

nutrition for you[®]

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS™**

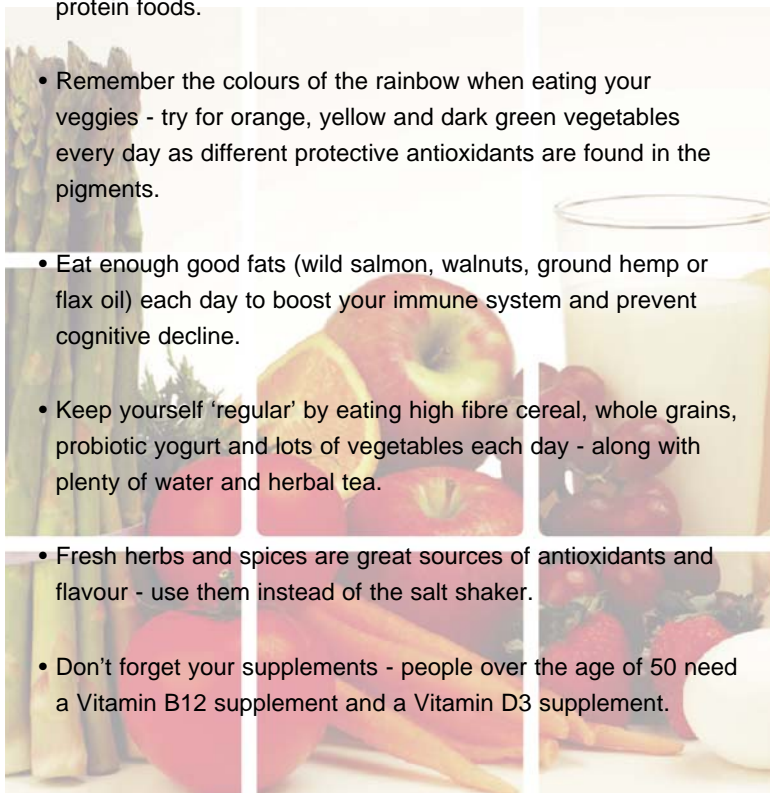
Healthy Aging

Eat Well...

- Stock up on fresh and frozen fruits and vegetables and aim for 5 to 8 servings a day.
- Fill $\frac{1}{2}$ your lunch and dinner plates with veggies, $\frac{1}{4}$ with whole grains and $\frac{1}{4}$ with protein foods.



- Remember the colours of the rainbow when eating your veggies - try for orange, yellow and dark green vegetables every day as different protective antioxidants are found in the pigments.
- Eat enough good fats (wild salmon, walnuts, ground hemp or flax oil) each day to boost your immune system and prevent cognitive decline.
- Keep yourself 'regular' by eating high fibre cereal, whole grains, probiotic yogurt and lots of vegetables each day - along with plenty of water and herbal tea.
- Fresh herbs and spices are great sources of antioxidants and flavour - use them instead of the salt shaker.
- Don't forget your supplements - people over the age of 50 need a Vitamin B12 supplement and a Vitamin D3 supplement.



Move Your Body...

- Rather than meet friends for a chat at the coffee shop, plan a walk or hike together.
- Physical inactivity makes your body age faster! Regular exercise is invigorating.
- Maintain your strength and balance and stay connected through regular activities.
- If your balance is poor, start by doing some activities on a chair, on your bed, or supported by a wall.
- Get off the bus one stop early.
- Take a child for a walk - their energy is inspiring!
- Gardening is a wonderful, gentle activity that creates beautiful rewards.



Resources...

- www.fitinfitness.ca
- www.actnowbc.ca
- www.thriftyfoods.com



nutrition for you[®]

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS™**

Healthy Families

Eat Well...

- Read the list of ingredients on food packages and avoid foods containing hydrogenated fats, high-fructose corn syrup, artificial colours, flavours, sweeteners and preservatives.



- Go ahead; buy the ready-packed salad greens and pre-cut veggies from the produce shelf.
- Order pizza made with a whole-wheat crust, less cheese and lots of vegetables. Always serve with a huge green salad and natural salad dressing.
- Make your salads into a meal by adding chickpeas, sunflower or pumpkin seeds, chopped apples, pears, or dried cranberries.
- Get the kids involved with growing a garden, shopping for vegetables and helping prepare foods.
- Make breakfast a priority; make time for some oatmeal, high fibre cold cereal, or a homemade smoothie.
- Decide which foods will be 'everyday' foods for your family and how often you will have treats or 'sometimes' foods.

Move Your Body...

- Children of active parents are more likely to be active themselves - and active kids do better in school!
- Make a regular fitness commitment with a friend or two - it'll keep you motivated!
- Get connected with your local community centre or fitness centre.
- Regular activity helps kids burn off excess energy so they feel better, sleep better and are easier to parent.
- Remember that your children need an hour or two of exercise every day!
- Plan outdoor activities every week - hiking, cycling, swimming or skiing.
- Look for local drop-in sports activities that the family can attend. Playing with your kids is good for you and is good for them.
- Reduce total "screen time" (TV, videos, computers, hand-held devices) to less than two hours a day as this alone can help maintain a healthy weight.



Resources...

- www.fitinfitness.ca
- www.actnowbc.ca
- www.thriftyfoods.com



nutrition for you.

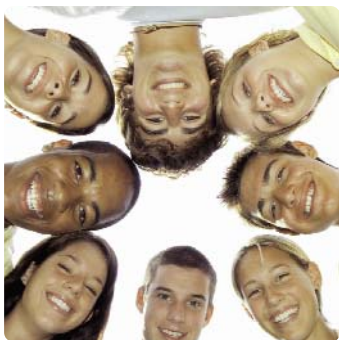
A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS™**

Healthy Youth

Eat Well...

- Eat breakfast! It can help your moods and your grades, even if it is only a smoothie or instant breakfast drink.
- Fabulous fast food: chili, baked potato, tortilla chips and black bean salsa, sweet potato french fries, spring salad rolls, pizza loaded with veggies, salads, veggie burgers and salmon burgers.
- Stay away from dieting and diet talk, it only leads to a negative self-image, unbalanced eating behaviours and disordered eating.
- Drink, drink, drink - water that is! Keep a stainless steel water bottle with you in your backpack wherever you go.
- Save money by keeping a protein bar, granola bar and juice box stuffed in your backpack for those times when you are starving or skipped breakfast.
- Grab a piece of fruit or two on your way out the door in the morning to snack on during the day.
- Raid the fridge - eat raw carrots, red peppers, and cucumbers.
- Have leftovers from last night's dinner? Roll them up in a tortilla for a handy snack.
- Learn how to make your own sushi, rice paper summer rolls and roll ups - they are easy fast food for any time of the day.



Move Your Body...

- Walk, run, bike, swim, rollerblade, dance, cycle - just keep moving everyday.
- Take the dog for a walk and get your exercise and points for helping out!
- Try yoga, hip hop, kickboxing or wall climbing.
- Put on some music and dance, dance, dance - it is great for your body and lowers stress levels.
- Try to keep your “screen time” (TV, video, computer, handheld, MSN, Facebook) to less than two hours a day as this alone can help maintain a healthy weight.
- Studies show that youth who are active every day tend to do better both in school and socially.
- Burn off some steam at drop in sports activities at your local school or community centre.
- Weightlifting? You need no more than 1.0 gram of protein for every kilogram of your body weight (about 75 grams a day for most people).



Resources...

- www.fitinfitness.ca
- www.actnowbc.ca
- www.thriftyfoods.com



nutrition for you.

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS™**

Healthy Adults

Eating Well at Work...

- Clean out your workplace kitchen: get rid of powdered coffee whiteners (they contain trans fats), sugar and artificial sweeteners. Replace with real milk and honey.
- Work with your colleagues and agree not to bring in cakes, donuts, cookies or candy and focus on fresh fruit, raw veggies and lots of water instead.



- Gather supplies to help you eat better at work: reusable insulated lunch bags and containers, freezer packs, a wide-mouth thermos, utensils and a portable coffee/tea mug.
- Go for an antioxidant boost with herbal and green teas.
- Fill your cupboards with easy lunch foods: canned fish, whole grain crackers, raw nuts and seeds, fresh fruit, and sprouted whole grain tortillas/bagels.
- If your workplace has a fridge, bring in pre-washed salad or pre-cut veggies for the week and make your own salads on the spot.
- Don't eat alone at your desk while working, take a break and find someone to share some conversation and enjoy your food mindfully.
- Keep a stainless steel water bottle, glass or mug on your desk and drink two litres of water daily; it will keep you energized and prevent dehydration headaches.
- Before you leave work, have a light snack - a protein bar or protein drink to give you energy to get to the gym - or fruit and a few almonds to give you energy to do your errands.

Keep Your Body Moving...

- Walk up the stairs instead of taking the elevator.
- Go for brief 10 minute walks on your two coffee breaks.
- See if you can negotiate a longer lunch and go for a walk or workout during your lunch hour.
- Park your car a few blocks away to incorporate a walk into your day.
- Make a point to get up from your desk every hour and stretch and walk around.
- When on the phone, stand, stretch or lift small weights.
- Take a walking meeting to brainstorm ideas with co-workers.
- Find a walking buddy to meet for lunch.
- Take a local yoga or fitness class just before or after work.
- Remember that working out helps you manage stress and everyone around you will benefit!



Resources...

- www.fitinfitness.ca
- www.activecommunities.bc.ca
- www.actnowbc.ca
- www.thriftyfoods.com

