

## National Nutrition Month



Check out  
[www.bodybreak.com](http://www.bodybreak.com)  
for more healthy eating  
tips

### Small changes=Better Healthy Eating

- Drink skim milk instead of whole milk
- Eat whole/multi grain bread
- Eat whole grain pastas
- Eat lean cuts of meats
- Use "liquid" eggs or egg white when cooking
- Drink more water instead of sugary drinks

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### **Cook it up Healthy!**

Food nourishes the body and gives us energy to get through each day. Healthy eating is fundamental to good health and is a key element in healthy human development, from the prenatal and early childhood years to later life stages. Healthy eating is equally important in reducing the risk of many chronic diseases.

### **Childhood Nutritional Facts**

While most Canadian children and youth enjoy good health, nutrition-related concerns do exist:

- ⇒ Poor eating patterns contribute to chronic health problems, such as cardiovascular disease, diabetes, cancer and osteoporosis, later in life.<sup>1</sup>
- ⇒ Obesity in children is increasing and appears to be related to inadequate physical activity.<sup>1</sup>
- ⇒ 25% of children and youth are sedentary.<sup>2</sup>
- ⇒ Unhealthy body images contribute to disordered eating patterns. Among teens and young adults, 1-2% suffer from anorexia nervosa and 3-5% from bulimia.<sup>3</sup>

- ⇒ 27% of girls age 12 to 14, and 38% age 15 to 19 say they are trying to lose weight.<sup>4</sup>
- ⇒ Inadequate nutrition affects the long term development of the child.<sup>5</sup>
- ⇒ The number of life-threatening allergies is increasing, including among children and youth.<sup>6</sup>



### **Maintaining Healthy Habits and Choosing the Right Foods**

Eat well and be active today and every day!



Eating well and being active work together for a healthier you. These healthy habits may help you reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis while providing many benefits such as:

- ◆ Better overall health
- ◆ Lower risk of disease
- ◆ A healthy body weight
- ◆ Feeling and looking better
- ◆ More energy
- ◆ Stronger muscles and bones food each day.

**Eat at least one dark green and one orange vegetable each day.**

- ◆ Go for dark green vegetables such as broccoli, romaine lettuce, and spinach.
- ◆ Go for orange vegetables such as carrots, sweet potatoes, and winter squash.

**Make at least half of your grain products whole grain each day.**

- ◆ Eat a variety of whole grains such as barley, brown rice, oats, and quinoa and wild rice.
- ◆ Enjoy whole grain breads, oatmeal and whole wheat pasta.

**Select lean meat and alternatives prepared with little or no added fat or salt.**

- ◆ Trim the visible fat from meats. Remove the skin on poultry.
- ◆ Use cooking methods such as roasting, baking or poaching
- ◆ If you eat luncheon meats,, choose those lower in salt (sodium) and fat.



**Download the full version of  
Canada's Food Guide at  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)**

