Eat Well, Age Well
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
### How Much Do You Need Each Day?

**Recommended Number of Food Guide Servings per Day**

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Eating Well with Canada’s Food Guide

WHAT IS A SERVING?

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

- **Added sugars and refined starches**
  - Baked goods
  - Desserts
  - Sugary drinks
  - Refined grains (like white bread)
  - Milk products
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?