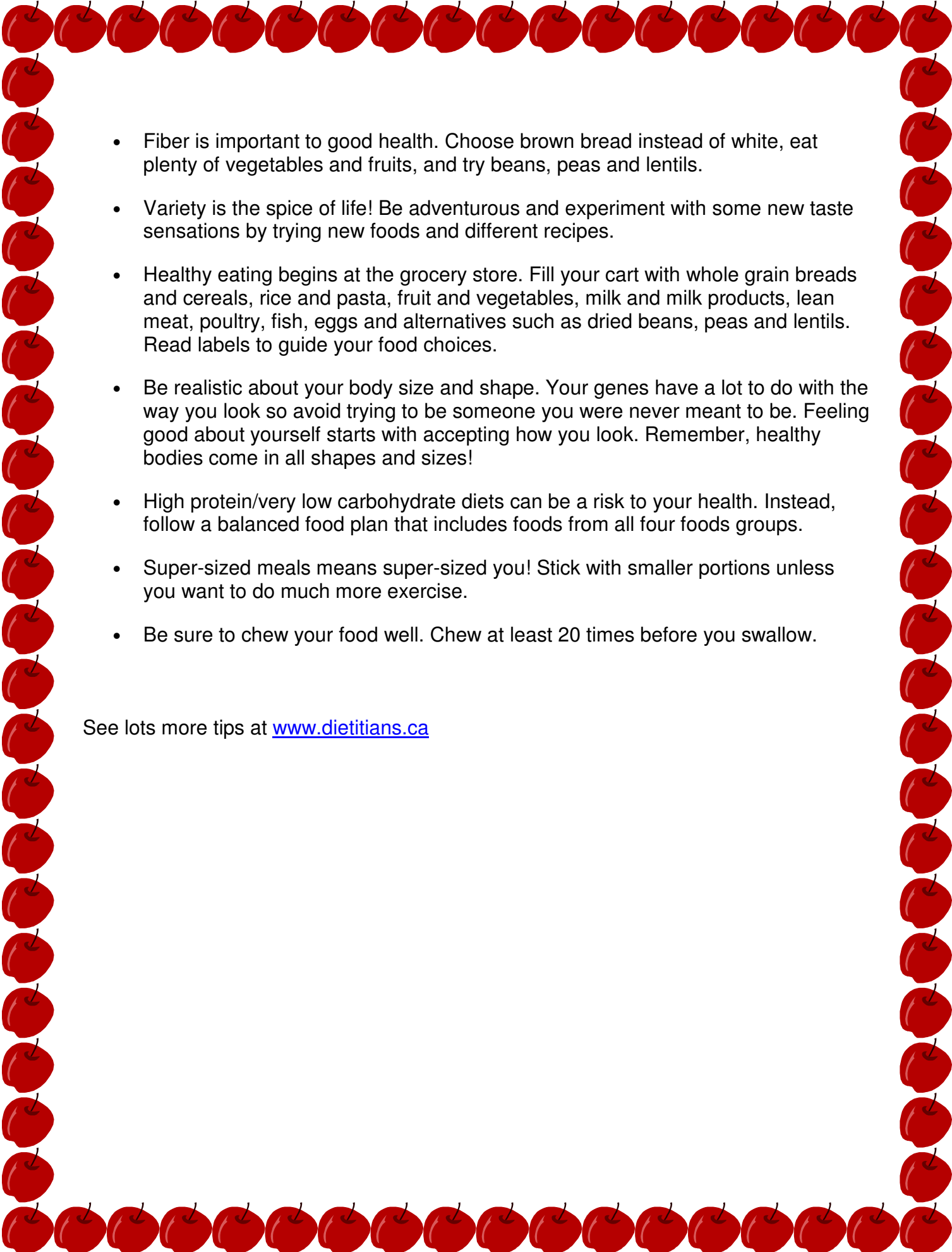


Here are some great tips to pass on to your family.

**Did you know that:**

- A large slurpee has 151 grams of carbohydrates and 604 empty calories. You would need to walk about 10 km to burn it. If you had a large slurpee each week, by the end of the year, you would have drank enough extra calories to put on 9-10 lbs of weight.
- Darker colored fruits and vegetables have more nutrition. Try for 3 different colors of vegetables/fruits each day.
- Eating fish may help you learn better.
- Protein with each meal will help you stay calm, not be hungry, give you longer-lasting energy. Examples of protein foods are egg, cheese, fish, chicken, turkey, ham, beef, meat, beans, lentils, and tofu.
- Eating together as a family is linked with more healthy eating patterns and more successes - better marks, better athlete, better person. Eating healthy most of the time will make those occasional treats more worthwhile.
- Eating breakfast every day can help you get better marks in school, take away hunger and keep you at a healthy weight.
- Remember to eat a VARIETY of foods because no single food is perfect. To get all the nutrients you need, enjoy as many different foods as possible from each of the four food groups in Canada's Food Guide to Healthy Eating.
- Moderation doesn't mean giving up foods you love, it only means having a smaller amount once in a while. It's not just what you eat, but how often and how much, that really makes the difference.
- Keep energized by having regular meals or snacks every 3-4 hours. Keep healthy snack and meal choices handy at school, in the car and at game time to avoid settling for something less nutritious. Drink plenty of fluids including water throughout the day.
- Carbohydrate foods are an important part of healthy eating and are the main source of energy for most people. Include more whole grains breads and cereals, rice, pasta, vegetables and fruit as well as beans, peas and lentils in your meal plans.
- Milk is better than pop. Milk is a key source of calcium and other bone building nutrients such as vitamin D, magnesium, phosphorus and protein. Aim for a cup with each meal.

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- Fiber is important to good health. Choose brown bread instead of white, eat plenty of vegetables and fruits, and try beans, peas and lentils.
  - Variety is the spice of life! Be adventurous and experiment with some new taste sensations by trying new foods and different recipes.
  - Healthy eating begins at the grocery store. Fill your cart with whole grain breads and cereals, rice and pasta, fruit and vegetables, milk and milk products, lean meat, poultry, fish, eggs and alternatives such as dried beans, peas and lentils. Read labels to guide your food choices.
  - Be realistic about your body size and shape. Your genes have a lot to do with the way you look so avoid trying to be someone you were never meant to be. Feeling good about yourself starts with accepting how you look. Remember, healthy bodies come in all shapes and sizes!
  - High protein/very low carbohydrate diets can be a risk to your health. Instead, follow a balanced food plan that includes foods from all four foods groups.
  - Super-sized meals means super-sized you! Stick with smaller portions unless you want to do much more exercise.
  - Be sure to chew your food well. Chew at least 20 times before you swallow.

See lots more tips at [www.dietitians.ca](http://www.dietitians.ca)