

## Healthy Eating

### Why is healthy eating important?

Healthy eating:

- gives you energy for daily activity
- helps you reach and maintain a healthy weight
- helps your body fight infection and other stresses
- feeds your muscles including your lung muscles

### What is Canada's Food Guide to Healthy Eating?

Canada's Food Guide is a balanced approach to healthy eating. The serving sizes are based on your age, if you are male or female, how active you are and how healthy you are. For balanced eating, try to eat food from 3 out of the 4 food groups at each meal. Limit sugar and salt intake.

### Ideas for Easy and Healthy No Cook Meals:

<ul style="list-style-type: none"> <li>• Roast beef sandwich on whole wheat bread</li> <li>• Baby carrots, grapes and milk</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition supplement</li> <li>• Banana muffin</li> </ul>
<ul style="list-style-type: none"> <li>• Canned beans in tomato sauce</li> <li>• Whole wheat bun</li> <li>• Yogurt and strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Crackers and cheese</li> <li>• Grapes</li> <li>• Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Bran muffin</li> <li>• Cottage cheese</li> <li>• Fruit cocktail</li> </ul>	<ul style="list-style-type: none"> <li>• Hard boiled egg</li> <li>• Ready prepared salad</li> <li>• Pudding</li> </ul>
<ul style="list-style-type: none"> <li>• Peanut butter and jam sandwich</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Paté and crackers</li> <li>• Fruit yogurt</li> </ul>
<ul style="list-style-type: none"> <li>• Tortilla Roll with turkey and cheese</li> <li>• Nectarine and milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel with cream cheese,</li> <li>• Tomato and cucumber slices</li> <li>• Applesauce and chocolate milk</li> </ul>
<ul style="list-style-type: none"> <li>• Tuna salad in a pita pocket</li> <li>• Banana and vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut butter and banana tortilla rolled up, milk</li> </ul>
	<ul style="list-style-type: none"> <li>• Hummus (chickpea spread) and crackers</li> <li>• Melon and yogurt</li> </ul>

## Easy Snack Choices

Snacks are an important part of healthy eating. They also help when you are not able to eat a lot at one time. Here are some examples of quick, healthy snacks:

- Cheese
- Nutrition supplement
- Pudding
- Cottage cheese
- Dried fruit
- Cereal and milk
- Muffin
- Sandwich
- Milkshake
- Custard
- Yogurt
- Nuts
- Toast and spread
- Instant oatmeal
- Hardboiled egg
- Fruit and vegetables with dip

## Why are fluids important?

Fluids are important because:

- Fluids make up about 2/3 of an average person's weight.
- All of your body's functions depend on water. This includes digestion and bowel function.
- Fluids help thin phlegm. This makes it easier to cough up.

## Fluid guidelines:

- Aim for 8 cups or 2 litres a day. Good fluids are water, juice, milk, soups and jello.
- Limit caffeine and alcohol as these can make your body lose extra water.
- Limit carbonated and sugary drinks.