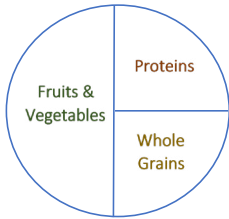


# YOUR HEALTHY EATING GUIDE

## Great choices



How to balance your plate at each meal or over the whole day with food groups.



Use olive oil as much as you can for cooking, sauces, dressings, etc. Four tablespoons per day may help prevent stroke and other health problems. Choose extra virgin olive oil instead of butter/margarine/other oils.



Choose water as much as possible over other beverages. Avoid juice and sugary drinks such as pop.

## Mealtimes: Filling your plate

A combination of fruits and vegetables: 7–10 servings per day (include at least one fresh and one green leafy vegetable). Whole fruits are much better than fruit juice. These should make up 1/2 of your daily diet or “plate” at each meal.



Grains: choose whole grains (brown rice, oats, barley) rather than white pasta, white bread, white rice or processed boxed cereals. Grains should make up 1/4 of your daily diet or “plate” at each meal.

## Every day



2 servings of dairy (preferably lower-fat) or a plant-based substitute fortified with vitamin D and calcium. If wine is part of your lifestyle, drink no more than 150 ml wine for women; 300 ml wine for men per day. (For information re: beer/spirits see <http://www.rethinkyourdrinking.ca/>).

## At least 3 times per week



Nuts/Seeds  
2–3 Tbsp



Legumes such as chickpeas, lentils, black beans, soy foods etc.  
(2–3 times per day for non-meat eaters)



Fish or seafood  
(with at least one fatty fish such as salmon or sardines in a week)

### Limit to one egg three times per week or less



Eggs

### Limit to two times per week or less



Poultry  
(without skin)  
3 oz  
(size of a deck of cards)

### Less than once per week



Red meats  
(fat trimmed off)  
3 oz size

### Less than once per week or not at all



Processed meats  
(bacon, deli meat, sausage, hot dogs)

### Avoid Eating or eat very little

Cream, butter, margarine, pate, duck, sugared beverages, pastries, industrial bakery products (such as cakes, donuts, cookies, etc.), industrial desserts (puddings, custard), French fries or potato chips, and sweets (candy, etc.). Keep salt (sodium) to less than 2,300 mg per day (about 1 tsp) – check food labels for “sodium.”

