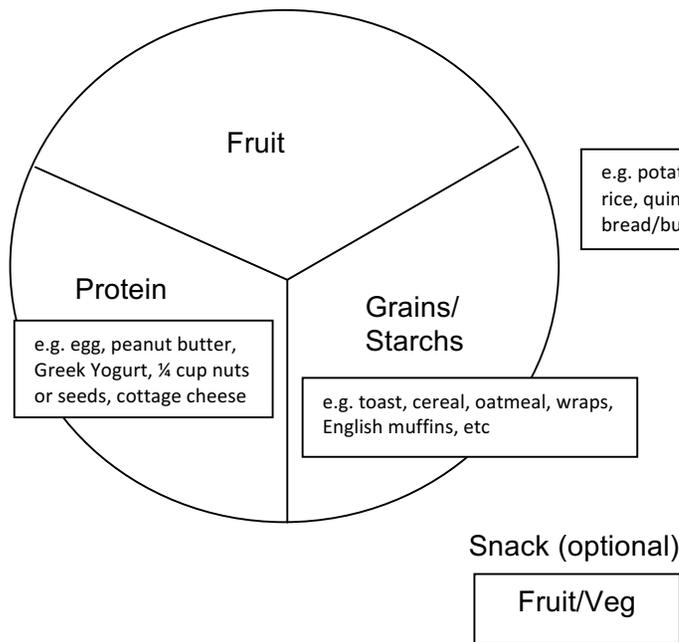
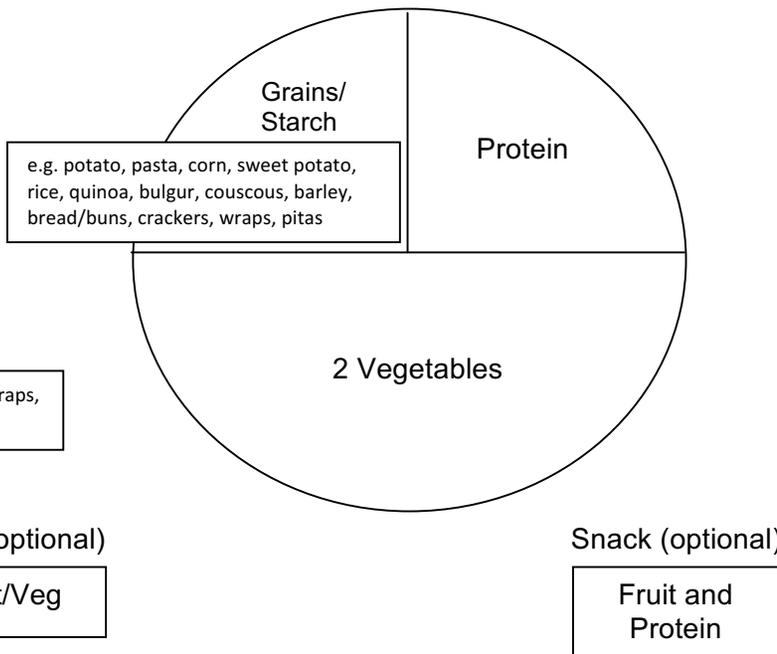


Healthy Eating Plan

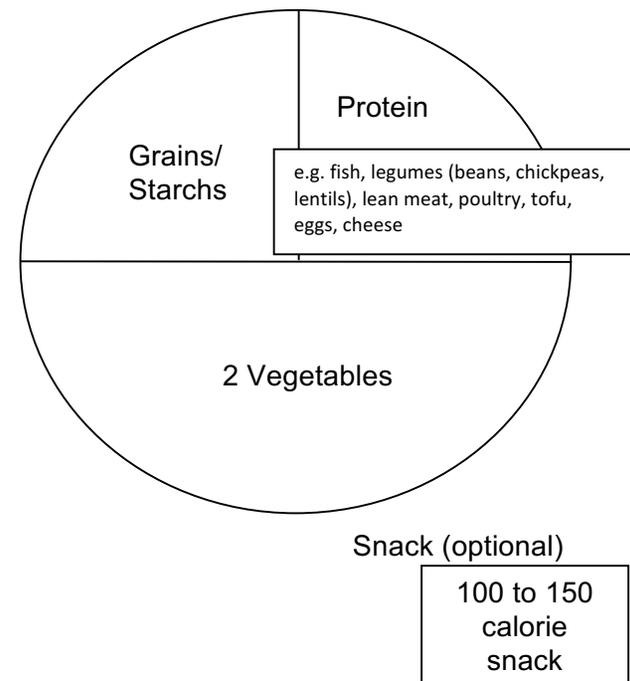
Breakfast



Lunch



Dinner



ENJOY MORE OFTEN...

Grains: Always choose whole grain bread, cereals (label reading tip: 4g or more of fibre AND 8g or less of sugar makes a healthy cereal), whole-wheat pasta, brown rice

Vegetables: 2 at lunch and 2 at supper – Load them up! Be as colourful as possible.

Fruit: 2 - 3 per day – best used as snacks

Milk products: Can count as a protein too. Choose 1% or skim versions. Low fat cheeses should contain less than 20% milk fat (M.F.).

Fish: 2 times per week – cold water, darker flesh such as salmon, char, trout and sardines. Fish contains Omega 3 fatty acids, which are good for your heart and brain.

Meat: Choose lean meats and poultry – remove the fat and skin before cooking.

Fats & Oils: Vegetable oil (canola, olive or safflower), vinaigrette salad dressings, nuts (serving size: ¼ cup), avocado

ENJOY LESS OFTEN...

White flour: Pies, cakes pastries, white bread, donuts.

White sugar: Pop, fruit drinks, popsicles, Gatorade/sports drinks, protein/granola bars, energy drinks.

Fried foods: French fries, deep fried fish, chicken nuggets, etc.

Sodium/Salt: Try choosing foods without labels so you know there isn't any added salt. If a product does have a label choose one with less than 10% DV (daily value) sodium per serving.

Eat as close to the farm as possible

OTHER IMPORTANT NOTES...

Journaling: Brings Success. Keeping detailed records of what and how much you eat is one of the top ways to make healthy changes to your diet. If you tend to eat more when you have certain emotions (happy, stress, bored, etc) it can be helpful to add feelings/thoughts to your journal as well. REMEMBER: Review your journal without judgment! Use it as a tool to help change, not cause guilt!

Alcohol: Suggested to avoid for the first few weeks, after that keep to 1-2 drinks/day for women (no more than 5 days of the week) and 2-3 drinks/day for men (no more than 5 days of the week).

Caffeine: Maximum of 4 x 8 oz cups per day. Try and use milk vs cream and wean down your sugar slowly– your taste buds will change!

Exercise: Aim for 150 minutes (2.5 hours) per week. Work up gradually.

Water: Try drinking a 500ml bottle before lunch, another bottle during the afternoon, and another 500ml bottle in the evening. Daily total water intake of 1500 mL plus other beverages. Try avoiding empty calories like pop, energy drinks, iced tea, sweet specialty coffees, and juice drinks.