

MY EATING HABITS



Healthy foods have a HUGE impact on improving your cholesterol, blood pressure, diabetes, and weight. Simple changes kept over time can decrease your risk of stroke, improve energy and overall health.

Divide your plate into sections that include:

- 1/2 vegetables or fruit
- 1/4 whole grain
- 1/4 healthy protein for each meal

TO ESTIMATE PORTION SIZES, USE YOUR HAND:

1. **Vegetables:** Two open hands for a serving.
2. **Grains:** A fist for rice, pasta or bread.
3. **Lean protein foods:** A palm-sized portion.
4. **Fruit:** A fist-sized serving.
5. **Fats:** A thumb tip-sized amount of healthy fats

AIM FOR 7 SERVINGS OF VEGETABLES AND FRUIT. This is what a serving looks like:



1 small apple



1 large corn



1 large orange



1 medium pear



1 large banana



12 baby carrots



1/2 medium cucumber



1 cup raw leafy vegetable

HEALTHY EATING TIPS

- Aim for 7 servings of fruits and vegetables daily
- Eat whole grains and cereals
- Choose lean meat and poultry
- Eat fish twice a week
- Eat beans, chickpeas, and lentils more often
- Use lower-fat dairy products
- Choose healthy snacks
- Reduce your intake of saturated fat. Use plant-based fats, such as olive or canola oil.
- Limit salt to fewer than 2000 mg per day
- Make water your drink of choice
- Cook at home more often
- Eat slowly and enjoy your food, take time to taste the favours and socialize

LOOKING TO IMPROVE YOUR NUTRITION OR MANAGE YOUR WEIGHT?

TIP: Write down the foods you eat. Review your food diary with a dietitian.

MY PLAN TO STAY ACTIVE

Before starting new activities, speak with your health care provider to discuss what is right for you.

Aim to be active for **10 minutes** or more at a time to achieve at least **150 minutes** of moderate to vigorous activity each week. Find ways to be active every day.

Choosing from a variety of activities is healthy. Include activities you enjoy that improve your endurance, strength, flexibility and balance. Some examples are included here:

- STRENGTH** - Carry groceries, lift weights or do yard work twice a week
- ENDURANCE/AEROBIC** - Walk, play tennis or swim 4-7 days a week
- FLEXIBILITY** - Stretch, engage in yoga, golf or housework
- BALANCE** - Yoga, tai chi or other balance activities that are safe for you

Take rest breaks as needed and always start and finish with a 5-10 minute warm up and cool down.

Light effort	Easy to keep going for hours, can breath and talk easily.
Moderate effort	Can be active for a long time, able to talk and have short conversations.
Vigorous Effort	Almost uncomfortable, short of breath, but can still speak a sentence.



LISTEN TO YOUR BODY.
Start with light activities and slowly increase your effort as you feel comfortable.



WHAT DOES ACTIVITY LOOK LIKE IN YOUR DAY NOW?

Morning	Afternoon	Evening	Night

What are you **already doing well** that you want to **keep doing**?

EVERY 10 MINUTES COUNTS TO BENEFIT YOUR HEALTH!
10 minutes walking + 10 minutes gardening + 10 minutes playing or dancing all adds up