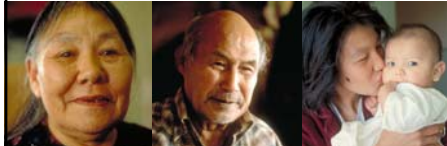


Healthy Eating and You



A few questions before we start:

1. Potatoes belong to which food group?

- A. Vegetables and fruit
- B. Grains
- C. Milk and Alternatives
- D. Meats and Alternatives

2. What is the recommended portion size for grain products?

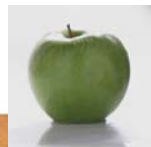
- A. The size of your fist
- B. The size of 2 fists
- C. The palm of your hand
- D. 1 handful

3. How would you balance this breakfast?

- A. Add a yogurt
- B. Add some bran flakes
- C. Add a banana
- D. Add eggs



Toast and peanut butter



Apple

Rate using scale below

4. I would feel comfortable explaining Canada's Food Guide to someone in my community

Disagree 1 2 3 4 5 Agree

By the end of this session, you will be able to:

- Explain why eating healthy is important
- Explain what healthy eating is and know if a person is eating healthy
- Help people make healthy changes to the way they eat
- Help people find more information
- Teach others in your community

A Story

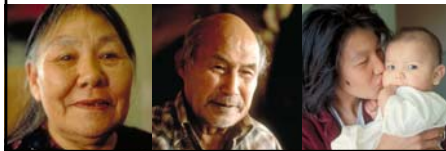
Martha is a 30 year old woman who lives in your community. Her father just found out he has diabetes. Martha knows eating healthy can help her father's diabetes and can keep her from getting diabetes too but she doesn't know where to start.

Why Eat Healthy?

- To keep you from getting sick
 - Diabetes, heart disease, obesity, cancer, colds
- To build or maintain strong muscles, blood and bones
- To give you energy, help you feel your best



Eating Well with Canada's Food Guide First Nations, Inuit and Métis



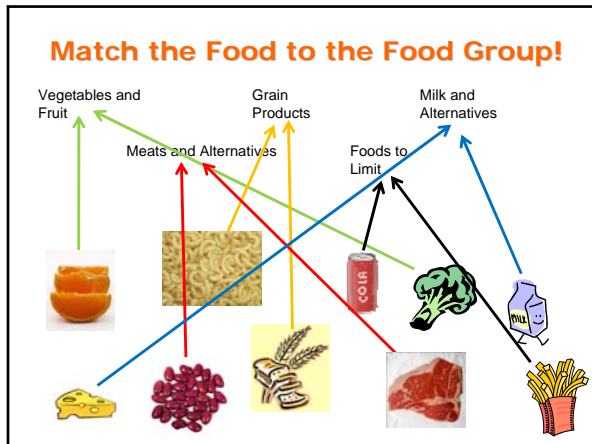
Why do we have a food guide?

- The food guide describes healthy eating for Canadians over the age of 2
- It describes the amount and type of food to eat in a day
- It emphasizes the importance of both
 - healthy eating
 - physical activity

The Cover Design



Activity – Food Group Matching



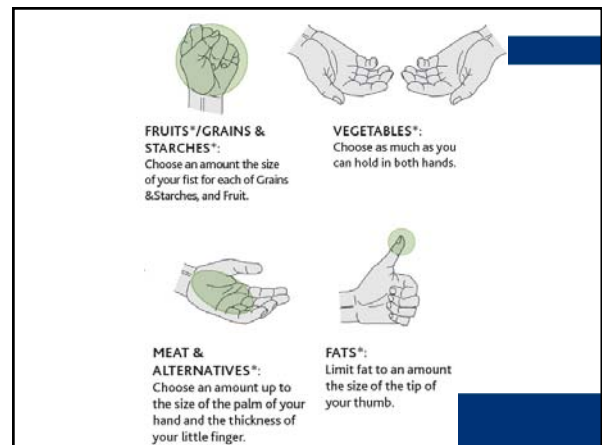
Using the guide

Food Group	Recommended Number of Food Guide Servings per day			
	Children 2-3 years old	Children 4-12 years old	Teens 13-17 years old	Adults 18 years and older
Vegetables and Fruit <small>Fresh, frozen, and canned</small>	4	5-6	7-8	7-8
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	Teens 3-4 adults 2 Adults 3	Teens 3-4 adults 2 Adults 3
Meat and Alternatives	1	1-2	2	3

- Find your age and sex group in the chart
- Look down the column to the number of servings you need from each food group every day

What is a "Food Guide Serving"?

- A specific amount of food
- The pictures of foods and the measuring cups are used to help show how much of each food counts as one Food Guide Serving



What is one serving of:

- Vegetables and Fruit
- Grains
- Milk and Alternatives
- Meats and Alternatives

Counting "Food Guide Servings"

- If Martha ate 2 pieces of toast, 1 small orange, 1 cup of milk a 2-egg omelette and 3 pieces of bacon, how many food guide servings of each food group would she have?

Answers:

- 1 orange = 1 FGS of Vegetables and Fruit
- 2 pieces of toast = 2 Food Guide Servings (FGS) of Grain Products
- 1 cup of milk = 1 FGS of Milk and Alternatives
- 2 eggs = 1 FGS of Meat and Alternatives
- Bacon is not in the Meats and Alternatives – it is a fat choice!

Type of foods to choose

Some foods are more nutritious than others
Look at the bold print along the top of each food group bar for advice on making the best quality food choices

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.



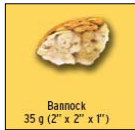
Choosing Vegetables and Fruit



- Eat at least one dark green and one orange vegetable each day
 - for folate and vitamin A intake
- Have vegetables and fruit more often than juice
 - for fibre intake

- Choose vegetables and fruit prepared with little fat, salt or sugar

Choosing Grain Products



- Make at least half your grain products whole grain each day
 - for fibre and magnesium intake
 - to reduce risk of cardiovascular disease



- Choose grains lower in fat, salt and sugar

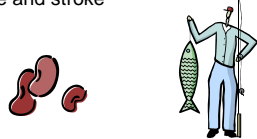
Choosing Milk and Alternatives

- Drink skim, 1% or 2% milk each day
 - Have 500 ml (2 cups) of milk every day
 - Drink fortified soy or rice beverages if you do not drink milk
- Select lower fat milk alternatives
 - Cheese is often high in fat – look for less than 19% Milk Fat
 - Look for zero fat or 1% yogurt
- Note – Sour cream and cream cheese are NOT in the milk and alternatives group – Fat choices



Choosing Meat and Alternatives

- Choose lean meat and alternatives
 - prepare with little or no added fat or salt
 - Traditional meats and game are lean choices
- Eat at least two Food Guide Servings of fish each week to reduce risk of heart disease and stroke
- Have beans and lentils often
 - for a lower saturated fat intake
 - for fibre intake



When cooking or adding fat to food

- Choose vegetable oils like canola or olive oil or soft tub margarine
- Include 2-3 Tbsp, of unsaturated (liquid) oil every day
- Avoid using hard fats like butter, hard margarine, lard or shortening



Respect your body by:

- Limiting foods and drinks which contain a lot of calories, fat, sugar or salt
 - Sweetened drinks
 - Candies, pastries, donuts etc.
 - Chips, nachos, fries, etc.
 - Ice cream, chocolates, etc.
 - Alcohol



Activity – Choosing Healthier Foods

Which Food is Healthier?



How do I know if I'm eating healthy?

1. Compare what you eat to Eating Well with Canada's Food Guide
2. Aim for balanced meals and snacks
 - Use the healthy plate for meals
3. Listen to your body
 - Stop eating when you are full



1. Comparing to Canada's Food Guide

- Write down what you eat for 1 to 3 days
- How many food guide servings do you eat?
- Do you make healthier choices?
- Do you eat foods that should be limited?
- Fill in the How Healthy is your Diet Worksheet



Martha ate:



Breakfast – 2 Cup Corn Flakes, 1 cup 2% milk, 1½ cup orange juice

Morning snack – Muffin, coffee, cream, sugar

Lunch – tuna sandwich on whole wheat bread with mayonnaise, 1 small bag chips

Supper – 1 cup spaghetti, ½ cup meat sauce, ½ cup frozen peas cooked.



Food group	Number of Servings Eaten	Recommended # of servings from Canada's Food Guide	Areas to improve (v)
Vegetables and fruit	4	7-8	
Grains	6	6-7	
Milk and Alternatives	2	2	
Meat and Alternatives	2	2	
Foods to limit	3	Zero or as few as possible!	
Recommendation	Followed (v)	Not followed (v)	
One dark green vegetable			
One orange vegetable			
More whole fruit, less juice			
Half of grain products whole grain			
Low fat milk and alternatives			
Beans, fish or lean meats			
2-3 Tbsp oil			
Limit hard fats			
All foods prepared with little fat, salt and sugar			

Food group	Number of Servings Eaten	Recommended # of servings from Canada's Food Guide	Areas to improve (v)
Vegetables and fruit	4	7-8	v
Grains	6	6-7	
Milk and Alternatives	2	2	
Meat and Alternatives	2	2	
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Recommendation	Followed (v)	Not followed (v)	
One dark green vegetable			
One orange vegetable			
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Half of grain products whole grain			
Low fat milk and alternatives			
Beans, fish or lean meats			
2-3 Tbsp oil			
Limit hard fats			
All foods prepared with little fat, salt and sugar			

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Low fat milk and alternatives			
Beans, fish or lean meats			
2-3 Tbsp oil			
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Recommendation	Followed (v)	Not followed (v)	
One dark green vegetable	v		
One orange vegetable		v	v
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One orange vegetable		v	v
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Low fat milk and alternatives			
Beans, fish or lean meats			
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Low fat milk and alternatives	✓		
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Beans, fish or lean meats	✓		
2-3 Tbsp oil		✓	✓
Limit hard fats		✓	✓
All foods prepared with little fat, salt and sugar	✓		

2. Aim for healthy meals and snacks

What is a healthy meal or snack?

- A healthy meal has foods from at least 3 food groups. All 4 is better!
- A healthy snack has foods from at least 2 food groups.
- The healthy plate is an easy way to look at a meal to see if it's balanced!



The Healthy Plate Model



Martha ate:
 Supper – 1 cup spaghetti, ½ c meat sauce, ½ cup frozen peas, cooked.

Making Changes

Martha knows she needs to cut back on the junk food and eat more vegetables, fruit and whole grains but it's too much! She doesn't know where to start!

Making Changes

- Change takes time
- Try to change 1 or 2 things at a time.
- Set a SMART goal:
 - Specific
 - Measurable
 - Attainable
 - Realistic
 - Time frame

Martha's SMART Goals

Martha wants to eat less chips and eat more fruit. Her goals are:

- To have no more than 2 small bags of chips per week, starting next week.
- To bring a banana to work every day for her morning snack starting next week.

How do I learn more?

- Talk to a dietitian
- Check out the Dietitians of Canada Website: <http://www.dietitians.ca/>
- Other reliable websites:
 - Canadian Diabetes Association: <http://www.diabetes.ca/>
 - Heart and Stroke Foundation: <http://www2.heartandstroke.ca/splash/>

What if Martha came to you?

You could:

- Introduce her to the food guide
- Introduce her to the healthy plate model
- Help her figure out how she could eat healthier
- Help her make goals
- Help her find more information



What if a group of people came to you?

Give a presentation using our slides or slides from Health Canada about the Food Guide



Get comfortable with the information

- Teach a friend or relative for practice
- Do a practice presentation for friends, by yourself, for your pets.
- Take a look at what YOU eat. Do you eat healthy? What things could you improve on?



Questions/Discussion

A few questions before we start:

1. Potatoes belong to which food group?

- A. Vegetables and fruit
- B. Grains
- C. Milk and Alternatives
- D. Meats and Alternatives

Questions Continued

2. What is the recommended portion size for grain products?

- A. The size of your fist
- B. The size of 2 fists
- C. The palm of your hand
- D. 1 handful

3. How would you balance this breakfast?

- A. Add a yogurt
- B. Add some bran flakes
- C. Add a banana
- D. Add eggs



Toast and peanut butter



Apple

Rate using scale below

- 4. I would feel comfortable explaining Canada's Food Guide to someone in my community

Disagree 1 2 3 4 5 Agree

Thank you!

Please fax your questions
and evaluations
to Paul Kwan
780-495-7338

Telehealth website:
www.firstnationsth.ca