

Healthy Eating Tips

Make at least half of plate full of fruits and vegetables¹

- Experiment – choose familiar fruits and vegetables and try some new ones



What are whole grains? ²

- Grains (or kernels) that contain 3 parts
 - Bran – the hard outer coating of the kernel – has the most fiber as well as vitamins and minerals
 - Germ – the part that sprouts into a new plant – has many vitamins and healthy fats
 - Endosperm – is the energy supply for the seed – mostly starches with small amounts of proteins and vitamins
- Benefits of whole grain foods
 - Lower cholesterol levels
 - Lower blood pressure
 - Lower risk of
 - Heart disease
 - Stroke
 - Type 2 diabetes
 - Cancer of the large intestine and rectum
- Make at least half the grains in your diet whole grains



What is the difference between saturated and unsaturated fat?³

- Saturated fats tend to be solid at room temperature, while unsaturated fats tend to be liquid at room temperature.
- Saturated fats are found in animal-based foods like beef, poultry, full-fat dairy products and eggs, as well as plant-based foods like coconut and palm oils.
- Eating too much saturated fat can raise the level of LDL cholesterol (the “bad” cholesterol) which increases the risk of heart disease and stroke

¹ <https://health.gov/sites/default/files/2021-05/DGA-FactSheet-2021-03-26-compressed.pdf>

² <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826>

³ <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>

- the American Heart Association recommends limiting saturated fat to no more than 5 – 6% of your diet

Remember healthy eating can be enjoyable!⁴

- Experiment with new recipes – cook more often
- Eat meals with others
- Be mindful of your eating habits
- Read food labels



⁴ <https://food-guide.canada.ca/en/>