

Tips to Eat Healthy



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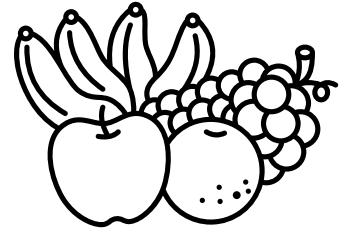
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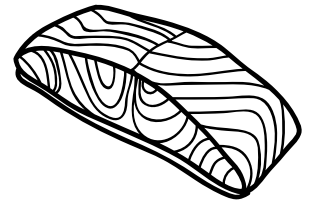
Fruit and Vegetables:

- **Add a side salad to your lunch**
- **Add seasonal fruits to your breakfast**
- **Choose whole grain products (or add whole grain to your meal)**
- **Add "pulses" to your meal (lentils, beans, peas, chickpeas)**



Healthy Protein:

- **Try protein foods with healthy fats like fish and shellfish instead of higher fat meats**
- **Substitute the meat from your meal with protein-rich soy, beans, lentils and other legumes (or product of them)**
- **Eat baked chicken instead of deli meats**
- **Make a meatless dish**



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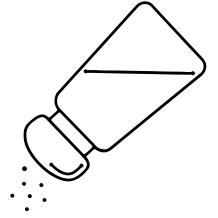
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Tips to Eat Healthy

Lower Sodium, Sugar, Fat:

- Try a home made healthy muffin recipe instead of store-bought
- Replace shortening, lard or hard margarine with oils with healthy fats such as olive oil
- Choose low-fat products (low-fat milk/cheese/yoghurt...etc.)
- Substitute your regular sugary/ salty snacks with nuts, fruits, celery with peanut butter...etc.
- Make your own frozen dinners by choosing a healthy recipe and freezing it in meal-sized portions



Drink Water:

- Drink 2L of water during work
 - Drink 500mL when you arrive at work
 - Drink 250mL after your morning meeting
 - Drink 500mL at lunch
 - Drink 500mL during a break in the afternoon
 - Drink 250mL before you leave work
- Try berry-infused water
- Try herb-infused water
- Try fall flavours (apple slices and cinnamon)
- Try carbonated water
- Try non-caffinated warm tea



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