy**
- **Contributing to your best possible health**



# How to eat well

- ✓ **Eat regular meals and snacks**
- ✓ **Enjoy a variety of nutritious foods**
- ✓ **Pay attention to your fullness cues**
- ✓ **Share meals with family, friends or others when possible**





# How to eat well

- ✓ Try not to eat with distractions
- ✓ Limit consumption of highly processed foods
- ✓ Choose water to drink most often
- ✓ Eat at home more often than eating out





Why is it  
important  
to eat well?





# How can healthy eating help you with healthy aging?

- **Keep energy levels up**
- **Remain independent**
- **Maintain good mental health**
- **Stay positive**
- **Prevent or manage chronic disease**
- **Maintain a healthy body composition**





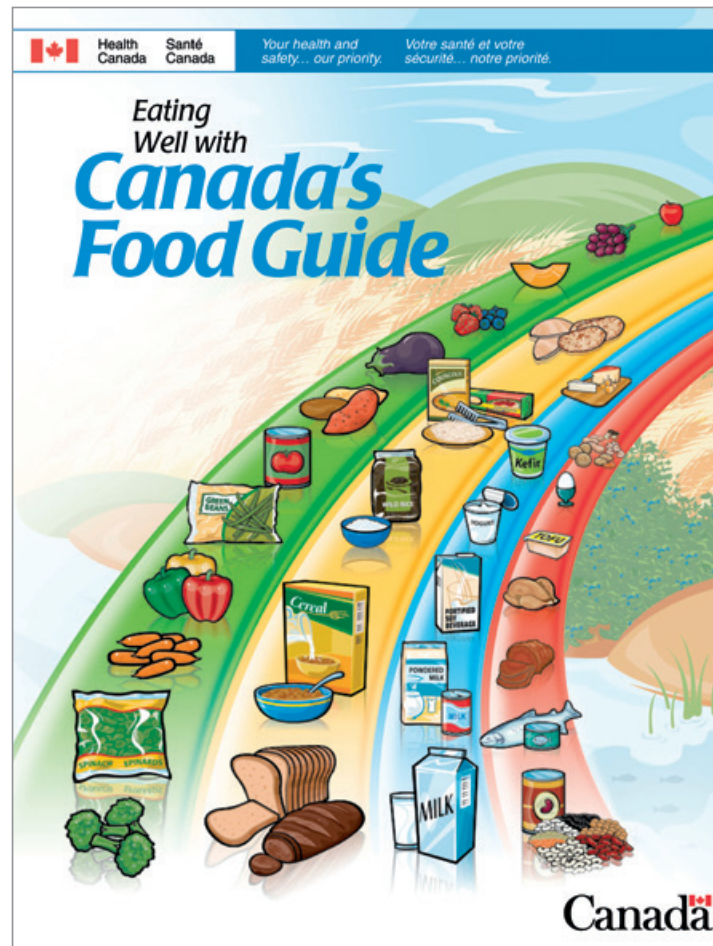


Your first tool for  
eating well...





# Eating Well with Canada's Food Guide



# Eating Well with Canada's Food Guide

## The 4 Food Groups:

- 1 Vegetables and Fruit**
- 2 Grain Products**
- 3 Milk and Alternatives**
- 4 Meat and Alternatives**

























# Eating Well with Canada's Food Guide

## HOW MUCH DO YOU NEED EACH DAY?

<i>Recommended Number of Food Guide Servings per Day</i>									
Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
<i>Vegetables and Fruit</i>	4	5	6	7	8	7-8	8-10	7	7
<i>Grain Products</i>	3	4	6	6	7	6-7	8	6	7
<i>Milk and Alternatives</i>	2	2	3-4	3-4	3-4	2	2	3	3
<i>Meat and Alternatives</i>	1	1	1-2	2	3	2	3	2	3

# Eating Well with Canada's Food Guide

## WHAT IS A SERVING?

 <p><b>Fresh, frozen or canned vegetables</b> 125 mL (½ cup)</p>	 <p><b>Leafy vegetables</b> Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>	 <p><b>Fresh, frozen or canned fruits</b> 1 fruit or 125 mL (½ cup)</p>	 <p><b>100% Juice</b> 125 mL (½ cup)</p>		
 <p><b>Bread</b> 1 slice (35g)</p>	 <p><b>Bagel</b> ½ bagel (45 g)</p>	 <p><b>Flat breads</b> ½ pita or ½ tortilla (35 g)</p>	 <p><b>Cooked rice, bulgur or quinoa</b> 125 mL (½ cup)</p>	 <p><b>Cereal</b> Cold: 30 g Hot: 175 mL (¾ cup)</p>	 <p><b>Cooked pasta or couscous</b> 125 mL (½ cup)</p>
 <p><b>Milk or powdered milk (reconstituted)</b> 250 mL (1 cup)</p>	 <p><b>Canned milk (evaporated)</b> 125 mL (½ cup)</p>	 <p><b>Fortified soy beverage</b> 250 mL (1 cup)</p>	 <p><b>Yogurt</b> 175 g (¾ cup)</p>	 <p><b>Kefir</b> 175 g (¾ cup)</p>	 <p><b>Cheese</b> 50 g (1 ½ oz.)</p>
 <p><b>Cooked fish, shellfish, poultry, lean meat</b> 75 g (2 ½ oz.)/125 mL (½ cup)</p>	 <p><b>Cooked legumes</b> 175 mL (¾ cup)</p>	 <p><b>Tofu</b> 150 g or 175 mL (¾ cup)</p>	 <p><b>Eggs</b> 2 eggs</p>	 <p><b>Peanut or nut butters</b> 30 mL (2 Tbsp)</p>	 <p><b>Shelled nuts and seeds</b> 60 mL (¼ cup)</p>



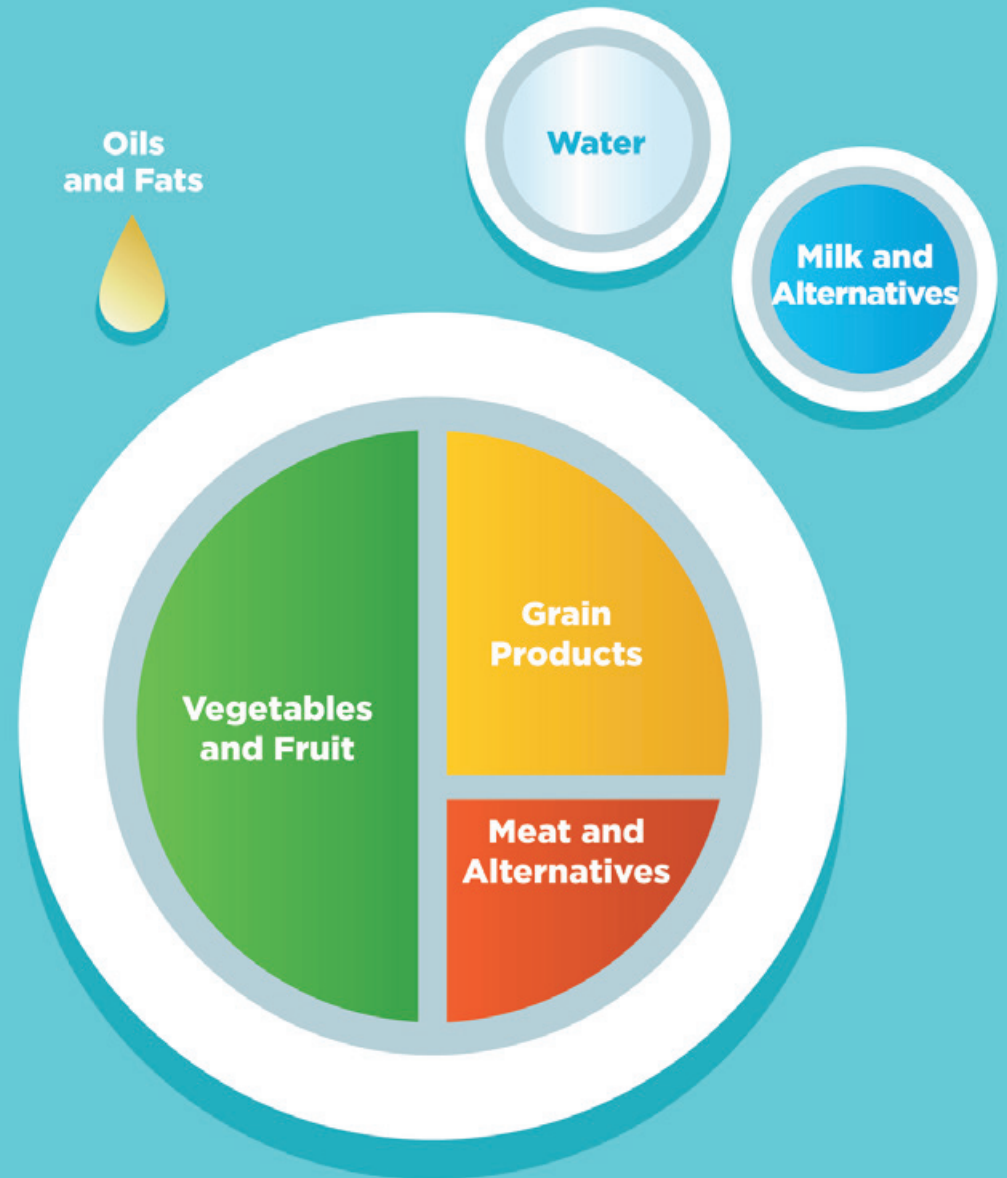


Your second tool for  
eating well...



# Eat Well Plate

**How much of each  
food group goes on your  
plate at a meal?**





# Why are vegetables and fruit so important?

- They have essential nutrients for our body to function
- They protect against disease
- The more colourful the better – especially the dark green and orange ones!



**Small steps make a big difference to your health.  
Add an extra fruit or veggie to meals and snacks.**

# What about frozen and canned vegetables and fruit?

- The same health benefits as fresh
- They can be cheaper – buy them on sale!
- Choose ones without added ingredients
  - Avoid fruits packed in syrups
  - Limit vegetables that have high-sodium content (look for salt in the ingredient list)





# What is protein?

- An essential part of your diet
- Builds, maintains and repairs your body
- Keeps muscles strong and your hair, nails and skin healthy
- Helps you heal if you've been ill or have had surgery



# Sources of protein

- Meat, seafood, poultry, eggs
- Milk, cheese, yogurt, kefir
- Nuts, seeds
- Legumes (peas, beans and lentils) and soy products (tofu, soy beverages)





# Which types of protein are better?

- Use lentils, beans, tofu, nuts and seeds regularly through the week
- Eat fish 2 or 3 times per week
- Choose red meat less often
- Limit processed, cured, smoked, charred and deep-browned meats due to cancer risk



# What are carbohydrates?

- **Nutrients for your heart, lungs and other organs to function**
- **Contain essential vitamins and minerals**
- **Fuel to keep you active**





# Which types of carbohydrates are better?



## **Natural sugars and starches**

- Fruits
- Vegetables
- Legumes
- Whole grains
- Milk products



## **Added sugars and refined starches**

- Baked goods
- Desserts
- Sugary drinks
- Refined grains (like white bread)

# What is fibre?

- Substance found naturally in plants
- Keeps your digestive system working and regular
- Helps lower blood cholesterol levels, control blood sugar and helps prevent high blood pressure
- Helps to keep you satisfied and full for longer





# How do we get enough fibre?

- **Whole grains**
  - Oats, barley, wheat, quinoa, brown rice, buckwheat and popcorn
- **Breads, baked goods and pastas made with “whole grains”**  
(check the food labels)
- **Vegetables and fruit**
- **Legumes (peas, beans and lentils)**
- **Nuts and seeds**



# What is fat?

- Supplies your body with energy
- Builds a protective coat around your cells
- An essential nutrient in our diet

## Which fats are better for me?

- Unsaturated fats reduce your risk of heart disease and stroke
  - Monounsaturated
  - Polyunsaturated





# Sources of healthy fats

- Oily or fatty fish
- Nuts and seeds
- Vegetable oils (olive, peanut, canola and sesame oil)
- Wheat germ
- Avocados
- Foods fortified with omega-3
  - Eggs, yogurt and soy beverages



# Which fats should we try to limit?

## **Saturated fats**

- Fatty red meat
- Cream, sour cream and ice cream
- Lard, butter and clarified butter or ghee
- Whole or full-fat milk, including coconut milk
- High-fat cheese
- Poultry skin or fat
- Palm and coconut oils





# Which fats should we try to avoid?

## **Transfats increase risk of heart disease**

- **Deep-fried foods**
  - Chips, French fries, samosas, spring rolls, etc.
- **Hard margarines and vegetable shortening**
- **Partially hydrogenated vegetable oil**
- **Store-bought baked items made with hydrogenated oils (cookies, cakes, pies and pastries)**



# Why do we need fluids?

- Help you to think clearly
- Keep your body temperature where it is supposed to be
- Manage constipation
- Help prevent dizziness

**A glass of water is 8 ounces  
or 250 mL (1 cup)**

**Drink more:**

- When it is hot
- After you exercise
- If you have been vomiting  
or have diarrhea





# Which fluids are better?

- Plain, sparkling or mineral water
- Decaffeinated (or herbal) tea or coffee
- Skim, 1% or 2% milk
- Fortified soy beverage or other milk alternatives
- 100% fruit juice (maximum of 250 mL (1 cup) per day)
- Low sodium vegetable juices or soups
- Fluids found in fresh fruits and vegetables



# What about coffee, tea & alcohol?

## Caffeine

- Keep caffeine to 400 mg per day – 3 (250 mL) cups of coffee
- Tea has less caffeine

## Alcohol

- Your body handles alcohol differently as you get older
  - Fewer than 10 drinks for women and 15 for men **per week**
  - Fewer than 3 drinks for women and 4 for men **on any one occasion**





# What about sodium?

- Your body needs 1500 mg/day
- Limit sodium to **2300 mg per day** (1 tsp of salt) to protect against high blood pressure
  - Eat more fresh vegetables and fruit
  - Eat less packaged and highly processed foods
  - Cook at home more often than eating out
  - Read labels





Let's give it a try

# How can you build a balanced:

- Breakfast?
- Lunch?
- Dinner?