

# Fueling Your Mind and Body

## What is healthy eating?

- Enjoying a variety of foods from Canada’s Food Guide.
- Enjoying three meals a day and healthy snacks.
- Balancing the foods you eat. If you make poor food choices at one meal, make healthier choices the next time you eat.



### Healthy eating:

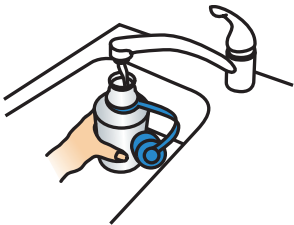
- energizes the body
- supports health
- prevents sickness
- helps you think and feel better

## How you eat is just as important as what you eat

	Always	Usually	Sometimes	Never
1. Do you pay attention to the taste, smell, and texture of the food that you are eating?				
2. Do you trust your body to let you know when you need food?				
3. When eating, can you tell when you are <i>getting</i> full?				
4. When you eat, do you eat for physical hunger (not for emotional reasons like anger)?				
5. Do you eat regularly throughout the day?				
6. Do you take at least 20 minutes to eat and enjoy your meals?				
7. Do you turn off the computer, cell phone and TV when you eat?				
8. Do you sit and eat with others when possible?				
9. Instead of eating directly out of a bulk-sized box or bag, do you take one portion and eat it from a plate or bowl?				

If you answered “Always” or “Usually”, congratulate yourself. If you answered “Never” or “Sometimes”, work on these areas one at a time. Making changes takes time and practice!

## Fluids



- Drink water for thirst.
- Choose water, milk or fortified soy beverages most often.
- Limit 100% juice to 125-250mL (½ -1 cup) per day.
- Avoid sugary drinks like pop, fruit drinks, energy drinks, and flavoured coffee beverages.

## Get active!

- Aim for 60 minutes of moderate- to vigorous-intensity activity throughout the day (e.g., activities that make you breathe harder and your heart beat faster).
- Find activities that you enjoy (e.g., walking or running with friends, swimming, playing sports, dancing, yoga, etc.).
- Reduce your screen time (e.g., computer, cell phone, TV) to have more time for physical activity.

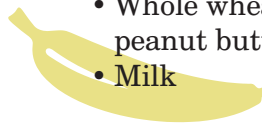




## Have a positive attitude

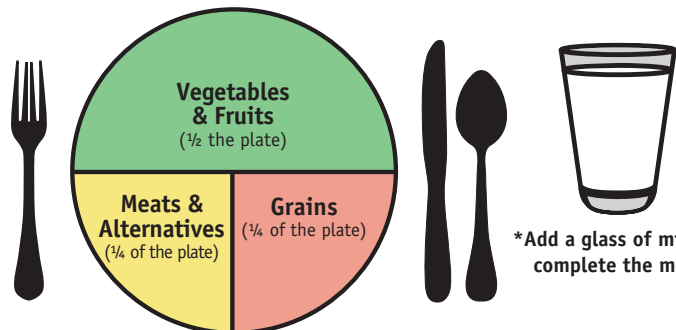
- Healthy bodies come in different sizes. Avoid comparing yourself to others.
- 50-80% of your body shape and size is determined by your genes.
- Be adventurous. Enjoy food and cooking.

# A day of delicious, healthy eating

These times and foods are examples. Aim to eat about every 2-4 hours. Eat when you are hungry; stop when you are full.

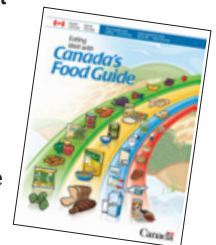
<p><b>7:30 am Breakfast</b></p> <ul style="list-style-type: none"> <li>• Whole wheat tortilla with peanut butter and banana</li> <li>• Milk</li> </ul> 	<p><i>Eating breakfast helps your body and mind wake up and helps your brain work well.</i></p>
<p><b>10 am Snack</b></p> <ul style="list-style-type: none"> <li>• Apple and cheese</li> <li>• Water</li> </ul>	<p><i>Snack on protein and carbohydrates together to keep your energy levels stable and avoid being hungry. Examples of proteins are fish, beans, nuts/seeds, meat. Examples of carbohydrates are fruit, rice, bread, pasta.</i></p>
<p><b>12:30 Lunch</b></p> <ul style="list-style-type: none"> <li>• Salmon salad sandwich on rye toast</li> <li>• Carrot sticks and dip</li> <li>• Water</li> </ul> 	<p><i>Part of healthy eating is balancing the foods you eat. For example, if your lunch is low in vegetables and fruits, plan to enjoy them later in the day.</i></p>
<p><b>4 pm Snack</b></p> <ul style="list-style-type: none"> <li>• Hummous and red pepper strips</li> <li>• Water</li> </ul>	
<p><b>7 pm Dinner</b></p> <ul style="list-style-type: none"> <li>• Beef and broccoli stir-fry with brown rice.</li> <li>• Milk</li> </ul>	<p><i>Plan meals that include choices from 3-4 of the food groups* to get the nutrients your body needs each day.</i></p>
<p><b>10 pm Bedtime</b></p> <ul style="list-style-type: none"> <li>• Have an evening snack if you are hungry</li> </ul> 	<p><i>Poor sleep habits make it harder to: make good food choices, keep your energy stable, and be at a healthy weight.</i></p>

Use this plate as a guide to serve up your meal.



\*Add a glass of milk to complete the meal

\* The four food groups in Canada's Food Guide are Vegetables and Fruits, Grain Products, Milk and Alternatives, and Meat and Alternatives. Visit the Health Canada website [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) to create a personalized "My Food Guide" and learn more about healthy eating and active living.



## Looking for more information?

- Dietitian Services at HealthLink BC .....Dial 8-1-1 to speak to a dietitian  
Translation services are available in 130 languages [www.healthlinkbc.ca/dietitian/](http://www.healthlinkbc.ca/dietitian/)
- VCH Youth Clinics.....[www.vch.ca/youthclinic](http://www.vch.ca/youthclinic)
- Better Together BC .....<http://bettertogetherbc.ca/>  
For recipes and snack ideas.
- Canadian Physical Activity Guidelines ..... [www.csep.ca/guidelines](http://www.csep.ca/guidelines)

For more copies, go online at <http://vch.eduhealth.ca> or email [phe@vch.ca](mailto:phe@vch.ca) and quote Catalogue No. **BB.200.F952**  
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