



How to Eat Healthy?



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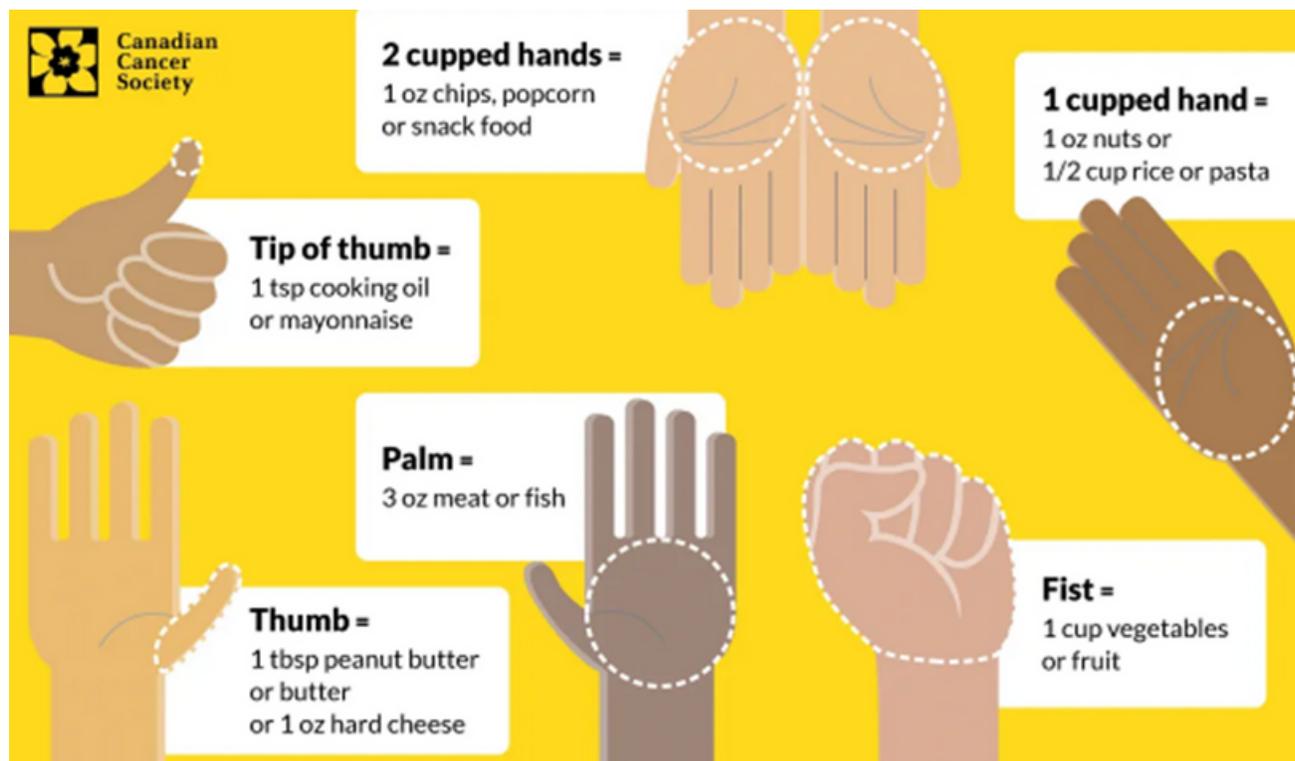
How to

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Pay attention to Serving Sizes

- **Serving size on the nutrition facts table can be used to**
 - **show how much of a nutrient you are eating**
 - **compare calories and nutrients between 2 packaged products**
 - **compare it to the amount you actually eat**
- **can be used to measure the amount of each type of food you need**

No Measuring Cups? No Problem!



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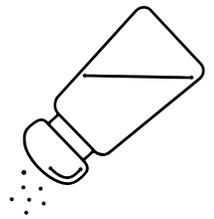
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Limit foods high in sodium, sugars or saturated fat

Highly processed foods are readily available, limit them by...

- **Replace sugary drinks with water**
- **Try not to keep highly processed foods at home**
- **Choose healthier menu options when eating out**
- **Make homemade versions of highly processed foods**
- **Stock your kitchen with healthy snacks**
- **Plan your meals and snacks to include:**
 - **Vegetables and fruit**
 - **Whole grain**
 - **Protein foods**



Be aware of food marketing

- **Recognize when foods are being marketed to you**
- **Decide whether a food item is healthy by using food labels rather than relying on marketing messages**
- **Teach those who may be more vulnerable to food marketing (ie. young children and teens) about marketing techniques**



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Be mindful of eating habits

Describe your last meal or snack...



- **How did you eat? (slowly? distracted? with others?)**
- **Why did you eat? (were you hungry or was it offered?)**
- **What did you eat?**
- **When did you eat? (what time? how long since the last time?)**
- **Where did you eat?**
- **How much did you eat?**

Enjoy your food

Try...



- **socializing at mealtime**
- **shopping for, preparing and cooking food**
- **growing or harvesting your own food**
- **getting to know the people that grow or produce your food**
- **or involving others in meal planning, preparation and clean up**

Eat meals with others



- **Share, connect, enjoy and relax with your family**
- **Kids develop eating habits from regular family meals**
- **Seniors eating with family increase appetite**



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Cook more often



- **Get creative with leftovers to make a whole new meal**
- **Batch cooking: make meals freeze in meal-size portions for weekday meals**
- **Use time-saving tools: garlic chopper, blender, slow cooker...etc.**
- **Keep your kitchen stocked with healthy ingredients**
- **Explore ways to cook food that require little to no added fat**



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