

HEALTHY LIVING HANDBOOK

Book One - Nutrition



“Encouraging Healthy & Happy Lives”

MY NAME

MY FRIENDS

Introduction

Health and wellness is an important part of being able to live a happy life. COR believes that in order to realize our dreams and accomplish our goals, we need to first be healthy and physically able to succeed!

These books are full of useful information and fun activities that will help guide you on your path to becoming healthy for a happier life.

Through understanding the importance of eating right, exercising, sleeping well, staying hydrated, keeping clean, and staying safe you will be able to improve your life and help others as well!

TYPES OF BOOKS

Nutrition

Book One

You are Reading Book One
This book is great to read
with a friend

Physical Activity

Book Two

Hydration

Book Three

Sleep

Book Four

Personal Hygiene

Book Five

Personal Safety

Book Six



Chapter One - Nutrition

You Are What You Eat!

The types and amounts of food that you eat,
play a huge role in your health and
help determine who you are!

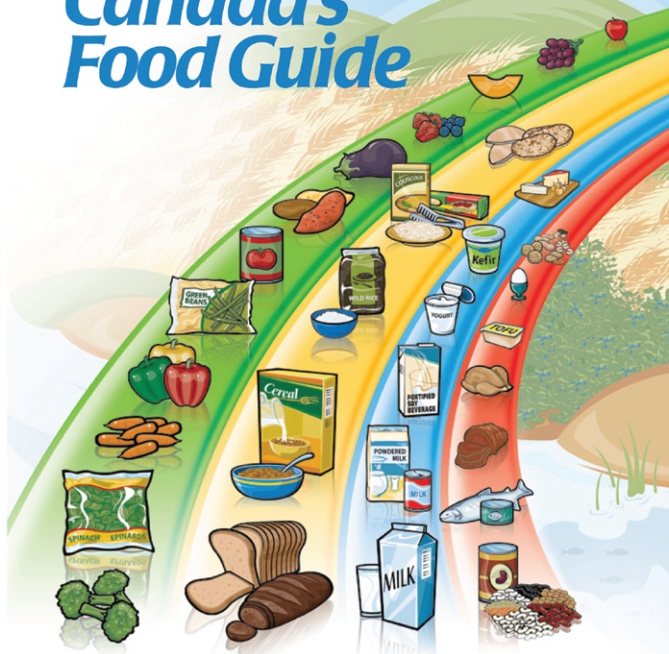


Health Canada
Santé Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide



Canada

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18	14-18	19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice, bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or 175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)

According to Canada's Food Guide,
which of the FOUR Food Groups should
YOU be eating EVERYDAY?

_____ Meat	_____ Milk & Alternatives
_____ Sugars & Sweets	_____ Peanut Butter
_____ Grain Products	_____ Vegetables & Fruits
_____ Fats	_____ Coffee

How many servings of EACH Food Group
should YOU be eating EVERYDAY?

_____ Meat & Alternatives	_____ Milk & Alternatives
_____ Grain Products	_____ Vegetables & Fruits

WORD SEARCH ACTIVITY

FRUITS & VEGETABLES

Find the different fruits and veggies in the word search and think of ways you can make them a regular part of your diet.

Fruits and Vegetables

F	R	S	T	W	S	N	T	C	Q	E	K	F	X	U
P	T	O	M	A	T	O	T	P	O	N	H	I	T	I
B	Q	C	M	W	R	A	Q	H	Y	R	H	C	E	S
A	D	E	J	G	A	P	P	O	A	G	N	C	S	K
N	R	L	B	A	W	C	R	P	Y	T	U	M	Y	Z
A	C	E	R	D	B	A	U	R	L	T	M	C	D	U
N	O	R	O	F	E	A	T	C	T	E	S	D	R	C
A	R	Y	C	H	R	P	Q	E	U	Z	P	V	N	C
C	A	A	C	L	R	P	L	V	R	M	L	Q	G	H
H	N	R	O	I	Y	H	X	F	G	M	B	O	P	I
B	G	P	L	Z	U	W	Q	J	G	F	E	E	H	N
W	E	P	I	I	Q	C	A	R	R	O	T	L	R	I
L	J	O	N	D	U	O	F	L	X	M	U	F	O	B
S	J	Q	N	P	I	N	E	A	P	P	L	E	T	N
G	C	H	A	B	J	K	I	W	I	T	U	Q	I	C

APPLE
BANANA
BROCCOLI
CARROT
CELERY
CORN
CUCUMBER
KIWI
LETTUCE
ORANGE
PINEAPPLE
STRAWBERRY
TOMATO
WATERMELON
ZUCCHINI

Fruits and Vegetables are important for the human body because they provide essential vitamins to make sure your body is running properly.



Did You Know?

The Saskatchewan Roughriders make it a priority to eat lots of fruits and vegetables throughout the whole day! This gives them the strength and energy they need to perform at the highest levels.

BREAKFAST IS IMPORTANT

Many of us have heard that breakfast is the most important meal of the day. But did you know that it actually is?

The majority of dietitians agree that eating a healthy breakfast every morning will help your body in many ways!

Here are some reasons why breakfast is so important.

1. Breakfast literally means breaking the fast after a night without eating. When you don't eat in the morning your body lacks the energy to properly function. After a night without eating, the body is naturally

low on blood sugar.

Since the brain requires blood sugar to function at its best, people who skip breakfast may find it hard to focus or memorize information. It is important to eat a balanced breakfast with food from all the food groups so that your brain has energy for the entire morning.

2. Eating breakfast in the morning will kick start your body's metabolism so that it is working at its best rate all day long. When you skip breakfast your body reacts by slowing down your metabolism so that you don't burn as many calories throughout

the day. When you eat a healthy breakfast your body uses the energy from the food and speeds up your metabolism so that you can burn more calories throughout the day!

3. When you eat breakfast on a regular basis you are less likely to have cravings for junk food later on in the day. A good healthy breakfast will make sure that you don't fill up on fatty foods later on in the morning. Eating breakfast every morning also helps you eat lunch and supper on a regular basis.

Healthy Food **SCAVENGER** Hunt Activity

With a friend, go to a Grocery Store and find 5 Healthy Alternatives
for the unhealthy foods you like to eat.

Write down 5 Healthy Alternatives below.

Be as specific as possible.

1. _____

2. _____

3. _____

4. _____

5. _____



FUN FACT

Finding healthy foods that you enjoy eating will make it easy to change your diet and start eating better!

Finding healthy foods that taste great is extremely important if you want to improve your diet.

There are lots of healthier foods that we can eat instead of chips, chocolate bars, and other unhealthy foods.

All About Vitamins



Vitamin A

- Prevents eye problems
- Promotes a healthy immune system
- Keeps skin healthy
- Found in: Milk, eggs, liver, oranges, dark green or orange vegetables, cantaloupe, peaches, mangos.



Vitamin C

- Promotes healthy bones, teeth, gums, and blood vessels
- Forms collagen
- Helps heal wounds
- Helps the brain function well
- Found in: Red berries, kiwi, peppers, tomatoes, broccoli, spinach, grapefruit, oranges



Vitamin D

- Strengthens bones by helping the body absorb calcium
- Found in: Sunlight, eggs, fish, milk



Vitamin E

- Prevents damage to cells
- Aids in making red blood cells
- Found in: Vegetable oils, nuts, green leafy vegetables, avocados, wheat germ, whole grains



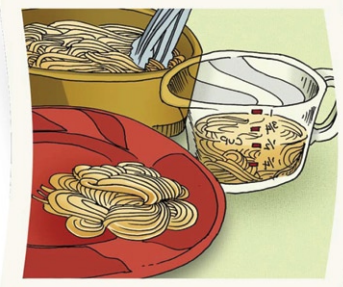
Vitamin B12

- Helps to make red blood cells
- Important for nerve cell function
- Found in: Fish, red meat, poultry, milk, cheese, eggs



Vitamin B6

- Aids in brain function
- Helps body break down protein
- Found in: Potatoes, bananas, beans, seeds, nuts, meat, fish, eggs, spinach



Thiamin (Vitamin B1)

- Helps the body produce energy from carbohydrates
- Aids in function of the heart, muscles, and nervous system
- Found in: Breads, cereals, pasta, meat, fish, dried beans, soy, peas, whole grains



Niacin (Vitamin B3)

- Converts food into energy for the body
- Maintain healthy skin
- Aid in nerve function
- Found in: Red meat, poultry, fish, peanuts



Riboflavin (Vitamin B2)

- Turns carbohydrates into energy
- Produces red blood cells
- Helps you see better
- Found in: Meat, eggs, peas, lentils, nuts, dairy products



Folate (Vitamin B9)

- Helps make red blood cells
- Helps make DNA
- Found in: Liver, beans, legumes, green leafy vegetables, asparagus, orange juice

Portion Control

Knowing what kinds of food to eat is only half the battle when it comes to nutrition. The other half of that battle is knowing how much to eat. Even healthy foods, if not eaten in the right amounts, can be bad for your body!

Here are some ideas to help make sure you are eating the right amount of food each day!

1. Eat your meals at a regular time every day. This will help your body ensure that you aren't getting hungry throughout the day and keep you from eating junk food.

2. Eat healthy foods throughout the day. It isn't bad to be hungry outside of meal times. If your body is telling you that you are hungry then the best thing to do is

listen! Eat small and healthy snacks in between meal times to keep you feeling satisfied.

3. Take your time when eating meals or snacks.

When we eat our food slowly, our bodies are better able to tell us when we are starting to feel full. Eating too fast often results in overeating because our bodies haven't got the chance to tell us that we are full.

4. Don't eat too much food at one time. Stop eating before you are full! Making sure that you aren't overeating ensures that you don't skip meals later on in the day.

5. When eating out at a restaurant it is important to remember that portion sizes are almost double than what is recommended. It is ok to pack food up and bring it home so that you can eat it another time.

FUN FACT

Eating foods high in fibre, helps you feel full for a longer period of time.

PERSONAL GOALS

Together with your friend, come up with
ONE short term goal (within the next week)
+
ONE long term goal (within the next month)
to improve your nutrition.

Short Term Goal

Long Term Goal

Now take the next week to apply the knowledge that you've
learned and to do more research if you would like more information.
Don't hesitate to ask questions if you are unsure about something.

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Glossary

What Does This Word Mean?

Resources

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“Healthy Weight”. Healthy Ways. www.obesitynetwork.ca, www.canadian-health-network.ca, www.dietitians.ca

Friendships, Feelings & Futures. New Brunswick: New Brunswick Association for Community Living, 2004.

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