

Helpful Nutrition Videos

GENERAL INTEREST:

- [Canada's Food Guide \(interactive article\)](#)
 - Review the Healthy Plate and other tips on the Food Guide
- [Healthy Snack Ideas \(article\)](#)
- [Mindful and Intuitive Eating \(video/article\)](#)
 - Learn tips and tricks to help you learn the difference between mindful and intuitive eating and how you can incorporate these into daily life
- [Best By vs Expiry Dates – What's the Difference? \(article\)](#)
 - Reduce food waste by reading about the difference between Best By and Expiry dates

PORTION CONTROL:

- [Size up your Food Portions \(video\)](#)
 - Learn how to use your hand to estimate different portions of food
- [Keeping your Portions in Control \(video\)](#)
 - Get to know your serving sizes
- [Plate Size Matters \(video\)](#)
 - Learn how your plate size may be making you eat more than you need
- [Tips to Manage your Food Portions \(video\)](#)
 - Tips on managing food portions when eating out, snacking and grocery shopping

NUTRITION LABELLING:

- [Introduction to Nutrition Labelling \(video\)](#)
 - Learn more about the information found on food packaging labels such as the Nutrition Facts table, the ingredient list and nutrition claims
- [Nutrition Facts Table Important Nutrients \(video\)](#)
 - Learn how to use the information on serving size, calories and how key nutrients are important to your health
- [Nutrition Facts Table Five Features \(video\)](#)
 - Learn more about Serving Size, Calories, % Daily Value, Nutrients to get more of and Nutrients to get less of

- [% Daily Value \(video\)](#)
 - Learn more about what % Daily Value means and how it can be used to make healthy choices
- [Focus on Carbohydrate \(video\)](#)
 - Learn more about food sources of carbohydrates, what to look for on the nutrition facts table and how carbohydrates impact your blood sugar levels

SPECIFIC NUTRIENTS:

Fibre:

- [Focus on Fibre \(article\)](#)
 - Learn about the different types of fibre, how much you need and what are some good sources of fibre
- [Facts on Soluble Fibre \(article\)](#)
 - Read about the health benefits of soluble fibre and what foods are high in this nutrient
- [Increasing Fibre Intake \(article\)](#)
 - Learn tips of how to increase your fibre intake

Sodium:

- [Get the Scoop on Salt \(article\)](#)
 - Learn how much salt is too much and how to keep your food tasting great without salt
- [Sodium, it's Everywhere! Get the Facts \(brochure\)](#)
 - Learn what levels of sodium to look for on Nutrition Labels

KITCHEN TIPS:

- [Food Safety \(article\)](#)
 - Learn more about food storage safety
- [Everyday Tips for Washing Vegetables and Fruit \(article\)](#)
- [How to Store Fruit to keep them Fresh \(video\)](#)
- [How to Store Vegetables to keep them Fresh \(video\)](#)
- [Freezing Food Properly \(video\)](#)