

# A healthier you for 2017!



It's New Year's resolution time. You may be thinking about cleaning up your eating habits as part of getting back into balance. Check out the healthy eating tips below for some great ideas to get started!

## Top 10 Nutrition Tips for 2017

### Tip # 1. Take a closer look at what you're eating

Writing down what you eat and drink in a day can be a helpful way of noticing your habits and patterns. Do you tend to have structured meals and snacks or are you more of a grazer? Tracking when, what and how much you eat may give you some ideas for what you'd like to change.

If you're tech-savvy, try using a free food and fitness tracker from websites like [livestrong.com](http://livestrong.com), [eatracker.ca](http://eatracker.ca) or [myfitnesspal.com](http://myfitnesspal.com). There are also phone applications that can be a convenient way for you to track while you're on the go. Pen and paper is also a great way to go. You can use a notebook to customize exactly what you want to record. A good start is writing down:

- Time of meal/snack/beverage
- Amount eaten
- Extras (things you add like butter on toast, cream in coffee, mayonnaise, salad dressing etc)



## Tip # 2. Drink plenty of water

*“Water is the most life sustaining gift on Mother Earth and is the interconnection among all living beings. Water sustains us, flows between us, within us, and replenishes us. Water is the blood of Mother Earth and, as such, cleanses not only herself, but all living things.” (Excerpt from [www.afn.ca/en/honoring-water](http://www.afn.ca/en/honoring-water))*

Water is medicine. Drinking plenty of water is one of the best ways to take care of your health, and what’s more – it’s completely free! Most of us don’t get enough water, though. So here are some tips to help you drink up:

- Carry a water bottle with you when you go out
- Drink a glass of water before or with your meals
- Set a “fluid reminder” alarm on your phone
- Track your water with a chart on your fridge
- Add lemon, lime, berries, mint or other fruits to flavour your water if you find it hard to drink it plain
- Try caffeine-free herbal teas for a hot water-based drink

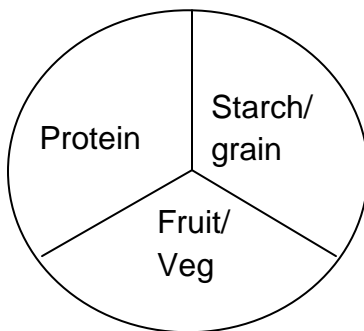


Did you know: Most adults need a minimum of 8 cups of water per day, and if you’re active, you probably need more. Drinking enough can help you feel more energized and help you to think more clearly. It can also help you to feel full if you drink before or with your meal. Getting plenty of fluid also helps to keep your bowels healthy and regular.

### Tip # 3. Load up at the beginning of the day

Turns out your mother was right – breakfast is the most important meal of the day. You're less likely to overeat later in the day if you've had enough at breakfast and lunch. It doesn't really matter if you eat 3 main meals or 6 mini ones as long as you try to get at least  $\frac{2}{3}$  of your food in by midday.

Your metabolism slows down while you sleep, and the best way to rev it back up is to eat a good breakfast. Try to eat within an hour of waking. A good template for breakfast is to make a  $\frac{1}{3}$  of your plate protein (see Tip # 4 for ideas),  $\frac{1}{3}$  fruit or vegetable (see Tip # 5) and  $\frac{1}{3}$  high fibre starchy foods (see Tip # 6).

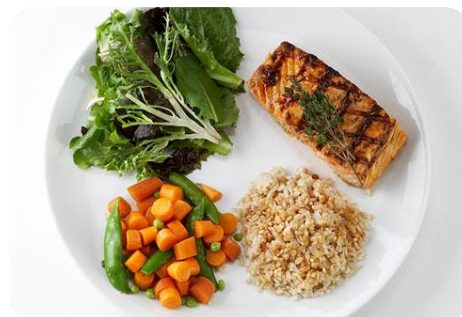
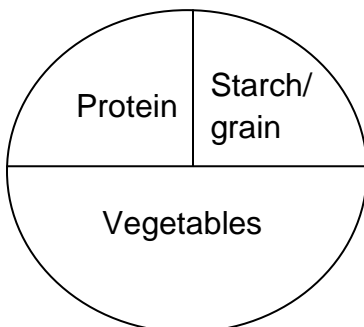


#### Examples:

- Vegetable omelet with grainy toast
- Oatmeal topped with nuts and berries
- Fruit and yogurt smoothie with a small bran muffin

Some people find it helpful to make lunch their biggest meal (or to have a medium-sized lunch and a couple of snacks). By eating more during the day, you probably won't be as hungry in the evening – which makes it easier to tackle nighttime snacking.

Try making dinner a lighter meal if you're working on weight management. A lighter evening meal can also prevent indigestion and heart burn and may help you to sleep better. A good template for lunch and dinner is  $\frac{1}{2}$  of your plate non-starchy vegetables,  $\frac{1}{4}$  protein and  $\frac{1}{4}$  starchy foods.



## Tip # 4. Protein power

Protein helps you stay fuller longer. It takes longer to digest, so it can also keep your blood sugars more stable. Protein helps you to repair and build muscle as well as heal body tissues after an injury.

Try to get some protein at every meal. Here are some examples:

- Beans and lentils (chickpeas, kidney beans, black beans etc) – try hummus for a tasty spread or dip – beans and lentils are great budget-friendly protein foods
- Nuts – choose unsalted (a small handful is a serving or 2 tablespoons of peanut butter) – get nuts from bulk bins to save on cost
- Eggs – these are a great low-cost protein source
- Seeds (pumpkin seeds, sunflower seeds – a small handful is a serving)
- Milk (choose 1% or 2%) or milk alternatives (soy milk etc)
- Yogurt
- Low fat cheese
- Fish – try to have fish at least twice a week
- Lean meat (chicken, turkey, lean beef or pork) and game (caribou, moose, deer, rabbit, duck, goose)
- Tofu and tempeh – great in a stir-fry

Most people can get all the protein needed from eating regular foods. Even if you are working out, you don't need extra protein from supplements. Just take a healthy snack with you such as fruit with nuts or yogurt.



## Tip # 5. Fill up on veggies and fruit

Vegetables and fruit are packed full of fibre, vitamins and minerals – essential for good health and balance. Just like protein, fibre helps us stay fuller longer, which is great news for weight management. Fibre also helps lower your LDL or “bad” cholesterol, keeps your blood sugars more stable, keeps your bowels regular and helps to protect you from some types of cancer.

To keep yourself in fantastic health, aim to get 7-8 servings of vegetables and fruit per day. A serving is ½ cup or a good handful. Here are some tips to help you get more veggies and fruit:

- Make half your plate veggies at lunch and dinner
- Have a fruit at breakfast and for a snack
- Keep cut up vegetables in containers for when you feel like munching
- Throw wilting veggies into a soup or stew for a hearty meal
- Carrots, celery, onions, cauliflower, squash, apples and oranges tend to be budget-friendly and also keep well – have these in stock for days when you run out of other produce
- Frozen vegetables and fruit can be convenient and are often on sale



## Tip # 6. Switch up your starches

Getting enough fibre is a great way to help you stay fuller longer. It also helps keep your bowels regular, lowers your LDL or “bad” cholesterol and can help prevent some types of cancer. Try switching white starches like white bread to high fibre versions.



Here are some healthy switches:

White bread —————> Try wholegrain bread

White rice —————> Try wild rice, brown rice or parboiled rice  
(Get creative with quinoa and other grains too!)

White pasta —————> Try wholewheat or “smart” pasta for more fibre

White potatoes —————> Try sweet potatoes (leaving the skin on white potatoes also helps you get more fibre)

Sweet breakfast cereals —————> Try oatmeal or a higher fibre cereal (look for at least 20% daily value for fibre on the nutrition label)

## Tip # 7. Snack smarter

Snacks can be a great way to refuel, keep you energized and focused, and keep your hunger at bay. Choose healthy snacks to keep you going, and save items like chips and cookies as once-in-a-while treats.

If you're going more than 4 hours between meals, you may need a snack to keep you from getting too hungry. Here are some healthy ideas that you can also take with you:

- Fruit – apples, oranges, pears etc tend to keep well in your bag
- Cut up veggies – carrot sticks, sliced peppers, cauliflower etc
- Hummus or tzatziki make great protein-packed dips for veggies or pita bread
- Nuts and seeds –make your own trailmix from bulk bins at the grocery store
- Yogurt – buy a large container and put a few scoops in a container for a cost-saving

A lunch bag or some containers from the dollar store can be a great investment to help you take your snacks on the go!



## Tip # 8. Focus on the food

Taking time to eat is a great way to refuel your body as well as your mind. Make meal time a real break by turning off the TV, computer or phone. By getting rid of distractions, not only will you enjoy your food more, but your brain will be better able to get the “full” message from your stomach. Here are some tips to get started:

- Try to eat at a table or somewhere you can sit comfortably
- Chew your food well and take your time
- Make it special – light a candle, play music, eat with others if you can



### Tip # 9. Get cooking

Home-made food tends to be healthier for our bodies and our planet. When we cook at home, we tend to eat less salt, sugar and fat, and we use less packaging and food additives. The new year is a great time to try new recipes. Try looking up recipes on the internet or go to your local library to have a browse. Joining a cooking class or group can be a great motivator. Wabano's Community Kitchen and Food As Medicine could be good places to start. Use the contact details at the bottom of this page to find out more.



### Tip # 10. Clean up the counter

If you're tidying up the house for the new year, why not give your kitchen a make-over? The more we see food, the more we want to eat. Keeping treats like cookies and chips in closed cupboards can help make them less tempting. While leaving bowls of fruits or big salads on the table can help us to eat more of these. Try serving food on smaller plates or using a smaller fork or spoon to help manage portion sizes.



**Keep your goal in sight** – Whatever change you're working on, remembering the reason behind it can help motivate you. Maybe you want to be healthier for your family; maybe you want to feel better. Whatever the reason, make it a visible reminder. Try putting a motivating picture, quote or collage somewhere you'll see it every day. Some people find writing a plan or creating a medicine wheel collage helps them to stay in balance.

If you'd like to talk to someone about making lifestyle changes, contact Jasna Robinson-Wright (Dietitian) at 613-748-0657 ext 285 or [jrobinsonwright@wabano.com](mailto:jrobinsonwright@wabano.com). You can talk in person, by phone or email.