

Eat Well

10 Steps to a Healthier You

Do you measure your eating habits by cups or tablespoons of food?

It's time to adopt new measures for a happier and healthier you.

Variety adds enjoyment

A healthy eating plan includes a wide variety of foods – even decadent desserts, from time to time. Eat the foods you enjoy – balanced with healthy choices and size-wise portions.

Fibre is filling

Vegetables, fruit and whole grain products are high in fibre, which helps you feel full and satisfied. Fuel up with high-fibre foods for your meals and snacks.

Surround yourself with healthy snacks

Got the munchies? Prepare fresh or dried fruit, raw vegetables with low fat dip, unbuttered popcorn, a small handful of nuts or low fat yogurt to fill that between-meal gap. Bring healthy “to-go” snacks for smart snacking wherever you are.

Add a dash of creativity

Food can be a taste adventure! Try a recipe from a different culture to add a hint of the exotic to an everyday meal. Try a new healthy recipe or cookbook and experiment with spices to add zip and zing. Choose foods that are seasonally available like corn and strawberries, pumpkin and squash. Your taste buds will thank you!



One small step at a time

Make one small change to your eating habits this week, such as enjoying one more fruit each day or starting your day with a healthy breakfast. Each small step adds up to a healthier you.

Feed the need

Your body knows when it needs nourishment. On average, three balanced meals each day (including breakfast) and healthy snacks will keep you energized. If you feel your stomach grumbling between meals, it's time to reach for a healthy snack – “top yourself up” between meals!

Listen to your body cues

Are you really hungry? Has it been four hours since you last ate? Is your stomach grumbling? Listen to your body... you may need other nourishment such as sleep, fresh air, cool water or maybe just a change of pace. Trust your instincts.

The 20-minute message

It takes 20 minutes for your brain to register that your stomach is full. Slow down to savour the flavour! Enjoy the colour, smell, taste and texture of each bite you take before going back for more... you may not need it. Listen to your body.

Health is a life-long experience

Don't look for a quick fix for your long-term health. If a “results-right-away” meal plan sounds too good to be true... it probably is. Enjoy eating balanced, nourishing meals. Be active. Enjoy life.

Fast food doesn't have to be “fat” food

When life gets hectic, look for healthy alternatives for food on the go. Choose non-fried and low-fat menu options, refreshing water and toss a salad into the mix. Be size-wise – don't super-size.

Food nourishes your body and keeps you healthy. Eat well-balanced meals with pleasure and appreciation.

Healthy Measures

Be active • Eat well • Be yourself