

Nutrition made easy

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Has it ever happened to you?



Does this sound familiar?



IT'S SUPPERTIME AND
SUPPER'S NOWHERE IN SIGHT.
ARRIVING HOME LATE AND YOU JUST GOT
IN THE DOOR....WHAT'S FOR SUPPER?
WHEN DO WE EAT? THE HOME FROM SCHOOL
CROWD IS STARVING....SOMEONE'S DUE OUT
AGAIN TO A MEETING OR A PRACTICE IN AN
HOUR....EVERYBODY'S HUNGRY AND
NOBODY'S HAPPY....IF THIS IS YOUR LIFE,

SUPPERTIME SURVIVAL® IS

YOUR BOOK. Lynn Roblin, MSc. RD
Bev Callaghan, BSc. RD

Are you living on these?



**I know what we will have for supper,
I don't know what we will have for supper.....**



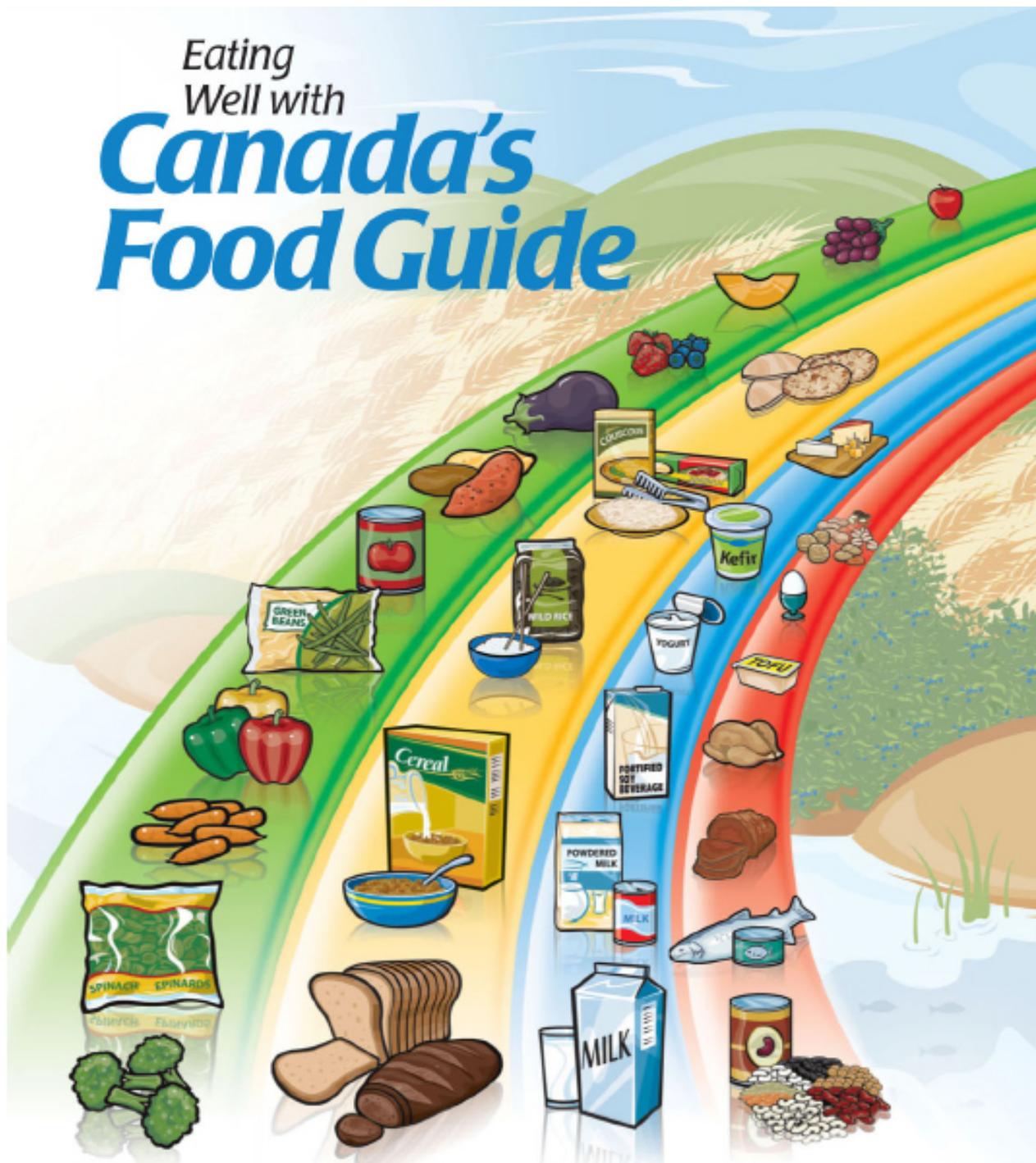
Are you having lunch box or kitchen nightmares?



Do you think this can no longer happen in today's generation?



Eating
Well with
**Canada's
Food Guide**



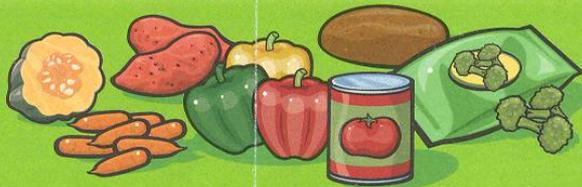
▶ **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ **Have vegetables and fruit more often than juice.**



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)



How much should I eat?

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Sex									
<i>Vegetables and Fruit</i>	4	5	6	7	8	7-8	8-10	7	7

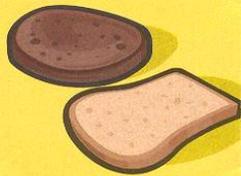
- 2 to 4 fruits per day
- 2 to 4 vegetables per day

▶ **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

▶ **Choose grain products that are lower in fat, sugar or salt.**

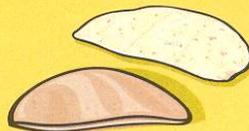
- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.



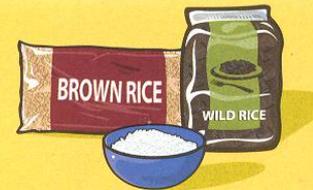
Bread
1 slice (35 g)



Bagel
½ bagel (45 g)



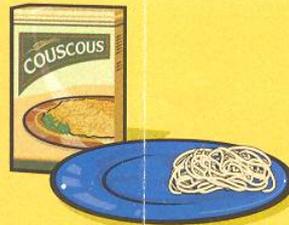
Flat breads
½ pita or ½ tortilla (35 g)



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)



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	Girls and Boys			Females	Males	Females	Males	Females	Males
<i>Grain Products</i>	3	4	6	6	7	6-7	8	6	7

On average, we need 2 servings
of grain products per meal

- ▶ **Have meat alternatives such as beans, lentils and tofu often.**
- ▶ **Eat at least two Food Guide Servings of fish each week.***
 - Choose fish such as char, herring, mackerel, salmon, sardines and trout.
- ▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**
 - Trim the visible fat from meats. Remove the skin on poultry.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



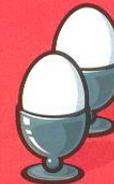
Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or
175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butter
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)



How much should I eat?

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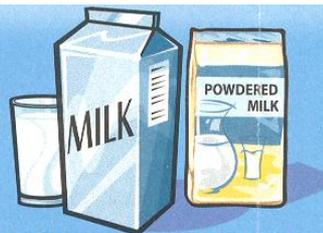
	Children			Teens		Adults			
Age in Years	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
<i>Meat and Alternatives</i>	1	1	1-2	2	3	2	3	2	3

▶ Drink skim, 1%, or 2% milk each day.

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ Select lower fat milk alternatives.

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.



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



Canned milk (evaporated)
125 mL (½ cup)



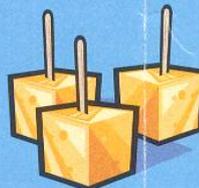
Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g
(¾ cup)



Kefir
175 g
(¾ cup)



Cheese
50 g (1 ½ oz.)

How much should I have?

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	Girls and Boys			Females	Males	Females	Males	Females	Males
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

What a healthy plate should look like

the Great Plate

vegetables
Fill 1/2 of your plate with non-starchy vegetables.

- Examples of non-starchy vegetables include carrots, broccoli, cauliflower, green beans, asparagus and peppers.
- Pack pre-cut vegetables for a quick snack on-the-go.
- Aim for a variety of colors.
- Veggies are low in calories and full of fiber, vitamins, minerals and antioxidants.

grains/starchy vegetables
Fill 1/4 of your plate with whole grains or starchy vegetables.

- Whole grains include brown rice, whole-wheat pasta, whole-grain breads, whole-grain hot and cold cereals.
- Starchy vegetables include potatoes, corn, peas, squash and legumes.
- Make at least half of your choices per day whole grain and/or unprocessed grains.

meat/protein
Fill 1/4 of your plate with lean protein sources.

- Choose protein sources such as non-fried chicken, fish, turkey or lean cuts of pork or beef.
- Choose up to 3 eggs per week.
- Meatless protein choices include soy (tofu, tempeh, edamame) and legumes (kidney, garbanzo, black beans).

fruits Enjoy fruit for a snack or with meals.

- Choose whole fruits over juice.
- Enjoy a colorful variety of fruits.
- Use dried fruit in small amounts for a "grab-and-go" snack.

dairy/calcium
Plan on calcium rich foods daily for bone health.

- Calcium rich choices include milk, yogurt and calcium-fortified soy products.
- Choose fat-free, 1/2% or 1% milk.
- Enjoy low fat yogurt for a snack.

fats
Use sparingly.

- Enjoy healthy fats like milk, seeds and peanut butter in small amounts.
- Use olive oil or canola oil in small amounts.
- Choose healthy cooking methods such as baking, broiling or grilling instead of frying.

good CHOICE

For more ideas go back to back a healthier life visit MHealthy.umich.edu



**For more
information,
visit Canada's Food
Guide online:
www.healthcanada.gc.ca/foodguide**



WATER!

Our bodies need water

60%-70% of our body is water.

To stay well hydrated

- 1.5 L of water daily
- Carry your personal water bottle
- Add some lemon, lime, or orange wedges
- Fluids before, during, after physical activity



To stay well hydrated

- Fluid with meals and snacks
- Eat fruits and vegetables
- Choose water, milk, fortified soy beverage or 100% juice instead of soft drinks or highly sweetened beverages



How to do your grocery shopping in less than 25 minutes

- Choose your time of day
- Go solo
- Eat before you go
- Identify specials of the week
- Make a list of what you need
- Regroup foods on your list according to grocery store layout



Buy a new fruit or vegetable every week and initiate your taste buds!

For healthy and quick meals

- Plan, plan, plan
- Don't do it alone
- Make a list of your family's favorite meals
- Cook big and cook ahead
- Ask the first person home to set the table
- Chop vegetables on the weekend



For healthy and quick meals

- Have a well stocked pantry, fridge and freezer
- Use pre-packaged products
- No gastronomic meals during the week
- Cook couscous and rice ahead of time



Ideas of healthy and quick meals

- Pasta with salmon and green salad
- Vegetable and cheese omelet with pita bread
- Stir fry with leftover meat and frozen vegetables
- Veal brochette with couscous and salad

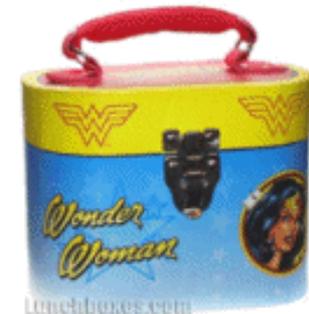


Involve the whole family in meal preparation



Lunch box 101

- Let kids choose colorful lunch bags
- Colorful napkins and straws
- Avoid smelly or messy foods
- Set up a lunch drawer
- Easy to eat foods: peeled and cut up fruits and vegetables



In my lunch box, I put....

- Ice packs
- Utensils
- A variety of foods from the 4 food groups
- Leftovers from the night before
- A variety of sandwiches (that I made and froze on the weekend)
- Snacks
- A beverage (water, juice, milk..)





Lunch box ideas

- **Tuna wrap:** whole wheat tortilla + canned tuna + grated cheese + red peppers + baby spinach
- **Pasta salad:** pasta + bocconcini cheese + leftover vegetables
- **Couscous salad:** couscous + chick peas + cherry tomatoes + peppers + chopped cilantro
- **Veggie delight:** hummus on a multigrain wrap+ mesclun mix greens+ roasted red peppers+ grated carrots+ a slice of avocado

Eating out



Eating out

- Avoid getting to the restaurant faint with hunger
- Avoid restaurants serving huge portion sizes
- Avoid fast food places
- Try sushi bars or restaurants
- Load up on veggies
- Ask for menu modifications
- Baked, poched, grilled, steamed
- Share an entree



Eating out

20 Years Ago



333 calories

Movie Popcorn



Twenty Years Ago

5 cups

270 calories

Today



??? calories



Today

Tub

630 calories

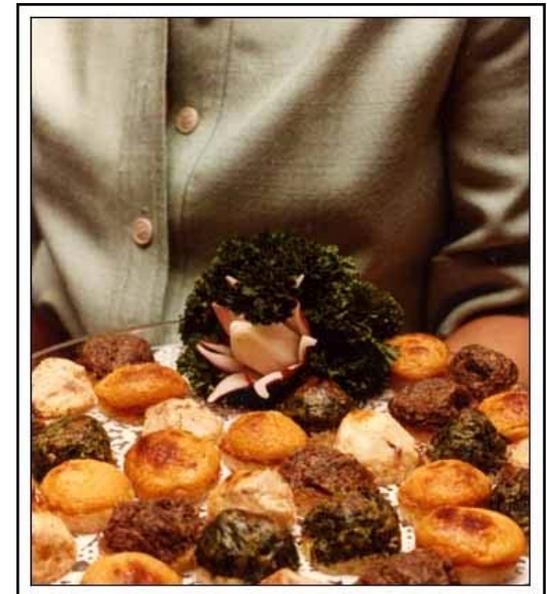


Holiday survival tips



Holiday survival tips

- Keep your eye on portion sizes
- Alternate alcoholic with non-alcoholic beverages
- Limit the number of appetizers



What is 1 consumption?

One mixed drink with

- 1.5 fl oz (44 ml) of 80-proof liquor (such as vodka, gin, scotch, bourbon, brandy, or rum)



5 fl oz (148 ml) of wine



12 fl oz (355 ml) of beer or wine cooler



Holiday survival tips

- Serve fresh veggies with hummus or dip
- Choose smaller plates at the buffet
- Avoid eating standing up
- Make physical activity part of your holidays



Food for thoughts.....



Pass down your favorite recipes to the younger generation



Slow down and share a family meal



Questions?

