



Module Tools - Educate

healthy
eating

Table of Contents

Here you will find factsheets with useful information and tips to share with employees. The following documents are included;

Fact Sheets

1. [Fat Facts](#)
2. [Fibre](#)
3. [Red Meat and Processed Meat](#)
4. [Sodium and Sugar](#)
5. [Vegetables and Fruit](#)





Fat Facts for Adults

healthy
eating

Everyone needs some fat to stay healthy – it's the type of fat and the amount of fat you choose that's important.

Healthy Fats

Unsaturated fats are usually liquid at room temperature. They are found in avocados, nuts, seeds, non-hydrogenated soft margarines, oils like olive oil, corn oil, canola oil and sunflower oil, and in salad dressings that contain these oils. They have been found to protect against health conditions such as heart disease.

Omega-3 fat is a type of essential unsaturated fat found in oily fish such as salmon, herring and mackerel, fortified eggs, flax and walnuts. Omega-3 fats are important for heart health and for brain and eye development.

Less Healthy Fats

Saturated fats are usually solid at room temperature. These fats come from animals and are found in foods such as meat, poultry, butter and cheese. They are also found in tropical oils like coconut, palm and palm kernel oils. Eating a large amount of saturated fat can lead to weight gain, which increases the risk for certain cancers.

Trans fats are found in foods that are made with or cooked in partially hydrogenated fat. Some crackers, potato chips, store-bought baked goods, deep-fried fast foods and margarines contain trans fats.

How Much Fat is Healthy?

Fat adds taste and texture to foods and makes you feel full longer. It also helps you to absorb certain vitamins. But eating too much fat can lead to weight gain. So how much fat is healthy?

Health Canada recommends that adult Canadians get 20% to 35% of their total daily calories from fat. The number of calories you should take in depends on your age, activity level and other factors. This means about 45 to 75 grams of fat a day for women and about 60 to 105 grams of fat a day for men. To reach these goals, try to:

- Choose healthy fats more often than less healthy fats.
- Keep added fats (like oils, salad dressing and non-hydrogenated soft margarines) to 30 to 45 mL (2 to 3 tbsp) of unsaturated fat each day.

Remember that the total amount of fat you eat comes from fat that occurs naturally in foods (such as meat and milk) as well as added fat (such as oil or margarine).



Convenience Foods

Foods and drinks with added fats (such as processed foods) are usually high in calories. Eating a lot of these foods can give you more calories than you need. The fat content of ready-to-eat dishes, frozen meals and pre-packaged foods can vary. When choosing a ready-made meal or food product, compare the Nutrition Facts labels and pick those with less total fat and less saturated fat.

Make a Healthy Choice

Instead of ...	Choose more often
Butter, hard margarine, lard or ghee for cooking	Vegetable oil like canola or olive oil
Butter on toast, buns and muffins	Soft, non-hydrogenated margarine, peanut butter or a fruit spread
Mayonnaise or creamy salad dressings	A mixture of vegetable oil and vinegar or oil-based salad dressings
Regular sour cream and mayonnaise-based dips	Salsa, hummus, tzatziki, soy dips, plain yogurt, low-fat/no-fat sour cream or mayo
Cream sauce on pasta	Tomato or vegetable sauce
Coffee cream	Skim, 1%, 2% milk or soy milk
Whole or homogenized milk	Skim, 1% or 2% milk
Regular cheese, processed cheese slices	Reduced fat or skim milk cheese
Regular yogurt	1% or less MF yogurt
Ice cream	Frozen yogurt, sherbet, pudding made with skim milk
Cream in cooking	1% or 2% milk
Mashed potatoes with butter and whole milk – 3.3% MF	Mashed potatoes with skim milk and non-hydrogenated margarine
Instead of...	Choose more often



Frying	Bake, roast, broil, barbecue, boil or poach
Regular ground meat	Lean or extra lean ground meat
Large 227 to 283 g (8 to 10 oz) steak	Smaller portion of meat [85 g (3 oz)] or grilled salmon
Fried chicken	Roasted chicken with skin removed
Deli meats in sandwiches	Eggs, peanut or nut butter, salmon or tuna
Frozen battered fish	Grilled or baked fresh fish
Store-bought muffin, donut, croissant	Bagel
Store-bought baked goods	Homemade baked goods where the type and quantity of fat used is controlled
Croutons or real bacon on salads	Walnuts, sunflower or sesame seeds
Cheezies, chips or tortilla chips	Pretzels or air-popped popcorn, baked crackers

Please see a registered dietitian for information about your specific fat needs.





Fibre Scorecard for Adults

healthy
eating

Healthy eating includes eating plenty of fibre. Fibre is the part of plant foods that your body cannot digest. Research shows that a diet high in fibre may reduce the risk of colorectal cancer. Eating plenty of fibre may also help you maintain a healthy body weight, which reduces the risk of several cancers.

There are 2 types of fibre – insoluble and soluble. Most plant foods contain both, but some foods have more of one type of fibre than the other.

Insoluble fibre is found in wheat bran, whole wheat products, brown rice, the skins of fruit and many vegetables. This fibre helps prevent constipation by keeping your digestive system healthy. It also helps you feel full longer.

Soluble fibre is found in lentils and legumes, oat products, flax, psyllium and fruit with pectin, such as apples, strawberries and citrus fruit. This fibre helps lower blood cholesterol and control blood sugar.

Getting Enough Fibre

Health Canada recommends that adult Canadians get 21 to 38 grams of dietary fibre each day for good health. Following Canada's Food Guide can help you reach that goal.

Add foods that are high in fibre to your diet gradually. As you add more fibre, be sure to drink extra fluids – fibre and water work well together.

Foods with the most fibre

- vegetables and fruit
- whole grain foods
- meat alternatives: legumes (beans, peas and lentils) and nuts

Foods with little or no fibre

- milk and milk products
- fats (oils) and sugars
- meats





Vegetables and Fruit

Choose 5 to 10 servings of vegetables and fruit every day. Have vegetables and fruit more often than juice – doing so gives your body more fibre than juice.

Vegetables	Fibre	Fruit	Fibre
Asparagus, boiled, 5 spears	1 g	Apple, with skin, 1 medium-sized	3 g
Beans, green or yellow, steamed, 125 mL (½ cup)	2 g	Applesauce, 125 mL (½ cup)	2 g
Broccoli, raw or steamed, 125 mL (½ cup)	2 g	Apricots, dried, 60 mL (¼ cup)	3 g
Brussels sprouts, steamed, 125 mL (½ cup)	3 g	Avocado, raw, ½	7 g
Cabbage, cooked, 125 mL (½ cup)	1 g	Banana, 1 medium-sized	2 g
Carrots, raw or steamed, 125 mL (½ cup)	2 g	Blackberries, 125 mL (½ cup)	4 g
Cauliflower, raw, 125 mL (½ cup)	1 g	Blueberries, 125 mL (½ cup)	2 g
Celery, raw, 1 stalk	1 g	Cantaloupe, 125 mL (½ cup)	1 g
Corn niblets, 125 mL (½ cup)	1 g	Clementines, 2	3 g
Lettuce, romaine, 250 mL (1 cup)	2 g	Dates, 5, 60 mL (¼ cup)	4 g
Mushrooms, cooked, 125 mL (½ cup)	2 g	Fruit juice, 100%, 125 mL (½ cup)	Traces
Parsnips, cooked, 125 mL (½ cup)	3 g	Grapefruit, white or pink, ½	2 g
Peppers, green or red, 125 mL (½ cup)	1 g	Grapes, with skin, 20	1 g
Peas, frozen, green, cooked, 125 mL (½ cup)	4 g	Mango, ½	2 g
Potato, with skin, 1 medium-sized	5 g	Orange, 1 medium-sized	3 g
Spinach, steamed, 125 mL (½ cup)	2 g	Papaya, ½	2 g
Squash, baked, 125 mL (½ cup)	2 g	Peach, with skin, 1 medium-sized	2 g
Sweet potato, cooked, 125 mL (½ cup)	4 g	Pear, with skin, 1 medium-sized	5 g
Tomato, raw, 1 medium-sized	2 g	Plums, with skin, 1	1 g
Tomato sauce, plain, 125 mL (½ cup)	2 g	Prunes, 5	3 g
		Raisins, 60 mL (¼ cup)	2 g
		Raspberries, 125 mL (½ cup)	4 g
		Strawberries, 125 mL (½ cup)	2 g



Whole Grain Foods

Choose 6 to 8 servings of grain products each day. At least half of your grain servings should come from whole grains. Whole grains (such as barley, brown rice, oats and quinoa) will give you more fibre than foods made with refined flours.

Grain products	Fibre	Breakfast cereals	Fibre
Bread		All-Bran buds, 125 mL (½ cup)	18 g
Naan, ½	1 g	All-Bran original, 125 mL (½ cup)	12 g
Pita, whole wheat, ½	3 g	Bran Flakes, 175 mL (¾ cup)	6 g
White, 1 slice	1 g	Corn Flakes, 175 mL (¾ cup)	1 g
Whole wheat, rye, whole grain, 1 slice	2 g	Fibre One, 125 mL (½ cup)	14 g
Rice		Grape-Nuts, 125 mL (½ cup)	6 g
Brown, cooked, 125 mL (½ cup)	2 g	Multigrain Cheerios, 175 mL (¾ cup)	2 g
Wild, cooked, 125 mL (½ cup)	2 g	Oat bran, cooked, 175 mL (¾ cup)	3 g
Pasta		Rolled oats, cooked, 175 mL (¾ cup)	3 g
Regular, cooked, 125 mL (½ cup)	1 g	Shreddies, 175 mL (¾ cup)	4 g
Whole wheat, cooked, 125 mL (½ cup)	3 g	Shredded Wheat, 1 biscuit	4 g
Others		Special K, 175 mL (¾ cup)	Traces
Fibre One bar, 1	5 g	Wheat bran, 15 mL (1 tbsp)	2 g
Fig bar, 2	2 g		
Oatmeal raisin cookie, 2	1 g		
Popcorn (air-popped), 500 mL (2 cups)	2 g		





Meat Alternatives: Legumes, Nuts and Seeds

Choose 2 to 3 servings of meat and alternatives each day. Meat, poultry and fish do not contain fibre, so choose legumes (beans, peas and lentils), nuts and seeds more often to add fibre to your meals.

Legumes	Fibre	Nuts and Seeds	Fibre
Baked beans, 175 mL (¾ cup)	8 g	Almonds, 60 mL (¼ cup), shelled	4 g
Chickpeas, 175 mL (¾ cup)	8 g	Flaxseeds, ground 15 mL (1 tbsp)	3 g
Dark kidney beans, cooked, 175 mL (¾ cup)	12 g	Peanut butter, 30 mL (2 tbsp)	2 g
Lentils, cooked, 175 mL (¾ cup)	6 g	Peanuts, 60 mL (¼ cup), shelled	3 g
Meatless ground burger, 75 g (2.5 oz)	4 g	Sunflower seeds, 60 mL (¼ cup), shelled	3 g
Vegetable patty, 1	6 g		

Source for grams of fibre in all charts: *Nutrient Value of Some Common Foods, 2008*. Please note these are average amounts in grams.

Tips for Getting More Fibre

Breakfast

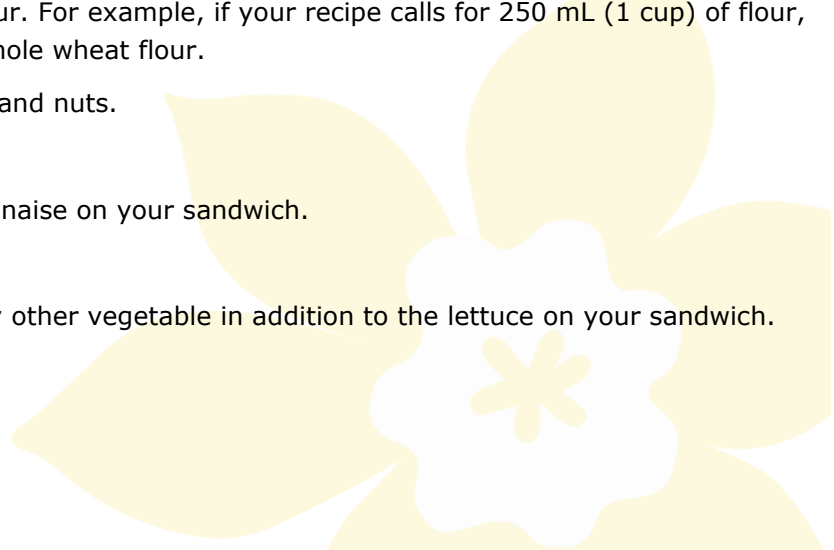
- Choose a cereal with at least 4 grams of fibre per serving. (Look for the Nutrition Facts label on the box.)
- Add a couple of tablespoons of wheat bran to cereals that are low in fibre.
- Add fresh or frozen berries to your cereal.

Snack

- Sprinkle granola, wheat bran, oat bran, flaxseeds or other bran cereal on yogurt, cereal, applesauce, salads, soups, casseroles or baked goods. If you're baking your own snacks, make sure to bake with whole wheat flour. For example, if your recipe calls for 250 mL (1 cup) of flour, you can use half white and half whole wheat flour.
- Nibble on a trail mix of dried fruit and nuts.

Lunch

- Spread hummus instead of mayonnaise on your sandwich.
- Try barley, lentil or split pea soup.
- Add some shredded carrots or any other vegetable in addition to the lettuce on your sandwich.
- Choose whole grain breads.





Dinner

- Leave skins on potatoes when you bake, mash or boil them.
- Have a salad with your meal. Make it with romaine lettuce, spinach, or bok choy or try using broccoli or cabbage.
- Add cooked lentils, beans or peas to your pasta sauce.
- Cook whole wheat pasta or brown rice, instead of using white pasta or rice.
- Add nuts or seeds to salads or a stir-fry.





Red Meat and Processed Meat

healthy
eating

Red meat refers to beef, pork, lamb and goat. It is a valuable source of several nutrients, in particular protein, iron, zinc and vitamin B12.

Processed meat refers to meats preserved by smoking, curing or salting, or by the addition of preservatives. Examples include ham, bacon, salami, hot dogs and sausages. Many of us eat much more of it than our bodies need, which can increase our risk of cancer and make it hard to maintain a healthy body weight. Research shows that a diet high in red meat and eating processed meat increases the risk of colorectal cancer. The reasons why red and processed meat increases the risk of colorectal cancer are currently being studied.

Red Meat and Cancer Risk

Research shows that a diet high in red meat increases the risk of colorectal cancer and other chronic diseases.

- If you do eat red meat, choose the leanest meat and trim any visible fat before cooking.
- Try to limit the amount of red meat you eat each week to three servings. A serving is 85 grams (3 ounces) when cooked – this is smaller than a deck of cards.
- Choose poultry and fish more often. Include at least two servings of fish per week. Make up the rest of your meal with vegetables and healthy grains.
- Check out meat alternatives like beans and lentils to get your daily protein

Processed Meat and Cancer Risk

When meat is preserved by smoking, curing or salting, or by the addition of preservatives, cancer-causing substances can be formed. These substances can damage cells in the body and lead to the development of colorectal cancer.

Research shows that eating processed meat increases the risk of colorectal cancer and other chronic diseases. Try to eat processed meat only occasionally, such as ham for a holiday dinner or a hot dog at a sporting event.

Source: [Canadian Cancer Society, Red and Processed Meat](#)



Sodium and Sugar

Sodium

Salt is made from sodium and all types of salt are high in sodium. Kosher salt, sea salt, fleur de sel, gourmet salt and smoked salt all have about the same amount of sodium as table salt. They are not healthier choices.

Sodium is an essential nutrient, but most of us eat about 3400 mg of sodium per day. This is more than double the amount of sodium we need. Healthy adults only need 1500mg of sodium per day. Healthy children only need 1000-1500 mg of sodium per day. Eating too much sodium can cause high blood pressure, stroke, heart disease and kidney disease. Eating less sodium will help you and your family stay healthy and feel your best.

Much of the sodium we eat is hidden in foods. Over 75% of sodium we eat comes from processed foods such as cheese, deli meats, pizza, soups, and sauces. Foods such as breads, breakfast cereals and bakery products also contain sodium even though they may not taste salty. Pre-packaged foods, ready to eat foods, fast foods and restaurant meals are often high in sodium. We may also add sodium to our food at the table or in cooking.

Research shows that eating too much salt and salty foods may increase your risk of stomach cancer.

Tips to Cut Down on Sodium

- Read nutrition labels to find out how much sodium is in the foods you eat so you can make a healthy choice.
- Choose foods that are labelled as sodium free, low sodium, reduced (or less) sodium or unsalted.
- Use less sodium at the table and in cooking. Try herbs and spices instead.
- Remove salt from recipes whenever possible.
- Choose breakfast cereals and convenience foods that are low in sodium.
- Eat salty foods less often. Preserved foods such as salted fish, salted meats and pickled foods are very high in sodium. If you eat these foods, have them in small amounts and only occasionally.
- Eat less salty snacks.
- Buy unsalted nuts and lower sodium crackers.
- Cut down on sauces such as soy sauce, Worcestershire sauce and ketchup because these are usually very high in sodium.

Sugar

healthy
eating



Most Canadians eat too much sugar. Sugars occur naturally in foods such as fruit, milk, honey and syrup. However, most of the sugar we eat has been added to food to make it taste sweet.

Sugar is added to many types of food such as: cereal, cookies, candy, cakes and pastries; jams and marmalades; and ice cream. Sugar or sugary syrup is also added to many types of drinks and beverages. Sugary drinks include energy drinks, fruit drinks, pop, sport drinks, slushes, specialty coffee and tea drinks, and vitamin-enhanced waters.

The ingredients list will tell you whether a food product is high in added sugar. If terms like sugar, brown sugar, cane sugar, beet sugar, glucose, honey, fruit juice concentrates, molasses, maltodextrin, agave syrup, malt syrup, maple syrup, syrup, corn syrup, fructose, sucrose, maltose or dextrose are listed, sugar has been added. If you see one of these near the top of the list, you know the product is high in added sugar.

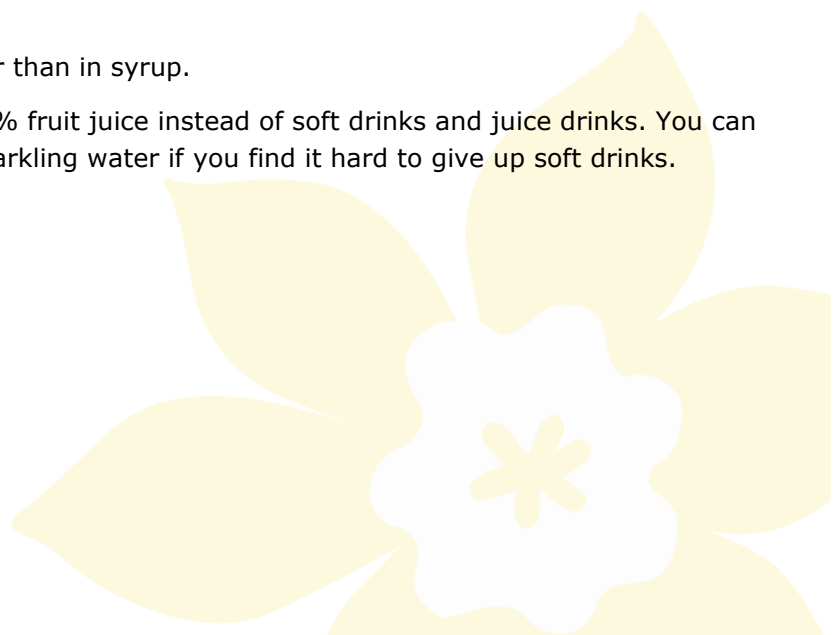
Foods and drinks with added sugar have lots of calories but usually contain few nutrients. Eating a lot of these sugary foods and drinks makes it easy to have more calories than you need, which means you are more likely to put on weight. Being overweight can put you at higher risk for certain cancers, diabetes, high blood pressure and heart disease, so try to eat these foods less often.

Tips to Cut Down on Sugar

- Check nutrition labels to help you choose foods with less added sugar.
- Have fewer sugary drinks and snacks.
- Gradually reduce the amount of sugar you take in your coffee or tea.
- Choose whole grain breakfast cereals that are not coated with sugar or honey.
- Try having a slice of melon or fresh berries with a low-fat yogurt instead of cookies for a mid-afternoon snack.
- Try halving the sugar you use in recipes. It works for most things except jam, meringues and ice cream.
- Choose canned fruit in juice rather than in syrup.
- Go for water or unsweetened 100% fruit juice instead of soft drinks and juice drinks. You can also try diluting fruit juice with sparkling water if you find it hard to give up soft drinks.

Sources:

[Canadian Cancer Society](#), [Salt](#), [Sugar](#);
[Eat Right Ontario](#), [Sugar](#)





Eat Well With Vegetables and Fruit

healthy eating

Eating a variety of vegetables and fruit instead of higher-fat, higher-calorie foods can help you achieve and maintain a healthy weight. People who are overweight are at greater risk for cancer and other health problems such as diabetes, heart disease and stroke.

Vegetables and Fruit are:

- excellent sources of vitamins, minerals and phytochemicals
- high in fibre (to keep your digestive system healthy)
- low in fat and calories

Variety is important for good health, so mix up your choices as much as you can.

What is a serving?	What does it look like?
A medium-size piece of vegetable or fruit	Tennis ball
250 mL (1 cup) salad	Fist
125 mL (1/2 cup) raw, cooked, frozen, or canned vegetables or fruits	Computer mouse
60 mL (1/4 cup) dried fruit	Golf ball

* Note: Fruit candies, vegetable chips and fruit jams or spreads do not count as a serving

Add More Vegetables and Fruits to Your Meals:

- Liven up the food you eat with crunch and colour. Put tomatoes and cucumber in sandwiches, berries in yogurt and cereal, or extra vegetables in pasta, rice, stir-fries and soups.
- Add a side salad at lunch. Pack cut vegetable sticks with a low-fat dip.
- Eat a pear or a handful of dried fruit, like apricots or raisins, for an afternoon snack.
- Use peaches, mangoes or berries in smoothies.
- Plan menus that include at least one vegetable or fruit with every meal.



- Add kale, spinach, cabbage or frozen vegetables to your homemade or canned soup during the last few minutes of cooking.
- Make a salad with cabbage, broccoli, bean sprouts or green beans for a change from lettuce.
- Try sweet potato for a change from regular potatoes. Wash a sweet potato, poke with a fork and microwave on high for 5 to 10 minutes.
- Add diced sweet peppers, zucchini, mushrooms or any other favourite vegetable to scrambled eggs or omelets.
- Boost the flavour of cooked vegetables by adding lemon juice, flavoured vinegars or your favourite herb.
- Save time by using canned foods in recipes - most are cooked prior to packaging. Frozen foods also require little preparation as washing and slicing may already be done.

Source: [Canadian Cancer Society Vegetables and Fruit](#)

