



# Healthy Eating and Your Pathway to Wellness

A resource for NNADAP clients and workers

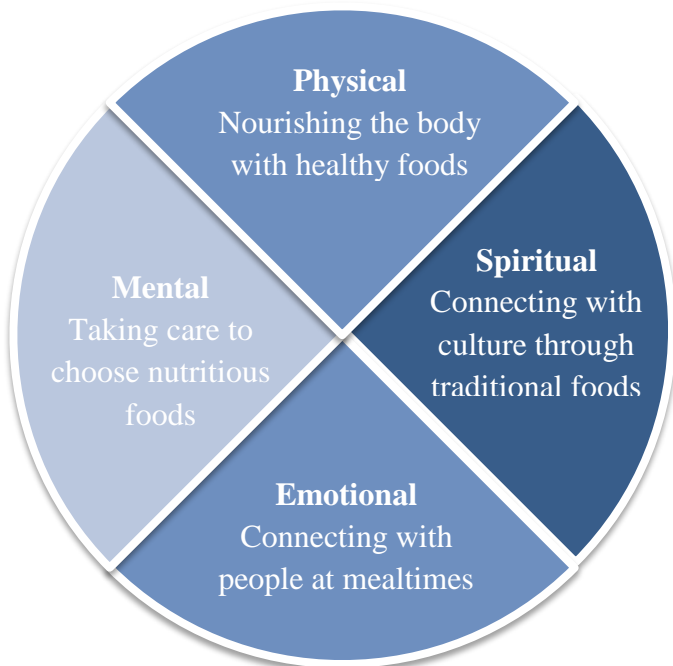
## Why is Healthy Eating Important?

Healthy eating feeds your mind, body and spirit.

Your body uses the food you eat to help you heal. This means that choosing healthy foods will help you during your pathway to wellness.

Overall, healthy eating habits can:

- Help your organs heal
- Increase your energy levels
- Reduce your risk of relapse
- Help you maintain a healthy weight



## The Pathway to Healthy Eating

- **Enjoy foods from the land.** These foods give your body more nutrition than processed foods.
- **Eat regular meals.** Eat a small meal within the first hour of waking up. Eat a snack or small meal every 2–3 hours after that.
- **Eat balanced meals.** Choose foods from all 4 food groups from [Eating Well with Canada's Food Guide](#) at each meal to give your body the nutrients it needs to heal and stay well.
- **Drink plenty of fluids.** Choose water instead of juice or pop to satisfy your thirst.

## Enjoy Foods from the Land

Foods from the land are foods that are close to their natural state. They often have more nutrition than foods that are processed. Processed foods include foods like canned soups, packaged meals and snacks, and fast food. These foods are often high in fat, sugar, and sodium. Eating processed foods has been linked to increased risk of diabetes, heart disease, and cancer.

Foods from the land are important because they help connect your body to nature.

Here are some examples to help you choose foods from the land:

### Choose More of:

- ✓ Whole fruits and vegetables (fresh, canned, or frozen)
- ✓ Whole wheat bread, bannock, rice, and pasta
- ✓ Low fat milk, soy beverage, yogurt, and cheese
- ✓ Nuts, beans, fish, chicken, wild game meat
- ✓ Water, herbal tea

### Choose Less of:

- ✗ Potato chips, fried foods, and salty snacks
- ✗ Pastries, cookies, and doughnuts
- ✗ Ice cream, chocolate bars, and milk shakes
- ✗ Sausage, bacon, deli meat
- ✗ Coffee, pop, energy drinks, juices and fruit drinks

## Eat Regular Meals and Snacks



Eat healthy food **every 2–3 hours** to keep your energy levels up, reduce mood swings, and reduce cravings. This will also help you gain back your appetite.

If you have a poor appetite, here are some things you can try:

- Eat smaller portions at meal times.
- Eat small snacks between meals.
- Eat a variety of foods.
- Avoid drinks with caffeine before meals.
- Wait 20 minutes after eating to drink fluids.

## Enjoy Colourful Foods



Eat a variety of different coloured vegetables and fruits every day. Nature gives these foods different colours to nourish your body in different ways.

If vegetables, fruits, and whole grains are new to you, they may upset your stomach. These foods are high in fibre. Fibre is a nutrient from plant foods that your body cannot digest. Fibre is good for your health, but it takes time for your body to adjust to it. Here are some ways to help:

- Introduce new foods slowly. Give your body several days to get used to new foods.
- Rinse canned beans under running water.
- Drink plenty of water (See Page 4).

## Eat Balanced Meals

The “Eat Well Plate” model can help you balance your meals.

- Try to fill half your plate with **vegetables**, like green beans, salad, or veggie sticks.
- Fill one quarter with **grain products**, like, bannock, pasta, or rice. Starchy vegetables, like boiled potatoes, also fit here on your plate.
- Fill the other quarter with **meat & alternatives**, like fish, game meats, or chicken.
- Add a glass of **milk, water, or herbal tea** for a balanced meal.

If you cannot drink milk, eat yogurt or cheese every day for healthy bones and teeth.

## Balanced Snack Ideas

Choose foods from 2 out of the 4 food groups in [Eating Well with Canada’s Food Guide](#) at each snack. Here are some examples:

- Yogurt and berries
- Bannock and a glass of milk
- Canned tuna and crackers
- Applesauce and cheese

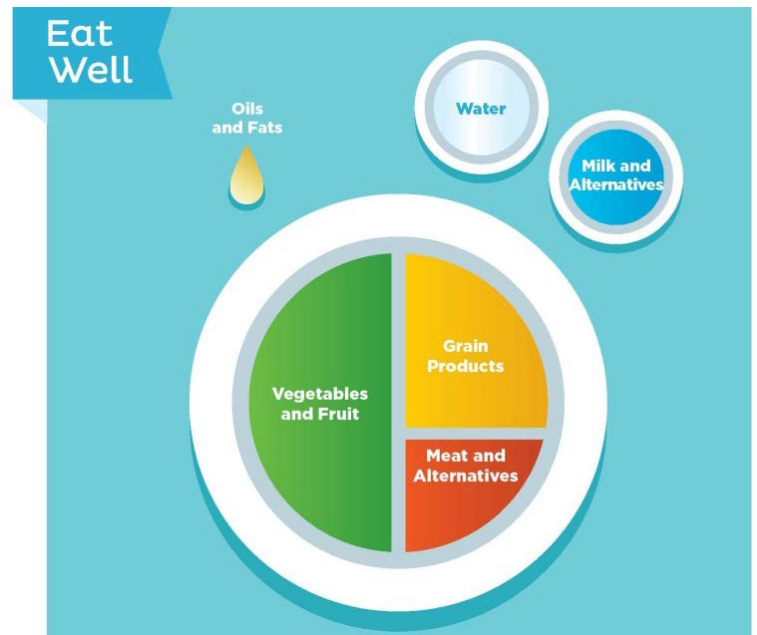
Write down some of your own ideas:

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Source: [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)



## **Drink Plenty of Fluids**

Water gives us life. In your journey, water helps your body heal and flush away toxins. Drinking water is important for healthy skin and hair. It will also help keep your energy levels up.

You get fluids from plain or flavoured water, milk, fruit juice, broth, soup, and tea. Plain water is best to keep you hydrated. Try adding fresh or frozen fruit to your water for added taste.

### **How much fluid do I need?**

The amount of fluid you need to drink depends on your age, sex, and activity level. Drink more on hot days, if you are exercising, or if you're sick.



#### **Males need about<sup>1</sup>:**

- 9–13 years old: 8 cups (1.8 litres)
- 14–18 years old: 10 cups (2.6 litres)
- 19 years and older: 12 cups (3 litres)

#### **Females need about<sup>1</sup>:**

- 9–13 years old: 6 cups (1.6 litres)
- 14–18 years old: 7 cups (1.8 litres)
- 19 years and older: 9 cups (2.2 litres)

Your urine should be clear or the colour of light lemonade. If it is dark coloured or strong-smelling, you may be dehydrated, so drink more water.

## **Be Active**



Physical activity makes your body strong. Be active for at least 30 minutes per day, 5 days per week. Here are some examples of ways to stay active:

- Walking
- Snowshoeing
- Dancing
- Shoveling snow

## **Resources**

Find more information about healthy living at:

[www.canada.ca/en/health-canada/services/healthy-living](http://www.canada.ca/en/health-canada/services/healthy-living)

Find tips for healthy eating at:

[www.canada.ca/en/health-canada/services/tips-healthy-eating](http://www.canada.ca/en/health-canada/services/tips-healthy-eating)

Find more information about physical activity at:

[www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity](http://www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity)

<sup>1</sup>Institute of Medicine. *Dietary reference intakes: water, sodium, chloride, potassium, and sulfate*. Washington, DC: National Academy Press, 2005.