

TOP 7 TIPS TO EATING WELL



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Eat a variety

Canada Food Guide recommends filling half your plate with fruits and vegetables.

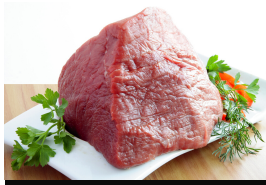
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Go for fibre

Fill 1/4 of your plate with whole grain products that are high in fibre, such as beans, chickpeas and lentils.



Limit red meat

Try limiting the amount of red meat to three servings a week and avoid processed meat.

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Rethink your drink

Keep it to less than 1 alcoholic drink a day for women, and less than 2 alcoholic drinks a day for men.



Avoid sodium and sugar

Sodium and sugar are especially common in processed food. Read the Nutrition Facts table to learn if a food product is high in added sodium or sugar.

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Choose healthy fats

Everyone needs fat in their diet, but not too much. A healthy diet includes a small amount — 30 to 45 ml (2-3 tbsp) — of unsaturated fat per day. This includes oil used for cooking, salad dressings and soft margarine.



Prepare with care

For general good health, it's important to prepare, cook, and store food with care to kill harmful bacteria that can cause food-borne illnesses.

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For free nutrition information, call 8-1-1 to speak to a Registered Dietitian, or you can email a Healthlink BC Dietitian.