

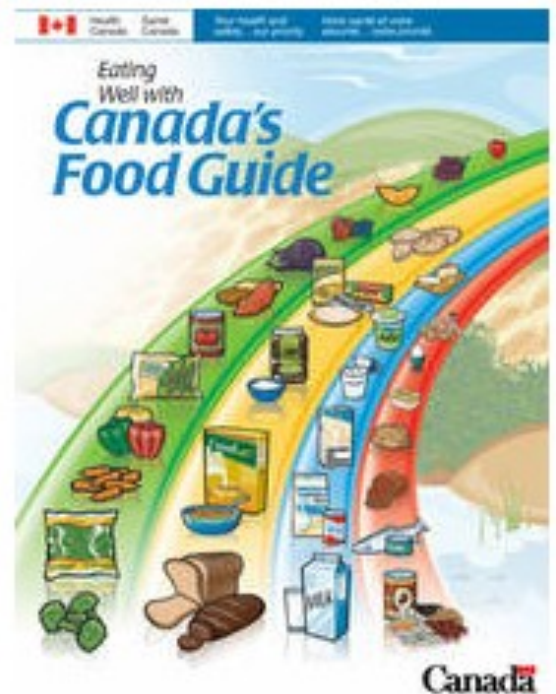
January 1, 2017

Blue Sky FHT Newsletter

Focus on Eating Well with Canada's Food Guide

Canada's Food Guide should be used as a guide to healthy eating. It is not meant to be followed as a "diet", but can help guide your food choices.

1. Aim for 4 of the 4 food group choices at every meal.
2. Make sure there is a lot of colour on your plate.
3. Include lower fat meat alternatives such as legumes, fish, nuts and seeds regularly.
4. Try snacking on fruits and vegetables to get in the recommended amount.
5. Choose whole grain products more often.



Other Guides From Around the World

Many countries have their own eating guidelines to keep their population healthy. To see different food guides from around the world check out this website:

<http://www.fao.org/nutrition/nutrition-education/food-dietary-guidelines/en/>

Brazil's Food Guide was created in 2006 and updated in 2014. Their new food guide is focused on "the 10 steps to Healthy Diets".

My favourite is number 1: Make natural or minimally processed foods the basis of your diet.



Healthy Eating Resources



Health Canada - <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Dietitians of Canada - <http://www.dietitians.ca/>

Eat Right Ontario - <http://www.eatrightontario.ca/en/default.aspx>

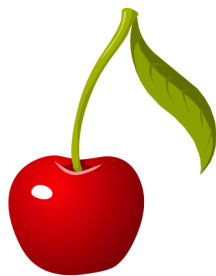
Cookspiration - <http://www.cookspiration.com/>

Pulses Canada - <http://www.pulsecanada.com/food-health/recipes/>

North Bay Parry Sound District Health Unit - <http://www.myhealthunit.ca/en/index.asp>

Nutrition Support at Blue Sky Family Health Team

The Dietitians run several programs that can help improve your nutrition including:



Chronic Disease Self Management Program

Craving Change Program

Healthy You Program

Heart Healthy Eating Class



Stay updated by visiting the website - <http://www.blueskyfht.com>