



Foods to Limit

Remember “**less is more**” for the following foods:

- Sugary fizzy drinks, soft drinks, fruit juice with added sugar and fruit drinks
- Processed meats, cold meats, sausages, bacon, and hamburgers
- Chips and industrial baked goods
- Prepared desserts such as puddings or custards
- Canned fish, they have a high salt content
- Sugar coated cereals
- Mayonnaise, sour cream



Balanced Diet Example

Breakfast: Whole grain toast with cheese or peanut butter, one fruit, coffee or tea

Snack: Roasted almonds, walnuts or hazelnuts

Lunch: Chicken or fish sandwich, ½ plate of salad (use olive oil and fresh lemon juice for salad dressing), one fruit. You can use 1 tablespoon of butter for your sandwich

Snack: One fruit

Dinner: 1 bowl of vegetable soup, beef stew with brown rice, ½ plate of salad (use olive oil and fresh lemon juice for salad dressing), one fruit



Serving Size Card

SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . .	1 Serving Looks Like . . .
GRAIN PRODUCTS 1 cup of cereal flakes = fist 1 pancake = compact disc ½ cup of cooked rice, pasta, or potato = ½ baseball 1 slice of bread = cassette tape 1 piece of cornbread = bar of soap	VEGETABLES AND FRUIT 1 cup of salad greens = baseball 1 baked potato = fist 1 med. fruit = baseball ½ cup of fresh fruit = ½ baseball ¼ cup of raisins = large egg
DAIRY AND CHEESE 1½ oz. cheese = 4 stacked dice or 2 cheese slices ½ cup of ice cream = ½ baseball FATS 1 tsp. margarine or spreads = 1 dice	MEAT AND ALTERNATIVES 3 oz. meat, fish, and poultry = deck of cards 3 oz. grilled/baked fish = checkbook 2 Tbsp. peanut butter = ping pong ball



Diet Intervention Hand Out



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Healthy Eating

Healthy eating is an important aspect of a healthy lifestyle and what you eat affects your health. A balanced diet keeps your heart healthy, reduces the risk of diabetes, cancer and you feel great.

Your body needs many types of nutrients including vitamins, and minerals. A single food cannot provide all of the nutrients needed. To meet your requirements, you need to eat balanced meals from all types of food groups every day to ensure your body receives all the nutrients it needs. This pamphlet is designed to assist you in eating a well balanced diet.



Foods are classified into the following five food groups: *Fruits and Vegetables, Grains, Meats and Fish, Milk and Dairy Products, Fats and Oils.* At each meal, try to eat foods from at least three food groups and make

sure with each meal you eat fruit and vegetables.



Which foods should I eat?

1. Fruit and Vegetables

Fresh seasonal fruit and vegetables. Enjoy plenty of vegetables of different types and colour. For salad you can use green vegetables, lettuce, cucumber, spinach, carrots, and tomatoes. For salad dressing use olive oil and a splash of flavoured vinegar or fresh lemon juice. *Eat 3 fruits each day and substitute your fruit juice with fresh fruits.*



2. Grains



Whole grain breads, whole grain pastas, and brown rice. Add legumes such as beans, peas and lentils to your diet. *Eat 3 or more servings of legumes each week.*

3. Meats and Fish

Eat fresh meats instead of processed meats such as cold cuts, burgers, and sausages. *Eat red meats or poultry 3 times a week.*



Fish is a rich source of protein, minerals and vitamins. Oily

fish such as salmon, mackerel, trout, and herring contain omega-3 fat. *Eat fish at least twice a week and one of the fish should be an oily fish.*

4. Milk and dairy products

These foods are rich in protein, calcium and B vitamins. *Have milk, yogurt or cheese every day.*



5. Fats and oil



They add flavor to your foods and provide vitamins A, D, E and K. Some fats and oils are healthier than others. Olive oil tolerates heat better than any other types of oil. Use extra-

virgin olive oil for cooking, frying and grilling your vegetables, meats, etc. *Avoid foods with trans-fat such as cookies, crackers, doughnuts, French fries, margarine and shortening.*

Nuts

Nuts are high in fibre, potassium and omega-3 fatty acids, choose nuts as your snack.



Snacks help you to hold over until the next meal. *Eat about 12 roasted almonds, hazelnuts, or walnuts every day.*



Suggested Food List

Breakfast	Lunch	Dinner
Milk and Dairy Products		
Cheese, any type	Cheese, any type	Cheese, any type
Yogurt	Yogurt	Yogurt
Milk		
Grains and Cereals		
Whole wheat bread, rye bread	Whole wheat bread, rye bread	Whole wheat bread, rye bread
Bran/Granola cereal (no sugar added)	Whole Wheat macaroni, spaghetti, pasta	Whole Wheat macaroni, spaghetti, pasta
Whole wheat cereals (such as Shreddies)	Brown rice	Brown rice
Cooked cereal (porridge, oatmeal, dalia, bulgar)	Pizza	Pizza
	Legumes (such as beans, peas and lentils)	Legumes (such as beans, peas and lentils)
	Baked or boiled potatoes	Baked or boiled potatoes
Note: for pizza use peperoni, bacon, and sausage as little as possible		



Suggested Food List

Breakfast	Lunch	Dinner
Fruits and Vegetables		
Fresh, boiled, cooked vegetables	Fresh, boiled, cooked vegetables	Fresh, boiled, cooked vegetables
Fruits, any type	Fruits, any type	Fruits, any type
	Tofu or Tempeh	Tofu or Tempeh
Nuts		
Almond butter	Almond butter	
Peanut butter	Peanut butter	
Meat and Fish		
Boiled, fried, or poached eggs	Boiled, fried eggs	Roast beef
Omelets	Chicken	Chicken
	Fish grilled, fried, baked	Fish grilled, fried, baked
		Seafood, any type
		Meat stew with potato, carrots, other vegetables