

# healthy *living*

Canada's Guide to Healthy Eating  
and Physical Activity



# Healthy Eating

Regular physical activity and healthy eating are key to a healthy lifestyle. Enjoy a variety of foods and physical activities every day. Use this Guide to help you make wise choices.



**GRAIN PRODUCTS**  
Choose whole grain and enriched products more often.

**VEGETABLES AND FRUIT**  
Choose dark green and orange vegetables and orange fruit more often.

**MILK PRODUCTS**  
Choose lower-fat milk products more often.

**MEAT AND ALTERNATIVES**  
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

The amount of food you need every day depends on how physically active you are, as well as your body size, age and gender.

## grain products

5 - 12 SERVINGS PER DAY

1 Serving | 2 Servings



1 Slice of Bread



Hot Cereal 175 mL / 3/4 cup  
Cold Cereal 30g



1 Bagel, Pita or Bun



Pasta or Rice  
250 mL / 1 cup



## vegetables & fruit

5 - 10 SERVINGS PER DAY



1 Medium Size Vegetable or Fruit



Fresh, Frozen or Canned Vegetables  
or Fruit 125 mL / 1/2 cup



Salad 250 mL / 1 cup



Juice 125 mL / 1/2 cup



## milk products

SERVINGS PER DAY:

Children 4 - 9 years: 2 - 3

Youth 10 - 16 years: 3 - 4

Adults: 2 - 4

Pregnant and Breast-feeding Women: 3 - 4



Yogourt  
175 g / 3/4 cup



Cheese 3" x 1" x 1" / 50 g  
or 2 slices / 50 g



Milk  
250 mL / 1 cup



## meat & alternatives

2 - 3 SERVINGS PER DAY



Fish 1/3-2/3 Can  
50 g - 100 g



Poultry 50 g - 100 g



Meat 50 g - 100 g



Peanut butter  
30 mL / 2 tbsp



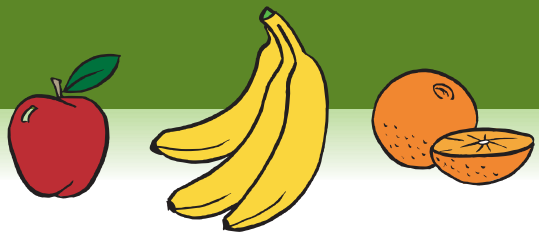
Legumes 125 - 250 mL /  
1/2 - 1 cup



Tofu 100 g / 1/3 cup



If you are not physically active, consuming the number of servings from the lower-end of the ranges may be key to maintaining a healthy body weight. If you are physically active (accumulate 30-60 minutes of moderate physical activity daily), you can adjust the number of servings that you eat.



You can achieve and maintain a healthy body weight by moderating both the type and amount of food that you eat and by building physical activity into your daily life.

### What About 'Other Foods'?

'Other Foods' are foods and beverages that are not part of one of the four food groups.

#### THEY INCLUDE:

- foods that are mostly fats and oils such as butter, margarine, cooking oils and lard
- foods and beverages that are mostly sugar such as jam, honey, syrup, candies, soft drinks and fruit-flavored drinks
- high-fat and/or high-salt snack foods such as chips (potato, corn, etc.) or pretzels
- beverages such as tea, coffee, and alcohol
- herbs, spices and condiments such as pickles, mustard and ketchup.

Some of these foods are higher in fat or sugar and contribute calories but contain few nutrients. Use these foods in moderation.

### HEALTHY EATING TIPS

- Eat mainly foods from the Grain Products and Vegetables and Fruit groups. Make them the main part of your meals.
- Choose skim, partly-skim or reduced-fat milk products.
- Choose meat, poultry or fish that is baked, broiled or microwaved.
- Have peas, beans and lentils more often. Add them to soups, include them in casseroles or try baked beans.
- Have less fried foods and fewer high-fat bakery items.
- Have snacks such as chips and chocolate bars less often.

### Nutrition Facts

Per 2 cookies (30g)

Amount	% Daily Value
<b>Calories</b> 150	
<b>Fat</b> 7 g	<b>11 %</b>
Saturated Fat 3 g + Trans Fat 1 g	<b>20 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 80 mg	<b>3 %</b>
<b>Carbohydrate</b> 21 g	<b>7 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 8 g	
<b>Protein</b> 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 8 %

### PORTIONS

Portion sizes influence the number of calories and amount of fat you consume. You may be eating more than you realize.

Serve smaller portions. Offer seconds to those who want more.

Use the Nutrition Facts table on prepackaged foods to make informed food choices. Compare the amount shown in the Nutrition Facts table – two cookies in this example – to the amount you eat.

### Water

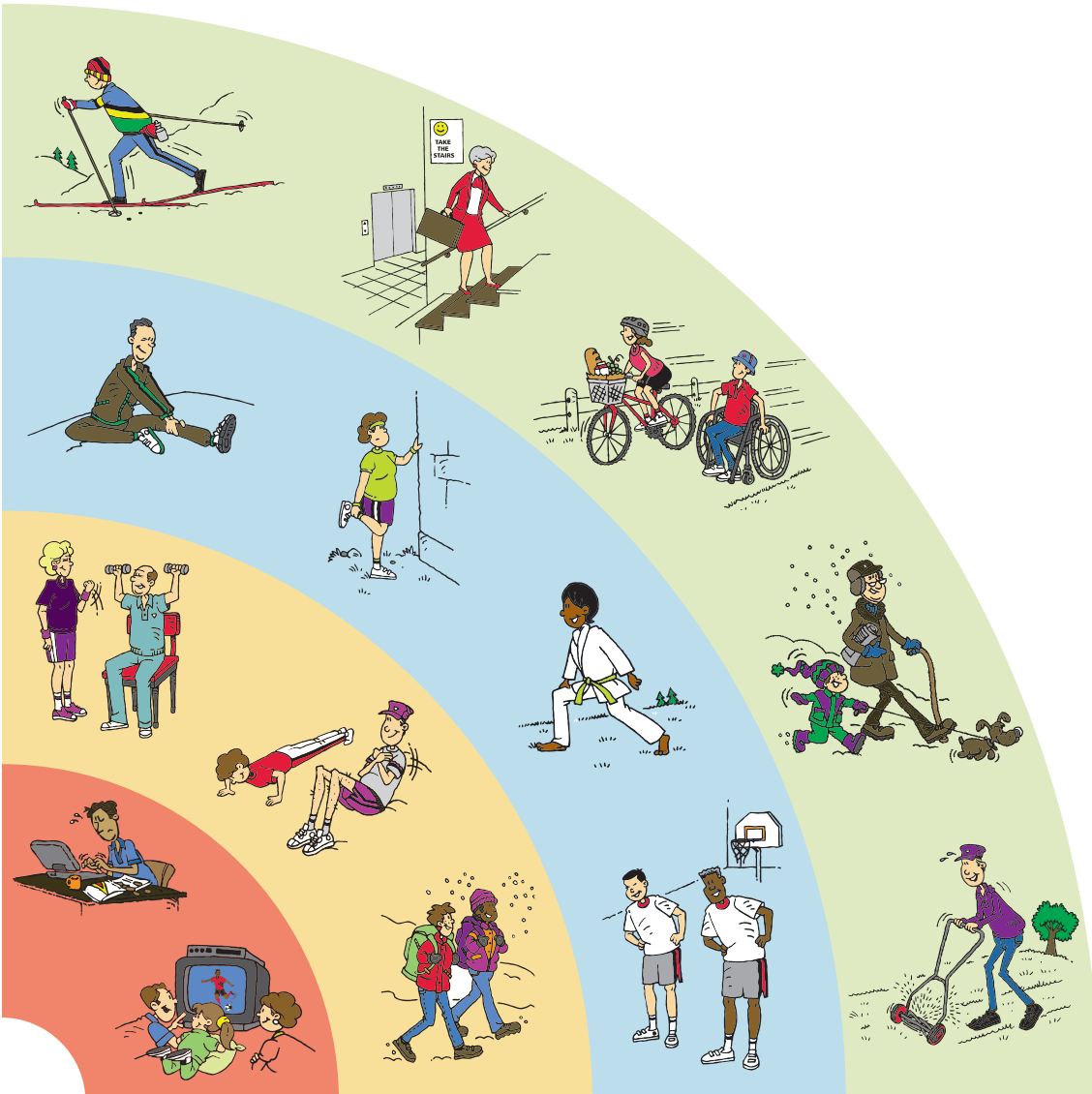
Always satisfy your thirst. Choose water often and be sure to drink more in hot weather or when you are very active. Consider plain water as a calorie-free way to quench thirst.

# Physical Activity

Build physical activity into your daily life...

Get active your way at home, at school, at work, at play,  
and on the way...

...that's active living!



**REDUCE**  
Sitting for Long Periods

**INCREASE**  
Strength Activities

**INCREASE**  
Flexibility Activities

**INCREASE**  
Endurance Activities

# Get Active!

## Your Way, Every Day – For Life!

Accumulate 30 - 60 minutes of moderate physical activity daily to stay healthy or improve your health. Add up your activities in periods of at least 10 minutes each. Start slowly... and build up.



### GETTING STARTED IS EASIER THAN YOU THINK

- Walk whenever you can - get off the bus early, use the stairs instead of the elevator.
- Reduce long periods of inactivity, like watching TV.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk - gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Try a new sport. Start with a lesson or join a recreational league.

### TIME NEEDED DEPENDS ON EFFORT

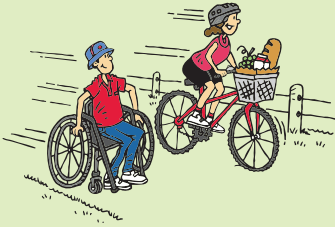
VERY LIGHT EFFORT	LIGHT EFFORT	MODERATE EFFORT	VIGOROUS EFFORT	MAXIMUM EFFORT
	60 Minutes	30-60 Minutes	20-30 Minutes	
<ul style="list-style-type: none"> <li>• Strolling</li> <li>• Dusting</li> </ul>	<ul style="list-style-type: none"> <li>• Light walking</li> <li>• Easy gardening</li> <li>• Stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Biking</li> <li>• Raking leaves</li> <li>• Swimming</li> <li>• Dancing</li> <li>• Water aerobics</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobics</li> <li>• Jogging</li> <li>• Hockey</li> <li>• Basketball</li> <li>• Fast swimming</li> <li>• Fast dancing</li> </ul>	<ul style="list-style-type: none"> <li>• Sprinting</li> <li>• Racing</li> </ul>

Range Needed to Stay Healthy

Starting slowly is very safe for most people.  
Not sure? Consult your health professional.



Choose a variety of activities from these groups:



## endurance

### 4 - 7 DAYS A WEEK

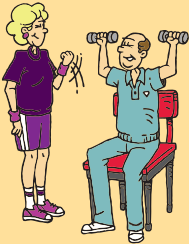
Continuous activities for your heart, lungs and circulatory system.



## flexibility

### 4 - 7 DAYS A WEEK

Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.



## strength

### 2 - 4 DAYS A WEEK

Activities against resistance to strengthen muscles and bones and improve posture.

### Benefits of regular physical activity and healthy eating:

- better health
- look, feel and perform better
- stronger muscles and bones
- weight control
- better self-esteem
- feeling more energetic
- continued independent living in later life

### Health risks of physical inactivity and unhealthy eating:

- premature death and disability
- heart disease
- obesity
- osteoporosis
- high blood pressure
- type 2 diabetes
- stroke
- some types of cancer

FOR MORE INFORMATION, PLEASE VISIT:

[www.eatwellbeactive.gc.ca](http://www.eatwellbeactive.gc.ca)

For further information or to obtain additional copies, please contact:

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