

Improving nutrition one bite at a time

We are what we eat!

Good nutrition gives us the energy we need. It can help us avoid health problems and help us recover faster from an illness or injury.

Try making these changes to improve your nutrition and health. We've added some tips to help you along your journey to healthy eating.

Eat lots of fruits and vegetables

Fruits and vegetables should be about half of each meal or snack.

- Add frozen vegetables to spaghetti sauces, pasta dishes, soups or stir-fries. No prep needed!
- Add frozen, fresh or canned fruit to smoothies, hot cereal, yogurt, muffin mixes and other baked goods.
- Try roasting vegetable sticks on a baking sheet in the oven with a little oil and spice.
- Mix greens in your mashed potatoes.
- Make vegetable soups packed with in-season vegetables and freeze some for later.
- Buy easy-to-carry fruit like bananas, apples or grapes for quick snacks on the go.

Drink water

Your body needs water and there's no better way to quench your thirst than with no sugar or other additives.

- Carry a water bottle with you.
- Add a hint of lemon juice or infuse water with berries for extra flavour.
- Experiment with different herbal teas and drink them hot or cold.



For a short video on this topic, click [here](#) or use this link:

canadalife.com/video-nutrition



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Eat protein

Protein is essential to your health. Try to eat protein that comes from plants every day. Other sources include lean meats, lower fat dairy, eggs or fish.

- Try spreading nut butter on toast or apple slices.
- Sprinkle sesame or chia seeds on your vegetables.
- Try cubed tofu in your soups or lentils in rice dishes.
- Add canned fish or eggs to salads or sandwiches.
- Dip raw vegetables or whole grain crackers in yogurt, hummus or cottage cheese.

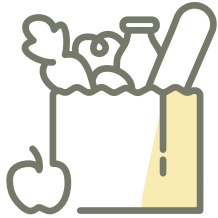
Choose whole grains

Whole grains help lower risks of heart disease and other illnesses. Plus, they taste good and help you feel full after a meal. Look for “whole grain” on the label.

- Choose whole-grain breads and don't be fooled by the colour. They can be brown or white!
- Eat oatmeal or whole-grain cereal for breakfast.
- Try whole-grain crackers and pasta.
- Add barley, quinoa or brown rice to soups or salads.
- Make wraps with whole-grain tortilla or pita bread.
- Popcorn is a whole grain! Sprinkle it with vegetable oil and some salt or spices.



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Make cooking easy

For a nutritious meal:

1

Start with any steamed, boiled or baked vegetables.

2

Add lean grilled meat, fish or tofu.

3

Add a whole grain such as quinoa, couscous or bread.

Make enough for leftovers so you can reheat or add it to a soup, stir-fry or salad the next day. Set aside time each day to prepare food instead of waiting until you're hungry.

If you suffer from a medical condition and have special nutritional needs, you should consult with a health care provider for specific recommendations.

For more information on nutrition, get to know Canada's food guide: <https://food-guide.canada.ca/en/>

Nutrition log

You may find it useful to write down the healthy foods you eat every day. Follow Canada's food guide:

- Eat plenty of fruits and vegetables.
- Choose whole-grain foods.
- Eat protein that comes from plants or lean meats, fish, eggs or lower fat dairy.
- Make water your drink of choice.

Instructions

- You can print your nutrition journal and fill in a paper copy.
- To fill electronically, save a copy on your computer. Use the Tab key to navigate from one cell to another.
- Give yourself some time to build new habits and celebrate your progress!



Nutrition log

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits							
Vegetables							
Whole grain							
Protein							

Write here what worked well for you this week and what you found more difficult:

Nutrition log

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits							
Vegetables							
Whole grain							
Protein							

Write here what worked well for you this week and what you found more difficult:

Eat well, be well!

