



A PLAN TOWARDS HEALTHY EATING

& Factors that Influence a
Healthy Lifestyle

HEALTHY EATING RECOMMENDATIONS

(According to Canada's Food Guide)

Healthy eating is more than the foods you eat. It is also about where, when, why, and how you eat.

- Be mindful of your eating habits.
 - Take time to eat your food.
 - Notice when you are hungry and when you are full.
- Cook more often.
 - Plan what you eat.
 - Involve others in planning and preparing meals (family, friends, etc.).
- Enjoy your food!
 - Culture and food traditions can be a part of healthy eating and a healthy lifestyle!



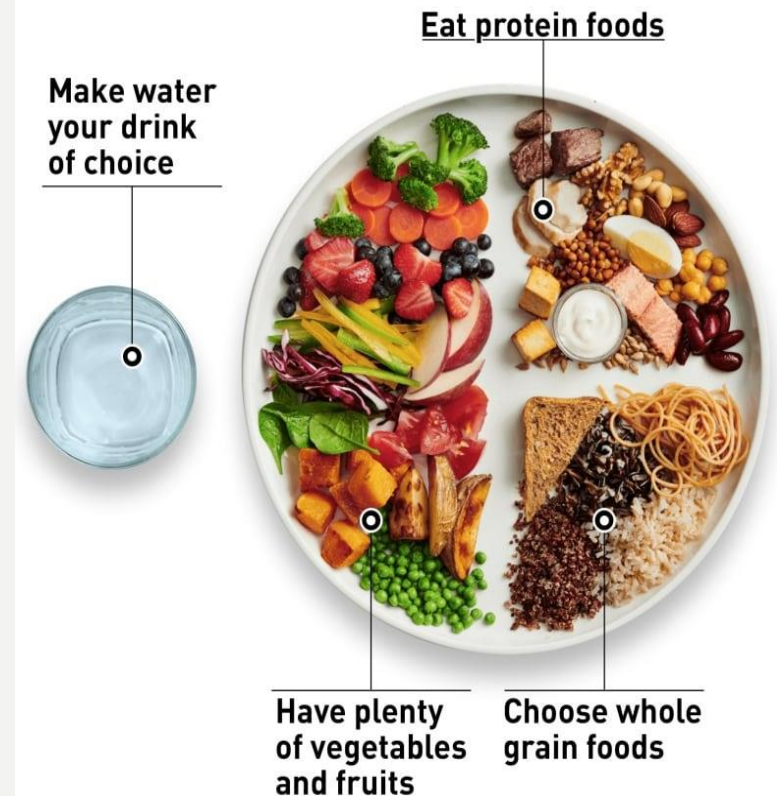
HEALTHY EATING RECOMMENDATIONS

(According to Canada's Food Guide)

Make it a habit to eat a variety of healthy foods each day.

- Eat plenty of fruits and vegetables, whole grain foods and protein foods. Choose protein foods that come from plants more often.
 - Choose food with healthy fats rather than saturated fats.
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
 - Prepare meals and snacks using ingredients that have little-to-no added sodium, sugars or saturated fat.
 - Choose healthier menu options when eating out.
- Make water your drink of choice!
- Be aware that food marketing can influence your choices.

Canada's food guide recommendations



CBC NEWS

Source: Health Canada

VIDEO – CANADA'S FOOD GUIDE

<https://www.youtube.com/watch?v=pZL2BBU7Dyk>

(Stop at 2:52)

CHANGE IN RECOMMENDED SERVINGS SIZE

Recommended Number of Food Guide Servings per Day

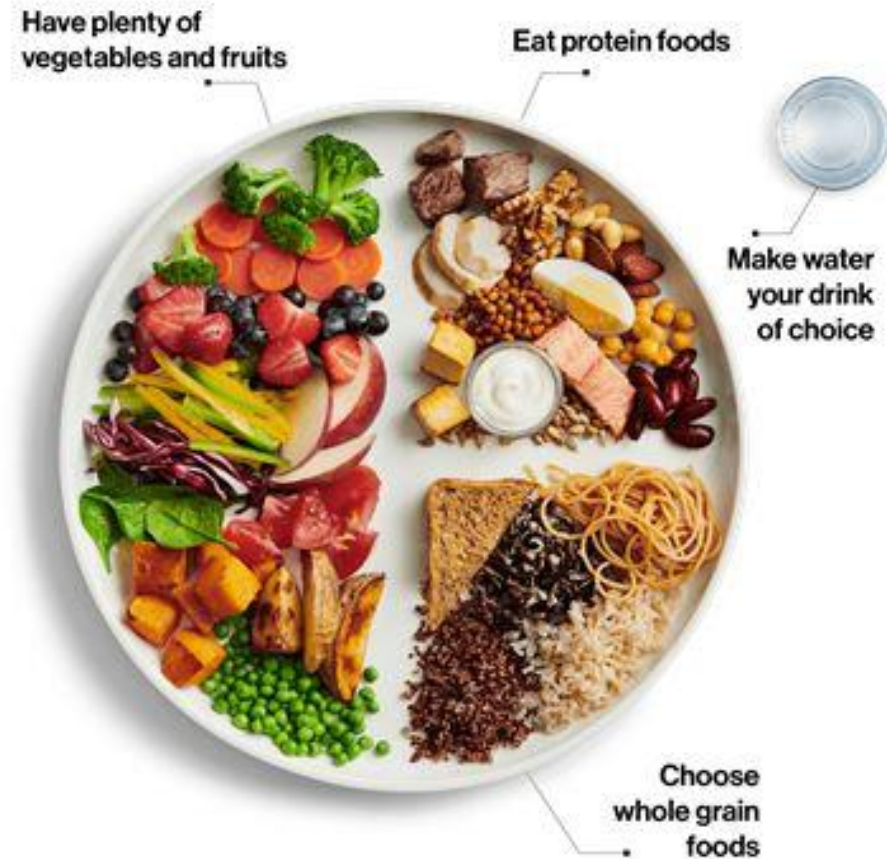
Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex	Girls and Boys		Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in Canada's Food Guide will help:

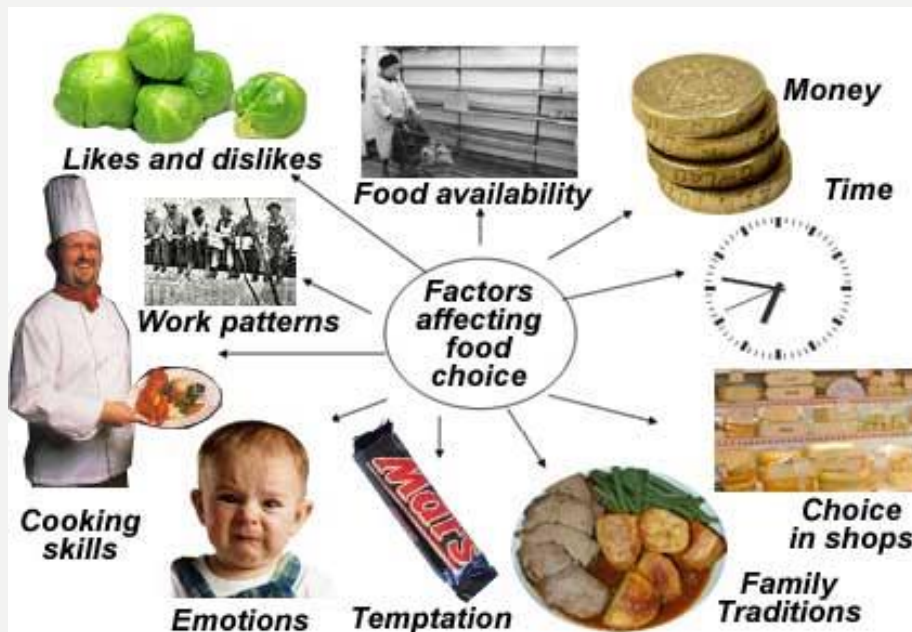
- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

2007 Food Guide



2019 Food Guide

FACTORS THAT CAN INFLUENCE FOOD CHOICES



- **Medical**
 - (e.g., allergies, health conditions)
- **Social (Media)**
 - (e.g., peer influence, holidays/events)
 - (e.g., fake news, celebrities, screen time)
- **Emotional**
 - (e.g., how you're feeling, stress levels)
- **Environment**
 - (e.g., what food is available, how much it costs)
- **Cultural**
 - (e.g., eating/avoiding certain foods and different times of the year)



Comparing Nutritional Intake

Answer the following scenarios with SIMILAR or DIFFERENT:

- Mr. Mousseau against a student
(would these people have similar or different nutritional intakes?)
- Two students
(would these people have similar or different nutritional intakes?)
- Mr. Uttley against Mr. Mousseau
(would these people have similar or different nutritional intakes?)

SCENARIO 1

Tom is going through a growth spurt. It looks like he's going to be tall like his parents. He is active in hockey, volleyball and tennis. Almost every day of the week he is involved in one kind of sporting activity or another. By the time he gets home from his practices, he barely has enough time to do his homework. In the morning, Tom wakes up, quickly grabs a glass of milk, munches a couple of cookies and rushes off to school. During the day, he finds himself snacking on whatever he picks up at the cafeteria – usually fries with gravy and a pop. Dinner is the only time Tom eats a complete meal with foods from all the food groupings because his parents insist on eating dinner together. Tom has been feeling very tired in class and sometimes even dozes off for a moment. He is worried that if his marks drop, he will be kicked off the school sports teams.

- What factor(s) are influencing Tom's food choices and eating habits?
- Use Canada's Food Guide to suggest changes to Tom's eating habits.
- Why is Tom so tired during the day?