



...because health matters!

# Nutrition Matters

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## Go The Healthy Way

Ever think about a lifestyle make-over that will result in a healthier you? Go the healthy way and this dream can come true. Healthy eating combined with being active daily is the way to go. Check out these challenges for a healthier you...it feels great, is easy and totally satisfying.

### **Be "Extra" Wise**

'Extras' are food choices that pack a mean punch - lots of calories, sodium, sugar and fat with few nutrients - pop, cakes, pastries, candies, chips, fries, special sauces and so on. More than 25% of calories in the average Canadian diet - adults and teens - comes from 'extras'. Unfortunately these foods have clearly become a daily habit. They fill you up, leaving no appetite for the more nutritious choices in Canada's Food Guide To Healthy Eating.

**Our  
Challenge  
to You!**



Save those 'extras' for really special occasions. No need to cut them out completely, but certainly cut back!

### **Don't Get Fooled by Portion Distortion!**

One challenge many of us face is eating normal-size portions of food in a "super-sized" world. Supersizing is not just something that happens in fast food restaurants. Extra large portions can be found at movie theatres, convenience stores, restaurants and even grocery stores. Portions of commercially prepared foods have almost doubled over the past twenty years. Research shows that the bigger the serving put in front of us, the more we eat.

**Our  
Challenge  
to You!**



Learn to recognize and eat normal-size portions. Try to keep in touch with your appetite by eating slowly and only when hungry. Stop when you are satisfied.

### **Say No to Diets!**

Forget fad diets - they don't work in the long run. Any weight loss is usually temporary. Over 95% of dieters regain their weight. And repeated cycles of weight loss and weight gain increase health risks more than being overweight. Cutting out favourite foods completely and going to extremes simply sets you up for failure.

**Our  
Challenge  
to You!**



Just say NO! Eating healthfully is a lifelong pleasure and being active means having fun and feeling alive.

## Go For Satisfaction

Before choosing what you are going to eat, think about what satisfies your hunger. Here are some examples:

- 😊 Fibre rich whole grains - so you feel full, while eating less
- 😊 Milk based drinks - satisfy hunger and thirst
- 😊 Vegetables - bulk up meals with nutrients and taste
- 😊 Fruit - more satisfying than drinking juice or punch
- 😊 Breakfast - the meal that sets up your whole day to feel satisfied instead of deprived.

**Our  
Challenge  
to You!**



**March is Nutrition Month!** Make these switches slowly over the month. Maybe focus on one each week. Start by choosing whole grains more often! Have a low fat latte instead of pop. Experiment with veggies and see if you can fill half your plate at dinner with some tasty varieties. Make sure you always leave home with a piece of fruit to eat during the day. And start having breakfast.....right away!

## Close Encounters

Parents are children's most influential role models. If you eat more healthfully, your kids will too. Studies also show that children tend to eat more fruits, vegetables, whole grains and milk products when the family eats together around the dinner table. And when you eat at home, you are all more likely to eat normal-size portions.

**Our  
Challenge  
to You!**



Take the time to eat with your kids at least once a day! You will be building lifelong healthy habits.

## Get Moving!

Many experts believe that mechanization, labour-saving devices and computer-play mean we burn many fewer calories in a day than we did twenty years ago.

**Our  
Challenge  
to You!**



Add more activity into your daily life:

- 😊 Go down the hall to talk to a colleague
- 😊 Wash the car by hand
- 😊 Walk the full mall before you start to shop
- 😊 Enjoy activities with family and friends - skating, bowling, swimming...

## Walk through these Web Sites

- 😊 Peterborough County-City Health Unit - [pcchu.peterborough.on.ca](http://pcchu.peterborough.on.ca)
- 😊 Dietitians of Canada - [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)
- 😊 Centre for Science in Public Interest "Choose Your Chews" - <http://www.cspinet.org/smartmouth/index1.html>
- 😊 Dairy Farmers - [www.nutrition2005.ca](http://www.nutrition2005.ca)

**GO THE HEALTHY WAY... Eat Well, Live Well, and Feel Great!**

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