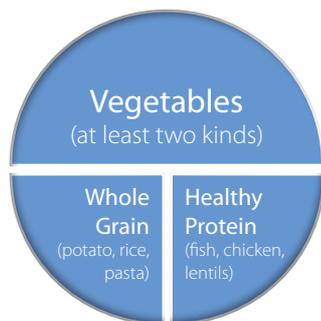


## Eating Habits

Healthy foods have a **HUGE** impact on improving your cholesterol, blood pressure, diabetes, and weight. Simple changes kept over time can decrease your risk of stroke, improve energy, and overall health.

Divide your plate into sections to include:

- ½ vegetables,
- ¼ whole grain,
- and ¼ healthy protein for each meal.



- Eat whole grains and cereals.
- Aim for 7 servings of fruits and vegetables each day.
- Eat fish twice a week.
- Eat beans, chickpeas and lentils more often.
- Use lower-fat dairy products such as skim milk and low-fat cheese.
- For snacks, try whole-grain crackers with hummus, plain popcorn, a few unsalted nuts, or fruit.
- Reduce your intake of saturated fat. Use plant-based fats, such as olive or canola oil.
- Eat at regular times. Include breakfast within 1 to 2 hours of waking up.
- Limit dietary salt to fewer than 2000 mg per day.
- Cook at home more often to avoid processed foods.

### Looking to improve your nutrition or manage your weight?

*TIP: Write down the foods you eat. Review your food diary with a dietician.*

Looking for more information? Visit <http://www.unlockfood.ca> and read Canada's Food Guide

## To Estimate Portion Sizes Use Your HAND:

Based on an average-sized woman's hand:



1. Use your two open hands to guide you in selecting a healthy serving of vegetables.
2. Use your fist to select a healthy portion of grain products. Your serving of rice or pasta should be equal to your fist.
3. Use your palm to measure a healthy serving of meat and alternatives. Your chicken breast or lean steak should be the size of your palm.
4. Include a fist-size serving of fruit with or between your meals.
5. Use a thumb tip-size serving of fat. Choose fats that are heart-healthy.

Aim for 7 servings of vegetables and fruit.

*This is what it looks like:*



1 small apple



1 large Corn



1 large orange



1 medium pear



1 large Banana



12 baby carrots or  
2 medium carrots



½ of a medium  
cucumber



1 small wedge  
of watermelon