

## Healthy Living



Making healthy meals and snacks is a good way to get healthy.

### Healthy Food

- Gives us the fuel to nourish our bodies.
  - Gives us energy.
  - Helps us to cope with stress and keeps us healthy.
  - Helps children grow.
  - Helps us to look and feel our best.
- Eating together gives us time to talk. Regular meals and snacks are part of healthy eating.
  - To eat well, we do not have to spend all day in the kitchen. We can use simple foods and recipes that do not cost a lot of money.
  - Health Canada has made a useful tool to help Canadians eat well. It is called Canada's Food Guide to Healthy Eating and it can be used for anyone over the age of 4 years. There is a copy on Page 45.
  - This guide uses 4 groups of healthy food choices to enjoy each day.

Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives
Choose whole grain and enriched products more often	Choose dark green and orange vegetables and orange fruit more often.	Choose lower-fat milk products more often.	Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often

- Canada's food guide shows us the size of a serving for each group and how many servings to have each day. Try to have foods from all 4 food groups at a meal. For snacks, choose food from 1 or 2 food groups.

## Ideas for Healthy Living

- Enjoy many different foods. By choosing many kinds of foods, you will have the best from each food.
- Make meals and snacks with lots of colorful vegetables and fruits as well as bread and cereals. These 2 food groups should fill up most of your plate at meal time.
- Choose lower fat milk, yogurt and cheese. Choose lean meats, fish and poultry. Trim the fat you can see on meat and poultry. Use dried beans and lentils for meals and snacks. Prepare foods with little or no fat.
- Bake, broil, roast or microwave instead of frying.
- Limit (not too much) salt, alcohol, coffee, tea or cola.
- In addition to eating healthy, keep a healthy body weight by enjoying exercise, such as walking.

Choose water  
often when  
you are thirsty.



- Think about the kinds of meals you will make over the next few days and make sure you have what you need to make them.
- Shop with a list of the foods you will need to make meals.
- Keep a list on the fridge of items you need.
- Make meals ahead if you have time in the evening or weekend.
- Make a double batch of a recipe and freeze some for another meal.
- Get others in the house to help with making food, serving and clean up.

A bit of planning  
can help make  
healthy eating  
happen.

## **You can help your children eat well by:**

- Setting an example.
- Eating healthy foods yourself.
- Having meals and snacks at the same time each day.
- Giving you children a variety of different foods at meals and snack time.





## Tips for Feeding Infants and Toddlers

- Breast feeding is the best way to feed a baby.
- Breast fed babies need Vitamin D drops every day.
- Give only breast milk until 6 months of age. No juice, water, formula or solid foods.
- Keep on breast feeding for 2 years and beyond.
- Formula fed babies need iron fortified cows milk based formula from birth until 12 months.
- No solid foods until baby is six months old.
- Babies do not need purees. At six months they are ready to eat mashed foods.
- Babies prefer to eat solids with their fingers. By six months, babies do not like to be spoon-fed.



- The best first foods for babies are high iron foods like chopped meats, mashed beans, lentils and infant cereals with added iron.
- Infants and toddlers need high iron foods every day.



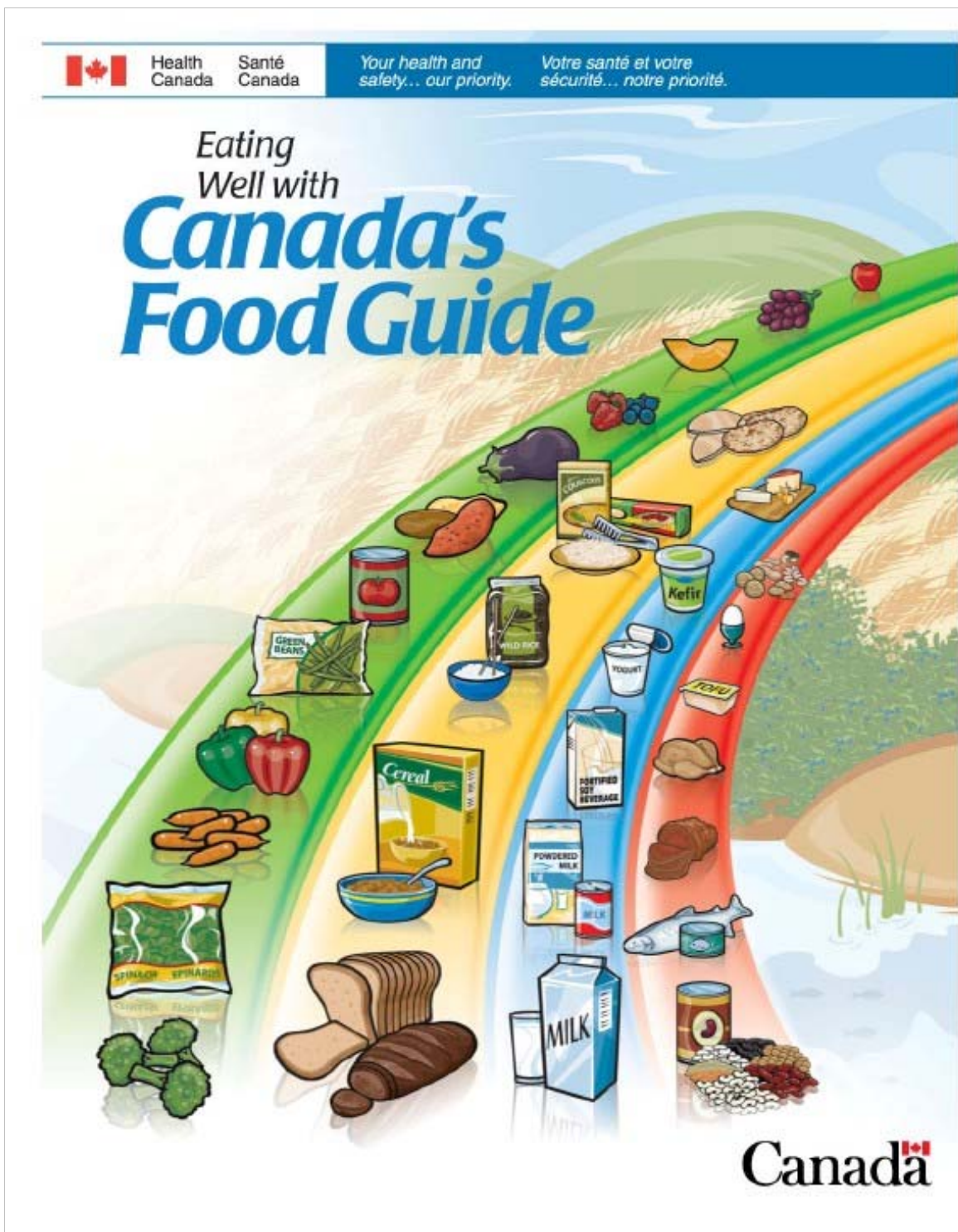
- When a baby eats fresh fruit, it will get all the juice that it needs.
- Drinking too much juice makes babies feel too full to eat other foods. Juice can also damage the teeth.
- Wait until one year before giving egg whites and honey.
- The parent's job is to give healthy food to the baby.
- The child's job is to decide what it will eat and how much it will eat.
- All babies know when they feel full. Never force a child to eat.



After six months, the best way to quench thirst is with water



- Some children are fussy eaters because they are not hungry at meal times.
- Too much milk, juice or snack food between meals makes children too full to eat meals.
- Eat together as a family to teach babies and toddlers to eat well.
- By one year, your baby will feed itself everything the family eats in small amounts.



For more information or to get the complete guide, go to the website at:

<http://www.healthcanada.gc.ca/foodguide>