

Healthy Eating and Living

Teens

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≡ Welcome ≡ to the Paediatric Nutrition Clinic!

At the Paediatric Nutrition Clinic, a Registered Dietitian will help you learn about healthy eating and living.

What is a Registered Dietitian?

A Registered Dietitian is a healthcare professional who specializes in food, nutrition, and healthy lifestyles.

The dietitian will teach you about healthy eating and active living to promote health and well-being and to prevent illnesses, such as high cholesterol, diabetes, and high blood pressure.

The dietitian is your coach - it is up to you to work with the dietitian to achieve your personal health goals.

What can I expect at my first visit?

At your first visit, the dietitian will ask questions about your medical history and lifestyle to figure out the best way to help you.

Together with the dietitian, you will set some goals to start working towards.

What about follow up visits?

At these visits, the dietitian will discuss the healthy lifestyle changes you made, and work with you to set new goals to continue to improve your health. The dietitian will regularly communicate with your doctor by sending reports to their office.

Your follow-up visits are scheduled for:

What if I need to cancel or reschedule a visit?

Please make every effort to attend your scheduled appointment. However, if you need to cancel or you cannot make your appointment due to reasons you cannot control, please call the clinic to cancel and re-book as soon as possible.

Please note! As we are a specialty clinic, we have many families waiting for appointments. If a patient does not show for their visit without letting us know in advance, we have lost that chance to care for another patient.

After two “no-show” visits, we will remove you from the program. If you can be more committed to the program in the future, please have your doctor send in another referral.

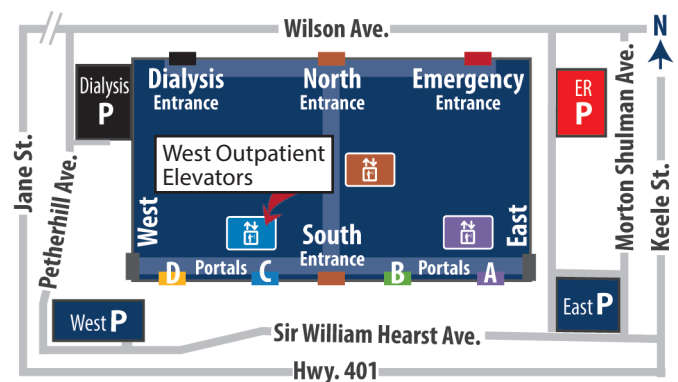
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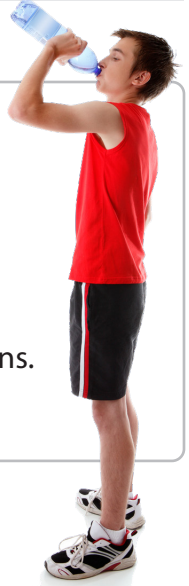
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Take the West Outpatient Elevators to level 4.
Enter the Paediatric Outpatient Clinic and register at the Reception Desk.





What are the benefits of healthy eating?

Healthy eating is getting good nutrition to:

- Grow healthy
- Support muscles
- Strengthen bones
- Support brain development
- Boost immunity
- Help the digestive system function
- Lower the risk of some health conditions.

1 Watch what you drink.

Juice, soft drinks (such as ginger ale, cola, Sprite®), iced tea, and sports drinks have lots of sugar and very little to no nutrition. Some have as much as 5 to 9 teaspoons (25 to 45 mL) of sugar per serving.

TIP!

Instead of juice, soft drinks (such as ginger ale, cola, Sprite®), iced tea, sports drinks, drink:

- Plenty of water
- 2 to 4 servings of plain or white 1% or skim milk*

*NOTE: The recommended servings from each food group are based on Canada's Food Guide and are age-dependent.

2 Learn to listen to your body.

Think about how your stomach feels while you are eating. You should only eat until you are no longer hungry. Do not eat until you feel stuffed or uncomfortable.

3 Eat slowly.

When you slow down your eating, you give a chance for your stomach to tell you when you have had enough to eat. If you eat too fast, you may end up eating until you are too full.

TIP!

A **meal** should last about 20 to 30 minutes.
A **snack** should last about 10 to 15 minutes.

4 Practice mindful eating.

You should not eat in front of a screen (tablet, TV, or computer) or while doing something else. This can lead to overeating. Eating with someone else or with the family helps to slow down eating and encourages healthy eating habits.

5 Avoid eating when bored.

Sometimes people go to the refrigerator or cupboards out of habit or because they do not know what else to do. Eating meals and snacks regularly can help you avoid eating when bored.

How can I make my plate more nutritious?

1 Aim for a balanced meal.

- Fill 1/2 of your plate with vegetables and/or fruits.
- Fill 1/4 of your plate with grain products.
- Fill 1/4 of your plate with protein.

TIP! If you really want to have seconds, eat more vegetables and/or fruit.



Image source: Health Canada. Canada's Food Guide. 2019
URL: Canada.ca/FoodGuide

2 Limit the use of salt.

Trade the salt shaker for other herbs and spices like:

- Curry
- Chili sauces
- Hot peppers
- Herbs, such as parsley, oregano, mint

TIP! Limit packaged foods, which can be high in salt or sodium. Look for foods with less than 5% Daily Value (DV) sodium.

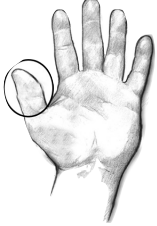

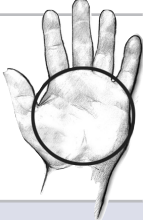



3 Prepare foods in a healthier way.

- When using fats, use healthier types of fats, such as canola, olive oil or non-hydrogenated margarine.
- Look for clear, broth based soups instead of cream-based soups.
- Make "cream sauces" with low-fat milk, margarine and flour.
- Try low-calorie salad dressings or make your own salad dressing with olive oil and vinegar or low-fat yogurt and seasonings.
- Remove skin from poultry. Trim all visible fats from meats before cooking.
- Avoid meats with high fat content (such as hot dogs, hamburgers, sausages, breakfast sausages).
- Prepare sandwiches without butter or mayonnaise. Use mustard or other low-fat spreads instead.
- Grill, steam, broil, poach, roast or barbeque foods instead of deep-frying or pan-frying.
- Steam-fry in water, tomato juice, lower-sodium bouillon (stock cube) or soup stock.
- Use a cooking rack and discard the drippings.
- Use non-stick baking and frying pans or woks (large pans).
- De-fat your soup stocks and gravy by refrigerating them and skimming off the solid fat. You can also try putting a couple of ice cubes in the soup stock. The fat will stick to the cubes. Then, just remove the cubes.

What does a “serving size” look like?

Have you ever wondered what a serving size actually looks like? Use this “handy” reference to remind you!

The Hand Guide Model	
 <p>1 thumb = 15 mL (1 tbsp) 1 thumb = 25 g of most cheeses 2 thumbs = 1 serving of cheese 2 thumbs = 1 serving of nut butter</p>	 <p>1 thumb tip = 5 mL (1 tsp) 3 thumb tips = 15 mL (1 tbsp) Use the thumb tip to estimate the amount of oil, butter or mayonnaise that you add to food.</p>
 <p>1 palm = 1 serving of meat, fish, or poultry</p>	 <p>1 fist = 250 mL (1 cup) 1 fist = 1 serving of raw leafy vegetables</p>
SOURCE: Images courtesy of National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.	

How can I develop healthy habits?

1 Look to positive role models.

Having a positive role model can help you to develop healthy eating and lifestyle habits.



2 Start the day off right.

Studies show that people who skip breakfast tend to eat more at lunch and dinner, and snack more during the rest of the day. You may become less attentive and engaged in school and may eat more calories than your body needs. Start the day off by having a balanced, nutritious breakfast.



3 Limit Screen Time (TV, computer, video games, electronic games, texting).

People who sit at a screen for more than 2 hours a day do not participate in enough physical activity. Also, they may tend to eat more high-calorie snacks while watching TV.

Stick to a maximum of 2 hours of screen time each day. You may want to aim for even less. Turn screens off 1 hour before bedtime to help get good quality sleep.



TIP! You may find it helpful to set a timer to keep track of screen time. You can download timer apps for your electronic devices.

4 Get moving!

Aim for at least 60 minutes of moderate to vigorous physical activity every day. Find a fun activity you enjoy. Joining community groups or sports teams gives you a chance to be more active and meet new friends. Refer to the “Physical Activity” on page 23 for more information.



5 Implement a quality sleep routine.

Teens need about 8 to 10 hours of quality night time sleep.

- Have a relaxing bedtime routine.
- Fall asleep in your bed.
- Avoid caffeine.
- Limit screen time before bed.
- Be active every day.
- Napping during the day can make sleeping at night difficult. If you want to nap, keep it short (less than 30 minutes) and not close to sleep time.

How can I follow these tips successfully?

Take small steps and set goals.

Do not expect to change your habits overnight. Changing too much, too fast may get in the way of success. **Make changes gradually. Aim for positive, lifelong lifestyle habits.**

Balance food choices over time.

Not every food has to be “perfect.” When eating a meal or snack that has foods or drinks higher in less healthy fat, sugar or salt, help balance the choices by choosing other foods or drinks that are lower in fat, sugar or salt at that time. For example, if you have a donut as a snack, drink a cup of low fat milk with it instead of juice. If you missed out on any food groups one day, make up for it the next day. Your food choices over several days can fit together into a healthy pattern.

Vegetables and Fruit (pg. 8)

Protein Foods (p. 12)



Whole Grain Foods (pg. 10)



Why are vegetables and fruit important?

Vegetables and fruits are packed with important nutrients including vitamins, minerals, antioxidants, and phytochemicals. Vegetables and fruit help protect against some types of cancer and heart disease. They are also high in fibre, which helps to keep your bowels working well and help you feel fuller longer.

How much vegetables and fruit should I eat each day?

Most teens need between 7 to 8 servings per day. Eat at least 1 vegetable or fruit at every meal and snack to help you get all the nutrients you need each day.

TIP! Canada's Food Guide suggests the following:



- Eat a variety of different-coloured vegetables and fruit for optimal nutrition.
- Choose 1 dark green and 1 orange vegetable or fruit a day.
- Choose vegetables or fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.



Vegetables and Fruit: 7 to 8 servings a day.*

For example, 1 serving of vegetable or fruit equals:

- 1 medium fruit OR
- 125 mL (1/2 cup) fresh fruit or vegetables OR
- 125 mL (1/2 cup) frozen or cooked vegetables OR
- 250 mL (1 cup) raw leafy vegetables

What are some vegetable and fruit options?

Everyday Options	Options you can eat <i>sometimes</i>
<ul style="list-style-type: none"> • Fresh or frozen whole vegetables and fruit • Cooked vegetables (steamed, baked, broiled, or roasted) • Fruit packed in water • Avocados (careful with portion because of higher fat content) 	<ul style="list-style-type: none"> • Buttered, creamed or deep-fried vegetables • Vegetables preserved in oil • Canned fruit packed in syrup • Coconut • Dried fruits

*NOTE: The recommended servings from each food group are based on Canada's Food Guide and are age-dependent.

What if I do not like vegetables and fruit?

Explore new foods.

You may think that you do not like vegetables and fruit, but do not let that stop you from trying new things! Go to the grocery store and pick out vegetables and fruit that you would like to try. Try new and different recipes. Consider trying recipes and foods from other cultures.

How else can I add more vegetables and fruit during my day?

Make vegetables and fruit more available.

- Put extra vegetables, salads or fruit at the centre of the table when eating meals to encourage eating more from this food group.
- Keep washed or cut up vegetables or fruits in clear containers at eye level in the fridge.

Make fruit (and yes, vegetables too!) your choice for snacks and dessert.

- Mix fruit pieces in with yogurt.
- Make fun fruit kebobs with your favourite fruits. Try using all colours of the rainbow.
- Make fruit smoothies with 1% milk or unsweetened, low-fat soy milk.
- Add vegetables to smoothies too. Try cucumber with melon, carrot with apricot and mango, or sweet potato with blueberry and strawberry.
- Add chopped fruit, such as berries and bananas, to cereal.
- Shred vegetables like carrot and zucchini and add to homemade muffins or breads.

Vegetables... the secret ingredient!

- Mix vegetables in with other foods. Chop up, mix or blend vegetables in with pasta sauces, lasagna, casseroles, meatballs, soups, chili or omelettes.
- Add different vegetables as toppings to create your own pizza or filling for tacos.
- Make a salad bar. Try shredded carrot and zucchini, cubed low-fat cheese, nuts and seeds, raisins and dried cranberries, fruits and whole grain cereal. (Yes, cereal! It will add crunch like croutons without the added fat and sodium)





Why are grain foods important?

Grain foods, especially whole grain foods, are high in nutrition including vitamins, minerals, and antioxidants. They are also high in fibre, which helps to keep your bowel working well and helps you feel fuller longer.



TIP! Choose whole grain bread and cereals to increase fibre intake throughout the day.

How much grain foods should I eat each day?



Grain foods: 6 to 7 servings a day.*

For example, 1 serving of grain food equals:

- 1 slice (35 g) bread OR
- 1/2 a bagel (45 g) OR
- 1/2 a pita (45 g) OR
- 30 g (3/4 cup) cold cereal OR 175 mL (3/4 cup) hot cereal OR
- 125 mL (1/2 cup) cooked rice, pasta, or quinoa

What are some grain food options?

Everyday Options	Options you can eat <i>sometimes</i>
<ul style="list-style-type: none"> • Whole grain breads, buns, rolls, roti, chapati, English muffins, pitas 	<ul style="list-style-type: none"> • Croissants, egg and cheese breads, padura • Foods that contain shortening, lard or hydrogenated vegetable oil as the first three ingredients
<ul style="list-style-type: none"> • Brown rice, whole wheat pasta, barley, quinoa and other grains 	<ul style="list-style-type: none"> • Commercially-prepared, canned or boxed pastas such as Alphagetti®, Heinz Ravioli®, Kraft Dinner®, or Rice-a-Roni®
<ul style="list-style-type: none"> • High-fibre, low-sugar cereals 	<ul style="list-style-type: none"> • Sugar or honey-coated cereals • Some types of granola cereals
<ul style="list-style-type: none"> • Lower-fat, whole grain crackers • Homemade healthier versions of muffins and cookies 	<ul style="list-style-type: none"> • Higher-fat crackers - crackers with cheese • Rich cakes, pies, pastries and donuts, sweet rolls, Danish pastry • Cream-filled and chocolate cookies • Commercially-prepared biscuits, muffins • Cookies - Arrowroot®, honey graham, oatbran, oatmeal, etc. • Granola bars

*NOTE: The recommended servings from each food group are based on Canada's Food Guide and are age-dependent.



Did you know?... Fibre

Dietary fibre comes from plant foods, such as fruits, vegetables and grains. There are 2 types of fibre: soluble and insoluble. Most foods have a mix of both types of fibre.

Type of Fibre	Where is it found?	What does it do?
Insoluble fibre	<ul style="list-style-type: none">• The skins of vegetables and fruit• The bran portion of whole grains	<ul style="list-style-type: none">• Promotes regular bowel movements and a healthy digestive system.
Soluble Fibre	<ul style="list-style-type: none">• Some vegetables, fruits, legumes, such as dried beans, peas	<ul style="list-style-type: none">• Slows the digestion of food. This helps you feel full for a longer time.• Lowers cholesterol levels.• Controls blood glucose (sugar) levels.

How can I increase the fibre in my meals and snacks?

Vegetables and Fruit

- Aim for 1 serving of vegetables and fruit at each meal and snack. For example, add berries to breakfast cereal or yogurt; eat fruit instead of drinking juice.
- Eat the peels of vegetables and fruit whenever possible.

Grains

- Includes whole wheat breads, breakfast cereals and pasta; rolled oats; barley; brown rice and quinoa.
- Add 15 to 30 mL (1 to 2 tbsp) of bran, ground flax seed or a very high fibre cereal to your cereal in the morning.

Legumes

- Add barley, beans, peas, lentils to soups, stews, casseroles.
- Roast chickpeas or steam edamame for an easy snack.
- Use legume-based dips (such as hummus, white bean dip) as vegetable dip.

Nuts and Seeds

- Add toasted nuts, sesame seeds, sunflower seeds or pumpkin seeds to salads, cereals and yogurt.
- Sprinkle on pasta dishes and stir-fries.

Foods high in fibre that I enjoy are:

Foods high in fibre that I am interested in trying are:

TIP! How do I get the fibre I need?

Read the label! Choose foods with greater than 15% of daily value most often. Try to make at least half of your grain choices each day higher fibre choices.





Why are protein foods important?

Protein helps build and maintain all body tissues. However, eat protein foods in moderation as too much protein can increase your risk for heart disease and weight gain. You can get protein from plants, meats, and milk products.

- **Plant-based protein** options, such as legumes, nuts, and tofu, are healthy choices. These are excellent sources of protein and fibre and are either low in fat or contain healthier fats.
- **Meats**, such as beef and poultry, eggs, and fish are excellent sources of protein, iron, zinc, and B vitamins. Limit the amount of meat you eat, as meats also contains saturated fat. Try to have fish a couple of times a week.



TIP! When choosing and preparing beef, fish or poultry:

- Use only lean cuts of meat with little fat or “marbling”
- Remove the skin and the fat (white parts) from poultry before cooking
- Bake in the oven, broil over high heat, barbeque, grill, poach (to gently cook food in simmering water or broth), steam, or stew. Avoid frying.

How much protein foods should I eat each day?



Meat and plant-based protein: 2 to 3 servings a day.*

Enjoy plant-based proteins more often. Include at least 2 servings of fish each week.*

For example, 1 serving of meat and plant-based proteins equals:

- 75 g (2 1/2 oz) meat, poultry or fish OR
- 175 mL (3/4 cup) cooked legumes OR
- 30 mL (2 tbsp) peanut or nut butters OR
- 175 mL (3/4 cup) cooked legumes OR
- 150 g (175 mL) (3/4 cup) tofu OR
- 2 eggs OR
- 60 mL (1/4 cup) shelled nuts and seeds

What are some plant-based protein options?

Everyday Options	Options you can eat <i>sometimes</i>
<ul style="list-style-type: none"> • Tofu, edamame • Tempeh • Beans, lentils, legumes, dried peas • Eggs 	<ul style="list-style-type: none"> • Pork and beans • Deep-fried tofu

*NOTE: The recommended servings from each food group are based on Canada’s Food Guide and are age-dependent.

What are some meat-based protein options?

	<i>Everyday Options</i>	<i>Options you can eat sometimes</i>
Fish*	<ul style="list-style-type: none"> • Fresh, frozen, water packed • Flaked fish - salmon • Basa, milkfish, pollock, tilapia • Octopus 	<ul style="list-style-type: none"> • Commercially fried or battered fish • Fish canned in oil or cream • Tuna, sardines (drained of oil), clams, shrimp (not fried) • Salted dried fish • Fried or deep-fried calamari
Poultry	<ul style="list-style-type: none"> • Chicken and turkey with skin removed • Cornish hens 	<ul style="list-style-type: none"> • Commercially fried chicken - chicken nuggets or chicken fingers • Poultry skins • Duck, goose and self-basting turkeys • Bombay duck

*Fish contain various amounts of mercury. Refer to Toronto Public Health. A Guide to Eating Fish: <https://www.toronto.ca/wp-content/uploads/2017/12/8d3f-tph-91f6-guide-eat-fish.pdf>

	<i>Options you can eat sometimes</i>	<i>Options to limit</i>
Red Meat	<ul style="list-style-type: none"> • Lean beef or veal - round, flank, chuck, sirloin, tenderloin, ground, stewing • Lean lamb - leg, loin, rib, shoulder • Lean pork - tenderloin, chop, shoulder, back bacon • Goat 	<ul style="list-style-type: none"> • Fatty cuts of meat - prime rib of beef, pork ribs, spare or short ribs • Marbled meats • Organ meats - liver, kidney, gizzard • Side bacon, pig's feet, ham hocks • Mutton
Cold Cuts (Low-Fat)**	<ul style="list-style-type: none"> • Black forest ham, pastrami, Montreal smoked meat, corned beef • Schneiders® Lifestyle products - any variety, except bacon and mini-sizzlers • Cuddy Farms® turkey products • Low-fat hot dogs • Lean roast beef, turkey breast, chicken, roast pork 	<ul style="list-style-type: none"> • Sausages, salami, bologna, prosciutto, sopressata • Patés • Processed canned meats • Mock chicken slices • Regular fat hot dogs, Montreal-smoked meat, corned beef

**Choose lower sodium versions.

CALCIUM-RICH FOODS AND DRINKS

Why are calcium-rich foods and drinks important?

Milk products, such as cow's milk, soy milk, kefir, yogurt, and cheese are good sources of calcium, as well as protein, phosphorus and vitamin D. Other plant-based milks, such as rice, oat, almond milk that are fortified with calcium and vitamin D and can be used a part of healthier eating. However, they are not good sources of protein.

TIP! Choose lower-fat products instead, as regular milk products are high in saturated fat and cholesterol. Look for % M.F. on labels. This tells you the **Milk Fat** in a product. Choose the product with the lowest M.F. percentage.



How much calcium-rich foods and drinks should I consume each day?



Calcium-rich Foods and Drinks: 3 to 4 servings a day.*

For example, 1 serving equals:

- 250 mL (1 cup) milk OR
- 250 mL (1 cup) fortified soy beverage OR
- 175 g (3/4 cup) yogurt or kefir OR
- 50 g (1 1/2 oz) cheese

What are some calcium-rich food and drink options?

Everyday Options		Options you can eat or drink <i>sometimes</i>
<ul style="list-style-type: none"> • 1% milk or skim milk • Buttermilk • Non-fat or low-fat skim milk powder 	<ul style="list-style-type: none"> • Unsweetened, fortified* soy milk • Unsweetened, fortified* rice, flax, oat, or almond milk (not a good source of protein) 	<ul style="list-style-type: none"> • 2% milk, whole (homogenized or 3.25% M.F.) milk or chocolate milk • Evaporated or condensed milk. • Sweetened or flavored rice, flax, soy, or almond milk
*Fortified with calcium (30% DV)		
<ul style="list-style-type: none"> • 1% or fat-free yogurt (low sugar) • 1% cottage cheese 	<ul style="list-style-type: none"> • 0% to 5% sour cream • Kefir, plain, unsweetened 	<ul style="list-style-type: none"> • Regular yogurt (2% M.F. or more) and higher-fat yogurts, such as Minigo® and Petite Danone® • Regular cottage cheese
<ul style="list-style-type: none"> • Low-fat or light cheeses (7% M.F. = skim; 17% to 20% M.F. = low-fat/light) 		<ul style="list-style-type: none"> • Regular sour cream • Processed cheese • Regular cheeses (28% to 34% M.F.)
<ul style="list-style-type: none"> • Skim milk or 1% milk puddings (low sugar) 		<ul style="list-style-type: none"> • Ice cream • Regular frozen yogurt • Regular pudding • Coffee and whipping cream

*NOTE: The recommended servings from each food group are based on Canada's Food Guide and are age-dependent.

Why are fats important?

Fat is an important part of healthy eating. However, having too much fat or too much less healthy fat is not healthy for you. Choosing healthier fats can help prevent high cholesterol levels.






How much fat should I eat each day?

Try to limit fat to 30 to 45 mL (2 to 3 tbsp) every day. This includes the fat used in cooking and added to foods after cooked or prepared.

A **healthier fat** that I will try to include is:

A **less healthy fat** that I will try to use less when cooking is:

What types of fats should I eat?

	Types of Fats	Major Food Sources
Healthier Fats Choose more often	Monounsaturated fats 	<ul style="list-style-type: none"> Oils – canola, olive, peanut, non-hydrogenated soft margarine (trans fat free) Unsalted nuts – almonds, pistachios, pecans, cashews, peanuts Avocados
	Polyunsaturated fats 	<ul style="list-style-type: none"> Oils – safflower, sunflower, soybean, sesame, corn, soft margarine Nuts – walnuts, pine nuts, brazil nuts, chestnuts Seeds – sesame, sunflower
	Omega-3 fatty acids 	<ul style="list-style-type: none"> Fatty fish – salmon, trout, mackerel, herring, sardines, tuna, arctic char Oils – canola, flax, soy, walnut Nuts and seeds – walnut, flax, pumpkin
Less Healthy Fats Choose less often	Trans fats or Hydrogenated fats 	<ul style="list-style-type: none"> Stick or hard margarines, vegetable oil shortening Hydrogenated vegetable oil, lard Processed commercial food Fried foods
	Saturated fats 	<ul style="list-style-type: none"> Animal fat – poultry skin Regular dairy products – butter, cheese Egg yolks – mayonnaise Tropical oils – palm, coconut, cocoa butter

Note: Avoid trans fats from processed foods as much as possible!

FOODS AND DRINKS HIGHER IN SUGAR



Limit foods and drinks higher in sugar. Sugar refers to the group of carbohydrates that helps sweeten the foods we eat.

If you like, choose these once in a while	<i>Limit</i> these choices
<ul style="list-style-type: none"> • Sugar substitutes and artificial sweeteners, such as sorbitol, saccharin, sucralose, aspartame • Diet jams or jellies • Diet syrups 	<ul style="list-style-type: none"> • White sugar, brown sugar • Icing sugar • Jams, jellies, marmalade
<ul style="list-style-type: none"> • Diet Jell-O® or puddings 	<ul style="list-style-type: none"> • Syrups – honey, maple, corn, molasses • Ice cream, sherbet, diet ice cream, ice milk, popsicles
<ul style="list-style-type: none"> • Sugar-free drinks, such as Crystal Lite® or sugar-free Kool-Aid® 	<ul style="list-style-type: none"> • Regular pop • Instant breakfast drinks • Regular Kool-Aid® • Sugary drinks (iced tea, juice, Gatorade®)
<ul style="list-style-type: none"> • Sugarless gum • Candies made with sugar substitutes • Baked goods made with sugar substitutes 	<ul style="list-style-type: none"> • Candies, gum, marshmallows, licorice • Baked goods – cakes, pies, cookies • Sugar or honey-coated cereal

TIP! Read the label!

- Often, sugar is labelled with a different name on ingredient lists. These include glucose, dextrose, sucrose, fructose, inverted sugar, honey, and dextrin. *Tip - Look for words ending in "ose."*
- Choose foods that contain less than 10 grams of sugar per serving or less than 5% daily value.
- Every 4 grams of sugar equals 1 teaspoon (5 mL) of sugar.
- Choose foods and drinks that contain naturally occurring sugars, such as vegetables, fruit, and milk. These products have a lot of other important vitamins and minerals.



Three **high sugar foods or drinks** that I eat or drinks often that I will try to **limit** are:



- 1.
- 2.
- 3.

What is a snack?

A snack is a small amount of food or drink that you have in between meals. Snacks provide energy and nutrition and help prevent you from getting too hungry between meals and help meet nutrition needs.

When can I have a snack?

Snacks can be eaten 2 to 3 times each day. There should be about 3 hours in between meals and snacks.

Did you know?



Sometimes you may snack more often than you need to because you are bored, tired, sad or even happy. This is called, "emotional eating" or "mindless eating." Learn to listen to your body more often. For example:

- "Am I physically hungry?" - If so, choose a healthy snack.
- "Am I bored?" or "Am I having a food craving?" - If so, then keep busy with activities that you enjoy, such as reading, playing or listening to music.

Where can I have a snack?

Snacks should be eaten in a place where you normally eat your meals, such as in the kitchen, dining room, school cafeteria, or school lunch room. Do not eat in front of the TV or computer, or while you are doing another activity, such as homework. This can lead to overeating.

What makes a healthier snack?

- A food or drink that is high in nutrition and lower in less healthy fat, sugar and salt. Choose vegetables and fruit and calcium-rich foods and drinks as snacks more often. Try to include choices that you missed during your meals.
- Snacks are about 1/4 to 1/3 the size of a meal.

Vegetables

- Broccoli, carrots, cauliflower, celery, green peppers
- Baby carrots, cucumber
- Vegetables and low fat sour cream or yogurt dip
- Nut spreads or soynut butter on celery
- Cheese slice on celery



Fruits

- Apple, banana, kiwi, mango, nectarine, orange, papaya, peach, pear, pineapple, tangerine
- Cantaloupe, honeydew melon, watermelon
- Apricots
- Blueberries, cherries, grapes, raspberries, strawberries
- Applesauce
- Peaches, pears or pineapples, canned, water packed
- Fruit cocktail or fruit cup in water
- Nut butter or soynut butter on banana
- Cheese slice on an apple



Grain Foods

- Dry cereal such as Multigrain Cheerios®, All Bran Multigrain Crunch®
- Lower fat, whole grain crackers
- Homemade healthier versions of muffins and cookies
- Whole grain bread sticks
- Melba toast
- Rice cakes or crackers
- Air-popped popcorn



Calcium-rich Foods and Drinks

- Skim, 1% milk or unsweetened fortified plant milks
- Fat-free or sugar-free or light pudding
- Yogurt
- Low-fat or fat-free yogurt
- Low-fat cheese strings
- Low-fat cottage cheese



Protein Foods

- Unsalted nuts, mixed nuts (careful with portions)
- Hardboiled egg
- Peanut or other nut butter
- Tofu-based dip
- Bean salad
- Edamame (soybeans)
- Dips (hummus, bean dip)
- Tofu



What are less healthy snacks?

Less healthy snacks are snacks that are low in nutrition, but high in fat, sugar and/or salt.

Less healthy snacks

- Jell-O®
- Potato chips
- Chocolate bars
- Candies, such as gummy bears, jelly beans, Lifesavers®, Twizzlers®
- Regular pop, iced tea, gingerale, Gatorade®, PowerAde® or juice
- Popsicles or Freezies®

Combination Snack Ideas

Create delicious, balanced healthy snacks such as:

- Bean dip or hummus with raw vegetables or whole wheat pita crackers
- Fresh vegetables with low-fat sour cream or yogurt dip
- Celery with peanut butter or served with a slice of cheese
- Low-fat yogurt with unsalted nuts, granola or fruit
- Apple slices dipped in peanut butter (or other nut butters) or served with a slice of cheese
- Peanut butter on banana
- Low-fat cottage cheese with fruit
- Homemade fruit smoothie
- Fresh fruit and trail mix
- Cheese string with nuts or fresh fruit

Two examples of **less healthy snacks** that I plan to eat **less often** are:



1.

2.

Two examples of **healthier snacks** that I want to try are:

1.

2.

READING FOOD LABELS

A Nutrition Facts table can be found on almost all pre-packaged foods. This table contains information on the nutrition content of various nutrients. You can use this information to choose healthier food products more easily, compare products to make better choices, and learn about the nutrition content.

How can I use the Nutrition Facts table?

Follow these 3 easy steps:

1 Look at the serving size

- The serving size is the amount of food that contains the amount of nutrition that is listed.

TIP! If you are comparing two products, make sure that you are comparing **similar serving sizes**.



Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 96	% Daily Value* % valeur quotidienne
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% or plus c'est beaucoup	

Equals serving size

per serving

2 Read the % DV

- The % Daily Value (DV) tells you if a food has a little or a lot of a nutrient.

5% DV or less is a LITTLE

15% DV or more is a LOT

3 Choose a healthy food product

- Try to get more of these nutrients: Fibre, vitamin C, iron, calcium
- Try to get less of these nutrients: Fat, saturated fat, sugar, sodium
- Aim for 0 grams of trans fat.



TIP! The Nutrition Facts table tells you how much **sugar** is contained in a product.

The amount written on the table includes both *naturally-occurring sugars* (such as sugars you find in fruit or milk) and *added sugars*.

Every 4 grams of sugar in a product is about 1 tsp (5 mL) of sugar. For example, 40 grams of sugar in a can of soda is the same as 10 tsp (50 mL) of sugar!



Did you know?

It is also important to look at a product's **ingredient list**. An ingredient list can be found on all food packages in Canada.

Ingredients are listed in descending order by weight. This means that the product contains more of the ingredients listed first, and less of those listed toward the end of the list.



Did you know?

The following foods do not need to have a Nutrition Facts table:

- Fresh vegetables and fruit
- Raw meat and poultry
- Raw seafood
- Foods prepared or processed in-store (such as bakery items, salads)
- Foods that contain very few nutrients (such as coffee, tea, herbs, and spices).

EATING OUT HEALTHIER

1 Follow Canada's Food Guide when eating out.

For a healthy meal, choose balanced meals by incorporating all food groups. For snacks, choose 2 food groups. Try to choose healthier foods and drinks and only one choice as a less healthy option.

2 Careful with portions.

Restaurants and fast food chains tend to serve larger portions than what we normally eat at home. You can either share your meal with a friend or family member or you can portion out your meal before you eat and take the leftovers home. Be careful with how many courses you order. Appetizers, entrées, and desserts can add up.

3 Ask how the food is prepared.

Choose foods that are steamed, baked, boiled, grilled, or roasted instead of foods that are fried or cooked in butter.

4 Substitute your sides.

Choose side salads or vegetables instead of French fries. However, be careful how much salad dressing is used.

5 Find ways to increase fibre intake.

Choose whole wheat or whole grain pizza dough, pasta, or breads, if the restaurant has those options. Add extra vegetables to pizza or subs.

6 Order water or 1% milk instead of pop or juice.

7 Do some research before going to a restaurant.

Look at the nutritional information online and choose foods that are lower in fat, sugar and/or sodium (salt).

8 Sauces and gravies are high in fat and/or sodium (salt).

Either ask for these on the side or ask for them to not be served with the meal.

9 Be cautious of condiments including ketchup, mayonnaise, and soy sauce.

These can be high in fat, sugar and/or sodium (salt). Ask your server for the condiments on the side.

10 Do not add extra salt to food.

Foods from restaurants and fast food chains are typically high in sodium (salt).

My favourite restaurant to eat at is...
I usually order...



Next time I go there, I can make my meal healthier by:



What are the benefits of being physically active?

Regular physical activity has many benefits. It is important for your health and improves mood. Aim to get at least 60 minutes of moderate to vigorous physical activity every day.

Benefits of physical activity include:

- Stronger bones and heart
- Healthier muscles
- Improved posture
- Lower stress
- Better performance at school
- Making new friends
- Healthy growth and development
- Reduced risk of chronic diseases, such as diabetes, high cholesterol or heart disease.

When introducing new activities into your routine, start slowly. Choose activities you want to do. Physical activity should not be a chore. It should be something that you enjoy doing.

What is intensity?

Intensity, or activity level, is the amount of effort that is needed to perform a certain exercise or activity.

Intensity	This activity level makes your child:	Examples
Moderate	<ul style="list-style-type: none"> • Breathe harder • Increase their heart rate 	Walking Swimming Dancing
Vigorous	<ul style="list-style-type: none"> • Be out of breath and sweat • Increase their heart rate even more 	Running Playing hockey Playing basketball Fast cycling

What are the different types of exercise?

There are 4 different types of physical activities: *endurance*, *strength*, *flexibility*, and *balance*. Each type is different and offers its own benefits.

Make sure to include all 4 types in your routine. This will also help keep it interesting and fun.



Exercise Type	Why is this important?	Examples
Endurance	Increases your breathing, heart rate, and improves overall fitness.	Walking Hiking Jogging Dancing Swimming Biking Rollerblading Playing basketball Playing soccer
Strength	Can help make your muscles and bones stronger.	Riding a bike Climbing stairs
Flexibility	Can help stretch your muscles.	Yoga Dancing Stretching (shoulder and upper arm stretches, calf stretches, splits)
Balance	Can help improve your coordination.	Dancing Yoga

Some activities that I enjoy are:



Some new things that I would like to try are:

TIP! Keep track of your activity.

- Aim for at least 60 minutes of physical activity every day.
- Use a calendar from home or ask your dietitian for a calendar to record what activity you did and the total minutes on each day.
- Use an app to keep track of your activity to motivate you!



BARRIERS TO PHYSICAL ACTIVITY WORKSHEET

There are many obstacles we face that may get in the way of healthy living. Use this sheet to record some of the barriers you face that make it difficult to be more active.



Barriers to physical activity:	Ways to overcome these barriers:



DIVISION OF RESPONSIBILITY

What is “The Division of Responsibility”?

Children, teens, and parents each have a role to play to ensure mealtimes are pleasant and a time to connect. Ellyn Satter developed the Division of Responsibility to help parents, children, and teens understand each of their jobs when it comes to eating.



Parents' Jobs	Teenagers' Jobs
<ul style="list-style-type: none">• Expect your child to manage their schedule and their snacking so they can arrive at dinner on time and hungry.• Teach them to take responsibility for eating 3 meals and 2 to 3 snacks each day.• Let them find their own way with food away from home: what to eat, how much to eat, how to get what they need.• Build your teen's food-management skills for after they leave home.• Encourage them to take care of themselves with food.• Teach them to plan and prepare a few super-easy meals.• Understand that eating out and using pre-prepared food is okay - it is <i>having</i> the meal that counts.	<ul style="list-style-type: none">• Feel positive about your eating.• Learn to manage your own schedule and eat 3 meals and 2 to 3 snacks each day.• Eat the amount you need.• Learn to eat different foods.• Learn to prepare foods and snacks.• Have meals with your family more often.
<p>For more information on this topic, visit: www.ellynsatter.com. © 2013 by Ellyn Satter published at www.EllynSatterInstitute.org</p>	



Breakfast

Creamy Cinnamon Oatmeal Source: Heart and Stroke Foundation

This hot breakfast is made even healthier with wheat germ. Wheat germ is a part of the wheat kernel that contains many nutrients. You can buy wheat germ at most grocery stores or Wal-Mart™. Change it up with fresh fruit toppings like berries or chopped apple or pear.

Ingredients:

500 mL (2 cups) skim milk	50 mL (1/4 cup) wheat germ
375 mL (1 1/2 cup) water	50 mL (1/4 cup) dried cranberries
4 mL (3/4 tsp) ground cinnamon	25 mL (2 tbsp) chopped walnuts
425 mL (1 1/2 cup) large flake oats	

Directions:

1. In large pot, bring milk, water and cinnamon to boil.
2. Stir in rolled oats and wheat germ and return to boil. Reduce heat to low and cook, stirring for about 8 minutes or until thickened.
3. Stir in cranberries and walnuts.

Fruit option: You can also try other dried fruit like chopped dried apricots or dried blueberries or raisins to the oatmeal along with the nuts.

If there are nut allergies you can omit the walnuts but feel free to add other crunchy seeds instead like sunflower or pepita seeds. You can also add more dried cranberries or raisins instead of the walnuts.

Veggie Scrambled Eggs

This recipe provides a great way to get in some vegetables at breakfast. Servings: 2

Ingredients:

1 mL (1/4 tsp) margarine	2 eggs
15 mL (1 tbsp) grated zucchini	15 mL (1 tbsp) low-fat cottage cheese
15 mL (1 tbsp) grated carrot	Salt and freshly ground pepper
15 mL (1 tbsp) finely chopped onion	

Directions:

1. In a nonstick skillet, melt margarine over medium-high heat. Sauté zucchini, carrots, and onions for about 1 to 2 minutes or until the vegetables have started to soften.
2. In a small bowl, crack eggs and lightly stir. Stir in cottage cheese.
3. Add egg mixture to cooked vegetables in skillet. Reduce heat to medium. Stir using a wooden spoon or heat proof rubber spatula until cooked.
4. Season with salt and pepper to taste.

Lunch

Yummy Quinoa Lunch Source: Unlock Food (Dietitians of Canada)

Are you looking for healthy, easy to prepare lunch ideas? Here's one! Quinoa is full of protein, fibre and iron, and can be prepared in batches and stored in the refrigerator for up to one week.

Ingredients:

125 mL (1/2 cup) quinoa	250 mL (1 cup) frozen shelled edamame (soybeans)
14 mL (2 tbsp) olive oil	1 carrot, shredded
2 cloves garlic, minced	25 mL (2 tbsp) freshly grated parmesan cheese (optional)
250 mL (1 cup) sodium-reduced vegetable broth	

Directions:

1. Place quinoa in fine meshed sieve (strainer) and rinse under water for about 30 seconds; set aside.
2. In a non-stick skillet, heat oil over medium heat. Add garlic and stir for 30 seconds.
3. Add quinoa and cook, stirring for 2 minutes to toast the grains. Remove from heat and slowly pour in broth. Slowly and carefully, stir to combine and return to heat.
4. Add the edamame and carrot and bring to a gentle simmer.
5. Reduce heat to medium low. Cook, stirring occasionally for about 15 minutes or until liquid is absorbed and quinoa is tender.

Tip #1: Look for quinoa in the organic, grains or bulk section of the grocery store. You can also find it in health food stores.

Tip #2: Look for soybeans (edamame) in the freezer section of the grocery store. It may be with regular frozen vegetables or in the organic section of the grocery store. Edamame should be cooked according to the package instructions before adding to a dish.

Tip #3: Substitute canned chickpeas, kidney beans or lentils for the edamame. Drain and rinse well before using to remove excess sodium.

Cheesy Chicken Quesadillas Source: Unlock Food (Dietitians of Canada)

Ingredients:

1 whole wheat pita	30 g (1 oz or about 2 thin slices) of part skim mozzarella or Swiss cheese
50 g (1.5 oz) half cooked small boneless, skinless chicken breast	Sour cream (optional)
25 mL (2 tbsp) mild or medium salsa	

Directions:

1. Slice open pita to create two round slices.
2. Spread each half of the pita with salsa and top one side with cheese. Shred or chop chicken breast and place on top of cheese. Top with remaining cheese slice and pita round.
3. Place sandwich in small nonstick skillet over medium heat and cook turning once, for about 5 minutes or until cheese is melted.
4. Remove to cutting board and cut into 4 triangles. Serve with sour cream, if desired.

Tip #1: If taking it for lunch at school, place triangles and sour cream in separate containers.

Dinner

Crunchy Baked Fish Source: TeensHealth from the Nemours Foundation

You will love this delicious and nutritious fish! The best part is that it is quick and easy to make. Add steamed vegetables and roasted potatoes to complete this meal.

Prep Time: 10 min | Cook Time: 10 to 12 min | Servings: 4

Ingredients:

4 pieces of 3 oz (85 g) fresh fish fillets (such as flounder, cod, haddock, rainbow trout)	10 mL (2 tsp) olive oil
	Lemon juice
125 mL (1/2 cup) low sodium breadcrumbs	Salt and pepper

Directions:

1. Preheat the oven to 140°C (350°F). Spray baking sheet or cookie sheet with cooking spray.
2. Arrange the fish fillets on the baking sheet. Season the fish with a little salt and pepper.
3. Drizzle a few drops of lemon juice over each fillet. Spray with cooking spray, then pat the breadcrumbs on. Finally drizzle with the olive oil.
4. Bake for 10 to 12 minutes, depending on thickness of the fillets. Test to see if the fish is done by inserting the tip of a knife into a fillet. If it flakes easily all the way through, it's done.

Dinner

Bean and Tomato Salad Source: Government of Alberta

This tasty and nutritious salad is full of fibre, so it will keep you full for a longer time. It can be eaten as a complete meal, or as a side, and it does not require any cooking.

Ingredients:

540 mL (10 oz) can of garbanzo beans (chick peas), drained and rinsed	125 mL (1/2 cup) red bell pepper, sliced
125 mL (1/2 cup) celery, chopped	398 mL (14 oz) can of low sodium stewed tomatoes, drained and chopped
1 green onion, sliced thinly	

Dressing Ingredients:

30 mL (2 tbsp) olive (or cooking) oil	1 mL (1/4 tsp) dry mustard
30 mL (2 tbsp) white vinegar	1 mL (1/4 tsp) garlic powder
2 mL (1/2 tsp) dried sweet basil	10 mL (2 tsp) parsley flakes

Directions:

1. Combine the first 5 ingredients in a medium-sized bowl and mix well.
2. To make the dressing: Combine the remaining 6 ingredients in a small bowl.
3. Pour the dressing over the vegetable mixture. Mix well.
4. Cover with plastic wrap and chill for several hours, stirring several times.

Snacks

Pear and Lentil Muffins Source: Heart and Stroke Foundation

Ingredients:

2 ripe pears, cored and chopped	125 mL (1/2 cup) wheat bran
50 mL (1/4 cup) orange juice	50 mL (1/4 cup) wheat germ
250 mL (1 cup) canned lentils, drained and rinsed	5 mL (1 tsp) ground ginger
75 mL (1/3 cup) packed brown sugar	5 mL (1 tsp) baking powder
1 egg	2 mL (1/2 tsp) baking soda
10 mL (2 tsp) vanilla	125 mL (1/2 cup) skim milk
375 mL (1 1/2 cups) whole wheat flour	50 mL (1/4 cup) chopped walnuts or pecans

Directions:

1. In a small saucepan, combine pears and orange juice and bring to simmer over medium heat. Cover and cook on low for about 10 minutes or until pear is very soft.
2. Scrape into a food processor with lentils and puree until smooth. Add sugar, egg and vanilla.
3. In a large bowl, whisk together flour, wheat bran, wheat germ, ginger, baking powder and soda.
4. Pour pear mixture over flour mixture; add milk and stir to combine. Divide among 12 greased muffin tins. Sprinkle tops with walnuts.
5. Bake in 200°C (400°F) oven for about 15 minutes or until cake tester inserted in centre comes out clean.

Vanilla Strawberry Parfaits Source: Heart and Stroke Foundation

Ingredients:

1 package (7 g) unflavoured gelatin	500 mL (2 cup) fresh or frozen strawberries (thawed if frozen)
125 mL (1/2 cup) water	
15 mL (1 tbsp) granulated sugar	750 mL (3 cup) 1% vanilla yogurt

Directions:

1. In saucepan, sprinkle gelatin over water; let stand 5 minutes. Heat over medium low heat until gelatin dissolves; stir in sugar until dissolved. Let cool.
2. In a bowl, mash strawberries; stir in gelatin, mixing well. Refrigerate until thick, about 1 hour.
3. Add 50 mL (1/4 cup) of the strawberry mixture to yogurt and swirl. Divide half the yogurt among four tall glasses. Spoon half of the remaining strawberry mixture on top. Repeat layers.
4. Cover and refrigerate until set, about 1 hour, or up to 1 day.

Snacks

Bean Dip

Ingredients:

1 can (19 oz) white kidney beans, drained and rinsed	15 mL (1 tbsp) tahini (ground sesame paste)
50 mL (1/4 cup) low-fat sour cream	2.5 mL (1/2 tsp) honey
45 mL (3 tbsp) lemon juice	1 mL (1/4 tsp) each of ground coriander, salt, pepper
1 to 2 cloves garlic, minced	

Directions:

1. Put all ingredients in a blender or food processor and blend until smooth.
2. Chill for a 1 hour. Serve with fresh veggies or pita bread.

Easy Peezy Pizza

Ingredients:

1/2 whole wheat pita	50 mL (1/4 cup) tomato purée
28 g (1/4 cup) shredded skim milk cheese	75 g (1/2 cup) chopped green peppers, onions, mushrooms

Directions:

1. Preheat oven to 180°C (350°F)
2. Place the pita bread on a baking sheet.
3. Spread the tomato purée on the pita bread. Sprinkle the cheese and vegetables on the tomato purée.
4. Bake for 5 to 10 minutes or until cheese is bubbling.

For some fun and nutritious meal and snack ideas visit:

- Unlock Food: <https://www.unlockfood.ca/en/Recipes.aspx>
- Dietitians of Canada - Cookspiration: <http://www.cookspiration.com>
- Heart and Stroke Foundation: <https://www.heartandstroke.ca/get-healthy/recipes>

IDEAS WORKSHEET



Use this worksheet to record any information, ideas, or suggestions that may be useful for you in achieving a healthier lifestyle.

Ideas and notes:



This week I will try:



For more information, please contact:

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