

# Healthy Eating Principles

## To Optimize Your Health & Energy Levels

### Meal & Snack Balance

Having the right balance of nutrients each time you eat is the keystone to maximizing your health and energy levels through food. Use your plate as a guide to simplistically balance meals and snacks.

#### Breakfast



*½ Whole Fruit*  
*½ Protein Source*  
*½ Whole Grain/ Starchy Vegetable*  
*Healthy Fat as needed*

#### Breakfast protein powerhouses to start your day!

Greek Yogurt | Milk (Cow/Soy)  
 Cottage Cheese | Eggs  
 Smoked Salmon or Trout  
 Nuts | Seeds | Nut or Seed Butter

#### Fabulous Fibre Foods

Bran Flakes or Buds | Steel Cut Oats  
 100% Whole Grain Foods | Nuts or Seeds  
 Legumes (Beans) and Lentils  
 Avocado | Whole Fruits | Vegetables

#### Lunch and Supper



*½ Non-Starchy Vegetables*  
*¼ Protein Source*  
*¼ Whole Grains/ Starchy Vegetable*  
*Healthy Fat as needed*

#### Between Meal Snacks



*Fruit or Non-Starchy Vegetable paired with a Protein Source &/or Healthy Fat*

#### Energizing Snack Combos

Apple & Natural PB	Pear & Almonds
Cucumber & Tuna Salad	Carrots & Hummus
Greek Yogurt & Berries	Greek Salad & Feta
Tomatoes & Hard Boiled Egg	Orange & Walnuts
Veggie & Chicken Kebobs	Plain Latte & Banana
Cheese String & Cantaloupe	Cottage Cheese & Kiwi

## Serving Size Awareness

How much you eat is as important as what you eat. When we eat or drink more calories than our body requires, weight gain can occur. It is not necessary to become calorie-focused, however it is important to understand caloric-density through portion size awareness. Below you will find a guide to each food category and what equates to **1-serving** based on Canada's Food Guide. The next page will outline suggested portion sizes to achieve or maintain a healthy weight.

### GRAINS & STARCHY VEGETABLES

**30 grams = 1 serving | 20 grams for crackers**

½ cup cooked pasta, quinoa, oats, barley etc. | ⅓ cup rice  
 ½ English muffin, pita, tortilla | ¼ bagel | **1 slice** of most breads  
 ½ cup potato, corn, parsnips, peas, plantain, butternut squash, etc.



### FRUIT

**1** medium piece of fruit  
 ½ **large** grapefruit or banana  
**1 cup** berries or melon  
 ½ **cup** tropical fruit, grapes, or  
 canned fruit in water

### NON-STARCHY VEGETABLES

**1 cup** leafy greens  
 ½ **cup** all other vegetables



### PROTEIN FOODS

**1 serving is 90 g = 3 oz. = ¼ cup**  
**3 oz.** meat, fish, poultry, or seafood  
**2 eggs** OR ¼ **cup** egg whites  
 ¼ **cup** legumes, lentils, or tofu  
 ¼ **cup** nuts OR **2 Tbsp.** nut butter  
**1 cup** cow or soy milk      **1 ½ oz.** cheese (55 g)  
 ¾ **cup** 0-1% MF yogurt      ½ **cup** 0-1% cottage cheese



### 'Other Foods'

Other foods are those that do not fall into a specific food group. Some have a minor effect on our diet, such as herbal tea or mustard, while others can have a significant impact, such as alcohol, desserts, candy, and processed snack foods. As a general rule of thumb, follow the **80/20 rule** which is 80% of the time choose healthy, nutrient dense foods and 20% of the time include foods that provide enjoyment but not necessarily nutritive (health) value. It is important to eat these foods mindfully and without guilt.

### DIETARY CALCIUM SOURCES (*\*Include 2-4 of these foods daily*)

**Best Sources (300 mg):** milk, fortified plant-sourced milk, hard cheese, plain yogurt, ricotta cheese, calcium-set tofu, skim milk powder

**Good Sources (200 mg):** flavored yogurt, soft cheese, canned salmon or sardines, milk-based soups, blackstrap molasses

**Source of calcium (100 mg):** almonds, Brazil nuts, almond butter, Bok choy, collard greens, turnip greens, chia seeds, cottage cheese, seaweed, tahini paste, white beans, navy beans, soybeans



### ADDED FATS

**1 tsp:** oil or butter  
**2 tsp:** margarine or creamy salad dressing  
 ½ **Tbsp.:** nut or seed butter  
**1 Tbsp.:** vinaigrette dressing, seeds, or cream cheese  
**2 Tbsp.:** hummus, nuts, guacamole, avocado, creamy dips, or coffee cream

## Serving Size vs. Portion Size

It is common to feel confused about serving size versus portion size. What's the difference? Simply put, a serving size is a set amount determined by Health Canada and is used on Canada's Food Guide. The number of servings a person requires to maintain a healthy weight is quite variable due to gender, age, activity level, and genetics, just to name a few! A portion size is the amount that is typically consumed at a meal or snack. For example, a bagel is typically 3-4 servings, however the portion consumed is 1 bagel. Below is a guide that outlines suggested portion sizes for a day based on three different energy level requirements. Your Registered Dietitian can help you determine a personalized recommendation for daily requirements if requested.

Suggested Distribution to Achieve Dietary Balance	Food Examples	Suggested Portion Size		
		1200-1500 Calories/day	1500-1800 Calories/day	1800-2200 Calories/day
<b>PROTEIN FOODS</b> – Choose 1 option or a combination of two at <b>Every Meal</b> <i>Snacks as needed</i>	Lean beef, pork, poultry, fish or seafood	3 oz. (¾ cup)	3-5 oz. (¾ – 1 cup)	5-6 oz. (1-1½ cups)
	Eggs or egg whites	1-2 eggs	2-3 egg or ¼ cup egg whites	2 eggs +/- ¼- cup egg whites
	Natural Peanut Butter	1-2 Tbsp.	2 Tbsp.	2-3 Tbsp.
	Tofu, beans (legumes), lentils	¾ cup	¾ - 1 ½ cup	1 ½-2 cups
	Yogurt, Cottage cheese, Kefir (0-1% M.F.)	½-¾ cup	¾-1 ½ cup	1-2 cups
	Plain Soymilk or Milk (0-1% M.F.)	1 cup (250 ml)	1 cup	1-2 cups
	Lower fat cheese (≤ 15% M.F.)	1 ½ oz. (55 g)	1 ½ oz.	1 ½-3 oz.
<b>FRUIT</b> – Choose 1 option at <b>Breakfast &amp; Snacks</b> <i>Meals as needed</i>	Berries, cantaloupe, honeydew, grapefruit	½ - 1 cup	1 - 1½ cup	1 ½ - 2 cups
	Banana, grapes, mango, pineapple, papaya, passionfruit	½ cup	½ - 1 cup	1-1 ½ cups
	Apple, pear, orange, kiwi	1 piece	1 piece	1-2 pieces
<b>NON-STARCHY VEGETABLES</b> – Choose 1 option at <b>Lunch &amp; Supper</b> <i>Breakfast and Snacks as needed</i>	Leafy Greens ( <i>all types</i> )	1-2 cup(s)	2+ cups	2+ cups
	Asparagus, beets, broccoli, Brussels sprouts, carrots, cauliflower, cucumber, green beans, mushrooms, okra, onions, parsnip, peppers, tomatoes, or turnip	½ - 1 cup	1+ cup(s)	1+ cup(s)
<b>WHOLE GRAINS &amp; STARCHY VEGETABLES</b> – Choose 1 option at <b>Every Meal</b> <i>Snacks as needed</i>	Barley, bulgar, buckwheat, corn, oats, potatoes, quinoa, squash, teff, or yams <i>100% whole grain cereals or pasta</i>	½ - 1 cup (30-60 grams)	1 cup (60 grams)	1-1 ½ cups (60-90 grams)
	Rice ( <i>choose long grain brown rice</i> )	⅓ - ⅔ cup (30-60 g)	⅔ - 1 cup (60-90 g)	1 cup (90 g)
	100% Whole Grain Bread	1-2 slices (30-60 grams)	2 slices (60 grams)	2 slices (60 grams)
	100% Whole Grain Pita, bagel, English muffin, tortilla, roti, chapatti, or naan	1 small (30-45 grams)	1 medium (60 grams)	1 large (90-120 grams)
<b>ADDED FATS</b> – <b>Meals &amp; Snacks</b> <i>Include as needed</i>  <b>Servings Per Day</b> Most Women: 3-5 servings/day Most Men: 4-6 servings/day	Oils ( <i>olive, canola, avocado, walnut</i> ) Non-hydrogenated margarine Unsalted butter	1 tsp	1-2 tsp	1-2 tsp
	Vinaigrette salad dressings Unsalted Seeds or nut butters	1 Tbsp.	1-2 Tbsp.	1-2 Tbsp.
	Unsalted Nuts, avocado, guacamole, or hummus	1-2 Tbsp.	2-3 Tbsp.	≤ ¼ cup

## Awareness & Planning Strategies to Prevent Overeating

- **Food decisions should be made before you are hungry.** Have a plan in place so you know what to eat when hunger strikes! Planning ahead also results in healthier food decisions. Make the healthy choice the easy choice!
- **Have a routine for fueling your body each day.** Preventing excessive hunger is an important factor to not overeat. Try eating within 2 hours of waking and every 3-5 hours from that point. For most, a 12-hour overnight fasting period promotes hunger cues in the morning to get your day started.
- **Before you eat, identify what type of hunger you are feeling.** Physical? *Eat!* Emotional? *Pause.* When our hunger is emotional, take the time to figure out what it is you truly “need”.
- **Use smaller plates, bowls and glasses.** Research proves it helps to lower total calories consumed.
- **Plate your food in the kitchen and eat at a table with your family.** If you live alone, turn on enjoyable music for background noise. Practice waiting 15-30 minutes after your first helping before automatically serving yourself seconds. If you still feel hungry after waiting, allow yourself to eat more until you feel satisfied, but not full.
- **Practice mindful eating each time you eat.** Taste, fully chew and enjoy each bite of your meal or snack. Notice how you physically and emotional feel before, during, and after you eat. The point of eating is to feel physically better when you are finished than before you started.

**Let’s Get Cooking More Often at Home!** *Here are meal ideas to get you started.*

### Breakfast Ideas

- 0-1% Greek yogurt, raspberries and chia seed
- Whole grain toast, smashed avocado, smoked salmon with cherry tomatoes
- Whole grain tortilla, banana, natural PB, ground flaxseed and a glass of milk
- Vegetable omelet with a whole grain English muffin
- Kashi GoLean cereal with milk and strawberries
- 1% Cottage cheese with pineapple and pumpkin seeds
- Steel cut oats with blueberries and walnuts and a glass of milk

### Lunch Ideas

- Leftovers from supper!
- Pita, cucumber, tomato, spinach, tuna & hummus
- Lentil vegetable soup with a tossed green side salad
- Open-faced chicken, brie and spiced pepper jelly served with raw veggies
- Taco salad with black beans, corn and avocado
- Tomato soup with a turkey and Swiss cheese melt
- Cold Thai chicken peanut and vegetable wrap
- Greek salad, chicken, pita bread & yogurt tzatziki dip
- Stuffed pepper soup served with brown rice

### Supper Ideas

- Fish tacos and carrot slaw
- 3-bean chili and garlic toast
- Slow-cooker chicken tikka masala with naan or roti
- Grilled cumin spiced pork tenderloin with grilled vegetables and quinoa
- Baked salmon with roasted broccoli served over farro
- Slow-cooker turkey zucchini meatballs served over whole grain penne pasta and an Italian salad
- Quick chicken or pork vegetable stir-fry served over brown rice
- Sirloin steak, sautéed mushrooms & baked yams