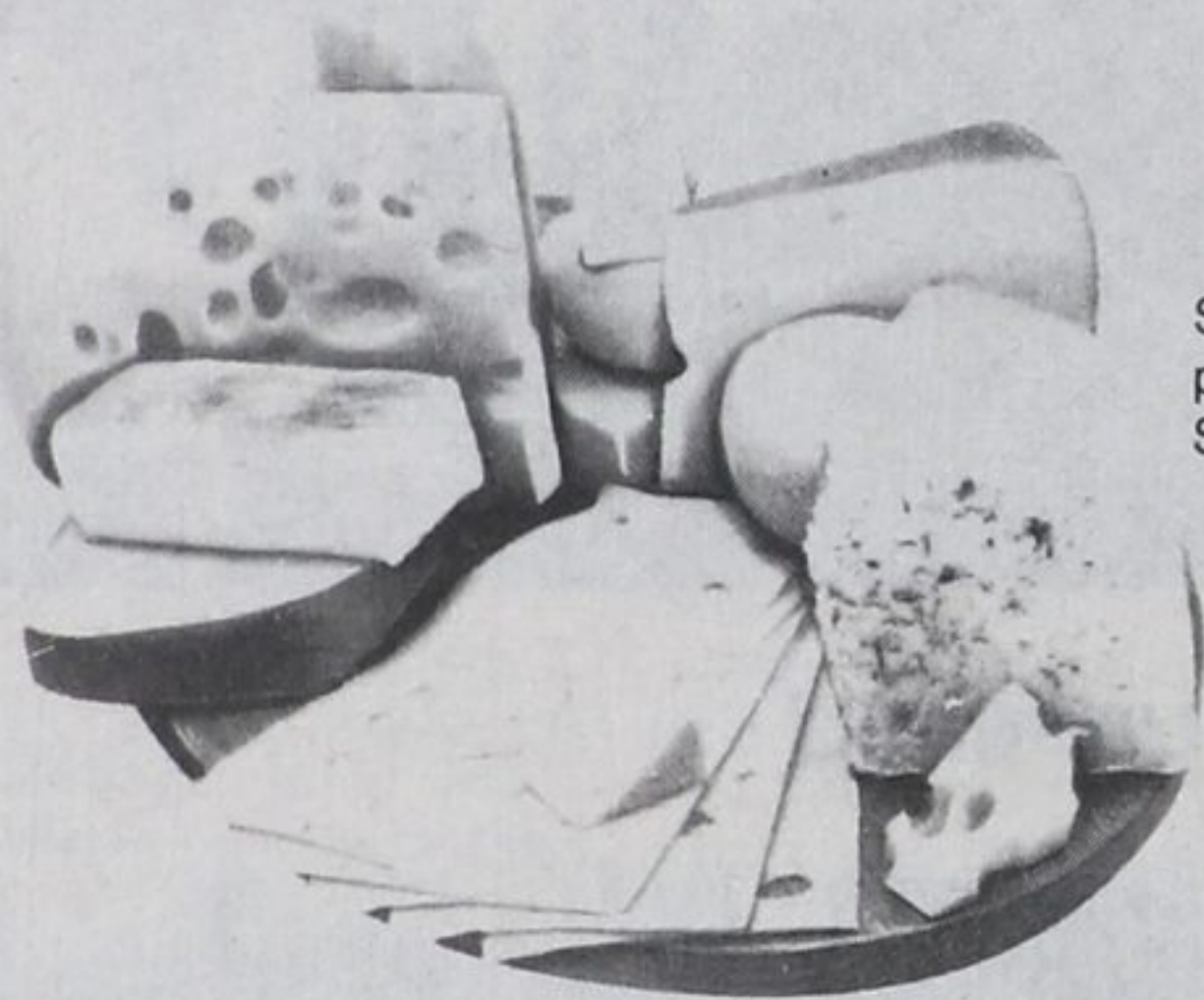


# Good Nutrition it's your choice



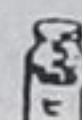
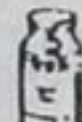
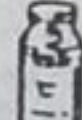
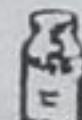
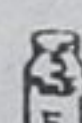
## FIVE STEPS TO A HEALTHY EATING STYLE

- 1**
  - Try at least 2 servings of milk products, 2 meat or alternates, 3 breads and cereals, 4 fruits and vegetables - daily. Still hungry? Eat more servings from Canada's Food Guide.
  - Adults still need milk. Non-milk drinkers can get advice on alternates or supplements.
- 2**
  - Choose lean meat, poultry and dry beans and peas as protein sources.
  - Use skim or low-fat milk and milk products.
  - Limit your intake of fats and oils high in **saturated fats** (butter, cream and some margarine).
  - Include eggs occasionally as they contain valuable nutrients.
  - Trim fat off meats and broil, bake or boil rather than fry.
  - Include a source of **polyunsaturated fat**; read labels on margarines and oils.
- 3**
  - Enjoy a variety of whole grains: whole wheat, rye, pumpernickel, oats in breads, muffins, noodles and cookies.
  - Plan lower calorie snacks with these fibre-rich products as substitutes for high calorie, high sugar "goodies".
  - Use colourful fruits and vegetables to add fibre and vitamins to meals and snacks.
- 4**
  - Limit amounts and frequency of all types of sugars. Sugar, honey, syrups and molasses... one is no better than the other.
  - Experiment with herbs, spices and lemon juice to avoid excessive salt and sugar.
  - Reduce alcohol intake. Fill up your glass with soda, fruit juice or water before adding alcohol.
  - Enjoy the natural flavours of foods by ignoring the salt shaker and salty processed foods.
- 5**
  - Rely on Canada's Food Guide and exercise to control or lose body weight. The minimum suggested servings provide 1200 calories - a safe weight loss level for most people.
  - Include each food group to assure adequate vitamins and minerals.
  - Eat less. Exercise more.



## — TOO MUCH OF A GOOD THING — VITAMIN/MINERAL SUPPLEMENTS

Supplements are expensive and can be a waste of money. Vitamins in excess of the body's needs provide no benefits and can be harmful. Our body will only use the amount of each nutrient it needs. Some of the excess is excreted, the rest accumulates in the body.


-  Very large amounts of fat soluble vitamins (A,D,E,K) are stored and can be toxic. There are also dangers associated with excessive intake of water soluble vitamins and minerals.
-  A daily dose of more than 1000 mg of vitamin C can lead to kidney stones, diarrhea and nausea (45-60 mg is the most you need.)
-  A niacin supplement providing 100-300 mg daily may cause flushing of hands, feet and chest, headaches, heartburn and diarrhea. More than 2g daily could cause gout or liver damage.
-  Unless prescribed by your physician, stay away from single vitamin or mineral supplements. If you decide to take a supplement, a multivitamin containing levels of nutrients no higher than those recommended for your age and sex should be chosen.
-  Be sure to store these preparations away from children who may mistake them for candy and possibly overdose on them.



Remember, a variety of foods is the best and cheapest way to get the nutrients you need.

**?** Preschoolers who are fussy eaters should be given a supplement. TRUE or FALSE?

FALSE. Parents often overestimate the amount of food their child needs. The more children are exposed to a wide variety of foods, the more likely they are to eat well. Also, a positive attitude and relaxed eating environment can do much more for nutritious eating than any supplement ever could.

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