



## ***Empowering Patients: Healthy Eating***

### ***Healthy Eating***

Every day we make choices about the foods we eat. Canada's Food Guide is a reference for the recommended number of servings we need per day for each of the four food groups:

1. Vegetables and fruit
2. Grain products
3. Milk and alternatives
4. Meat and alternatives

For a complete number of servings for each food group visit the following website:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php>

### ***About Oils and Fats***

We require a small amount of oils and fats in our diet daily (2 to 3 tbsp. of unsaturated fat). Healthy choices include vegetable oils such as, olive, canola and soybean. Avoid saturated and trans fats. Limit butter, hard margarine, lard and shortening.

### ***Tips for People with Diabetes or Glucose Intolerance***

Glycemic Index (GI) is a measure of how quickly a carbohydrate-containing food raises your blood sugar. Lower GI foods (such as quinoa, whole grains or brown rice) raise blood sugars more slowly than high GI foods (white bread or bagels). For more information:

[www.diabetes.ca](http://www.diabetes.ca)

If you have a question about nutrition, Contact a Dietitian - 8-1-1. For more on healthy eating:

[www.healthlinkbc.ca/healthyeating/](http://www.healthlinkbc.ca/healthyeating/)

### ***Tips for Healthy Eating on a Budget***

1. Cook at home compared to eating out.
2. Cook extra portions and freeze the leftovers.
3. Plan your meals and shop with a list.
4. Keep a list of your food you have at home, and use what you have on hand.
5. Buy only what you need, check expiry dates.
6. Buy in bulk with others to cost share.
7. Know your prices and buy on sale.
8. Plan healthy snacks, such as raw veggies, low-fat cheese, popcorn, and whole grain bread.

### ***Money Saving Tips***

#### ***Meats and Alternatives***

1. Buy larger packages of meat on sale. Divide them into smaller portions for freezing.
2. Eat dried or canned beans and lentils; tofu, eggs, canned fish and peanut butter.

#### ***Vegetables and Fruits***

1. Buy what is in season.
2. Don't buy food that is too ripe and will rot.
3. Buy larger bags of frozen vegetables.
4. Buy canned, frozen or dried fruit.

#### ***Grain Products***

1. Buy rice, flour, oats and pasta in bulk.
2. Buy whole grain bread in bulk and freeze.

#### ***Milk and Alternatives***

1. Buy larger sizes & check the expiry date.

## **Keys to Achieving Healthy Eating Goals**

1. **Choose wisely.** Choose a goal that matters to you.
2. **See yourself achieving your goal.** Use the power of attraction to reprogram your subconscious mind and prime the pump for success.
3. **Break it down.** Turn that supersized goal into manageable morsels. Gain confidence with early success and making progress.
4. **Write down the details.**

## **Create SMART Goals for Yourself**

**Be Specific.** What are you going to do? Eat more fruit and vegetables? Where and by when?

**Measurable.** How many fresh fruit/day? One salad every day? Two glasses of skim milk each day?

**Achievable.** Set realistic goals that are do-able.

**Relevant.** The goal has to be important to you and your health.

**Time-specific.** What day will you start, and when will you finish? Anticipate/prepare for roadblocks.

**Enlist support.** Consult your family doctor, choose a coach you'll answer to, or get a friend to join you.

## **The Four Foundations of Self-Care**

1. **What you eat** (What you put into your body).
2. **What you do** (physical activity and rest).
3. **How you feel** (emotional wellbeing).
4. **How you connect** (healthy relationships).

**More articles on Empowering Patients can be found at [FETCH \(For Everything That's Community Health\)](http://sc.fetchbc.ca) [sc.fetchbc.ca](http://sc.fetchbc.ca)**

**Note:** This article was written by Dr. Davidicus Wong and does not necessarily reflect the opinions of the Sunshine Coast Division of Family Practice

***Please share this information with your family, friends and anyone else who may find it helpful.***

***Together we'll create a healthier community and a healthier future.***