

LESSON 4

Making Healthful Food Choices

You will learn . . .

- how to follow guidelines to healthy eating.
- ways to keep nutrients in foods

Vocabulary

- **Eating Well With Canada's Food Guide**, 103

To stay healthy, you need to eat healthful foods. You can choose foods that provide the nutrients you need to reduce the risk of disease. You can make healthful food choices.



Guidelines For Healthy Eating

Guidelines are suggested goals for eating that help you stay healthy and live longer. Use these goals to make healthful food choices and prevent disease.

- 1. Get the servings you need.** Use **Eating Well With Canada's Food Guide** to help you choose the servings you need from each of the four groups everyday.
- 2. Aim for a healthful weight.** Your healthful weight is the weight that is just right for you. Staying at your healthful weight decreases your risk of high blood pressure, type 2 diabetes, and some cancers.
- 3. Be physically active each day.** Physical activity uses energy and helps you stay at a healthful weight. People who are inactive can gain extra weight. A lack of physical activity increases your risk of heart disease. Physical activity helps to strengthen bones and muscles.



Myth All sports drinks are good for your body.

Fact Many sports drinks have a lot of sugar which is not good for your health. It is better to stick with water.

▼ **Physical activity helps you maintain a healthful weight. What does *healthful weight* mean?**





Rice is the primary food for half of the world's population. In many places, it is eaten with every meal. Rice can be used to make many different foods, including cooked rice, breakfast cereals, desserts, and rice flour.



On Your Own FOR SCHOOL OR HOME Taste Test

Ask your parents or guardian for permission to try this. Fill a glass with 350 ml of water. Add 35 ml of sugar and mix. Take a small taste. What does it taste like? One can of regular pop contains about 35 ml of sugar.

- 4. Get the nutrients you need from healthful foods.** Eating more fruits, vegetables, whole grains and low-fat or fat-free milk helps you get the vitamins, minerals and fibre that you need. Fibre helps reduce the risk of heart disease and colon cancer.
- 5. Eat foods that are low in saturated fat and trans fat and not too high in unsaturated fat.** Eating foods that have saturated fat increases the risk of heart disease and certain cancers. Limit pastries, such as donuts, cookies, and cake. Nuts and fish are healthful choices for fats.
- 6. Limit how much sugar you eat.** Sugar combines with plaque and causes tooth decay. Too much sugar can cause weight gain.
- 7. Choose and prepare foods with less salt.** You need less than 1500 mg of salt every day. Too much salt might raise blood pressure. Packaged foods such as chips and hot dogs contain added salt. Eating foods that contain potassium, such as bananas, also helps reduce the effects of salt on blood pressure.
- 8. Keep food safe to eat.** Germs can get into food and make you ill. Wash your hands before you eat or prepare food. Keep dairy foods such as milk cold. Eat hamburgers that have been cooked through.
- 9. Do not drink alcohol.** Alcohol can harm the liver and affect how you think. It is against the law for people your age to drink alcohol.



Talk with a classmate about one guideline you learned about.

Eating Well With Canada's Food Guide

How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

1. Find your age and sex group in the chart below.

2. Follow down the column to the number of servings you need for each of the four food groups every day.

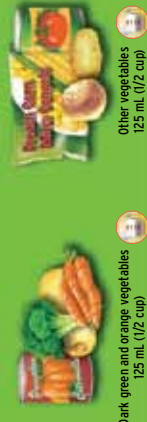
3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (1/2 cup) of carrots is one serving in the Vegetables and Fruit food group.

What is one Food Guide Serving?

Look at the examples below.

Recommended Number of Food Guide Servings per day	Children 4-13 years old		Teens and Adults (Remales)		(Males)
	Children 2-3 years old	Children 4-13 years old	Teens (15-19 years)	Adults (20+ years)	
Vegetables and Fruit Fresh, frozen and canned.	4	5-6	7-8	7-10	
Grain Products	3	4-6	6-7	7-8	
Milk and Alternatives	2	2-4	2	2	3
Meat and Alternatives	1	1-2	2	3	

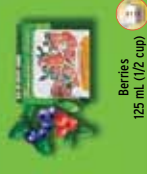
Dark green and orange vegetables 125 mL (1/2 cup)



Dark green and orange vegetables 125 mL (1/2 cup)



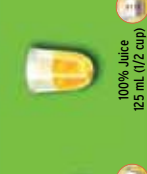
Other vegetables 125 mL (1/2 cup)



Berries 125 mL (1/2 cup)



Fruit 1 fruit or 125 mL (1/2 cup)



100% Juice 125 mL (1/2 cup)

Bread 1 slice (35 g)



Bread 1 slice (35 g)



Bran 35 g (2" x 2" x 1")



Cold cereal 30 g (see food package)



Hot cereal 175 mL (3/4 cup)



Cooked pasta 125 mL (1/2 cup)



Cooked rice White, brown, wild 125 mL (1/2 cup)

Bread 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.



Milk Powdered milk, mixed 250 mL (1 cup)



Milk 250 mL (1 cup)



Fortified soy beverage 250 mL (1 cup)



Canned milk (evaporated) 125 mL (1/2 cup)



Yogurt 175 g (3/4 cup)



Cheese 50 g (1 1/2 oz.)

Traditional meats and wild game 75 g cooked (2 1/2 oz./125 mL (1/2 cup))



Traditional meats and wild game 75 g cooked (2 1/2 oz./125 mL (1/2 cup))



Fish and shellfish 75 g cooked (2 1/2 oz./125 mL (1/2 cup))



Lean meat and poultry 75 g cooked (2 1/2 oz./125 mL (1/2 cup))



Eggs 2 eggs



Beans - cooked 175 mL (3/4 cup)



Peanut butter 30 mL (2 tsp)



When cooking or adding fat to food:

- Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- Aim for a small amount (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.

- Traditional fats that are liquid at room temperature, such as seal and whale oil, or cooigan grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.

- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, Shortening and bacon fat.

*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

Use Communication Skills

Your younger sister does not eat vegetables. How might you convince her to do so? Pair up with a classmate and role-play using communication skills.

- 1 **Choose the best way to communicate.**
You could talk to her. What else might you do to communicate with her?
- 2 **Send a clear message. Be polite.**
Explain why it's important to eat vegetables. Offer to find recipes for vegetable dishes. What else might you do?
- 3 **Listen to each other.** Listen as your partner responds to reasons you gave for eating vegetables.
- 4 **Make sure you understand each other.** Ask if your partner understands the reasons for eating vegetables. Ask if she or he understood your offer to find recipes. Tell what you heard. Then, switch roles.



Keeping Nutrients in Food

Some actions and conditions reduce the amount of nutrients in foods. There are ways to keep nutrients in foods. Here's how.

- **Store meats, dairy foods, fruits, and vegetables at cool or cold temperatures.** This helps keep these foods from spoiling. When food spoils, vitamins and minerals are lost. Germs can grow in spoiled food and make you ill.
- **Keep dairy foods away from light.** Light destroys nutrients in dairy products.

- **Eat fresh foods soon after you buy or pick them.** The amount of nutrients in fresh foods decreases over time. Don't keep fresh foods for too long before you eat them.
- **Do not overcook vegetables.** Eat vegetables raw whenever possible. If you steam them, do so only for a short time. Avoid boiling vegetables because boiling removes many nutrients.



LESSON REVIEW

Review Concepts

1. **List** five guidelines for healthy eating.
2. **List** three ways to keep nutrients in foods.
3. **Use Communication Skills** The doctor has told a family member to eat foods that are low in saturated fats. You have suggestions for this family member. How can you communicate these suggestions?