

A Guide for Healthy Eating and Drinking



Use the plate method to plan healthy meals and snacks:

Making **small changes** to your eating habits over time can **improve your health!**

Make $\frac{1}{2}$ of your plate **Vegetables and Fruits**. Examples: leafy greens, berries, and bright colored vegetables.



Make **Water** your drink of choice.

Make $\frac{1}{4}$ of your plate **Protein Foods**. Examples: fatty fish (e.g., salmon), lentils, nuts, and lower fat dairy.

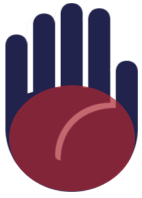
Make $\frac{1}{4}$ of your plate **Whole Grains**. Examples: brown rice, quinoa, bulgur, oats, whole grain bread and pasta.



If you are concerned about your eating or drinking habits, speak with your healthcare provider

For more information related to healthy eating, visit [Canada's Food Guide](#). Learn more about examples of healthy foods from each food group starting on page 3.

Use the hand method to help measure portion sizes:



A serving of protein is
1 palm



A serving of vegetables or fruits is
1 fist



A serving of whole grains or starchy vegetables is
1 cupped hand



A serving of healthy fats is
1 thumb

At meals, aim for:

- **At least 2 servings** of non-starchy vegetables or fruits; and,
- **1 serving of each:** protein, whole grains or starchy vegetables, and healthy fats

General tips and key messages:



Select foods that are lower in sodium, sugar, and saturated fat – if the food is canned make sure to drain the liquid and rinse it thoroughly before eating.



Pick colourful fresh, frozen, or canned vegetables and fruit, focusing on vegetables more often.



Starchy vegetables (e.g., potatoes, yams, corn, turnip, parsnips) can be included to replace whole grain foods on your plate.



Choose whole vegetables and fruits more often than juice to increase fibre, improve digestion, and reduce sugar intake.



Select lower fat dairy products more often, including lower fat milk, yogurt, and cheese. These foods are high in calcium and some are fortified with vitamin D, two nutrients that older adults need more of.



Use healthy unsaturated fats (e.g., olive oil, avocado oil, peanut oil) while cooking and in salad dressings.



Add healthy fats, like nuts, seeds, and avocados, to your meals and snacks if possible.



Refer to the healthy plate when planning your snacks and be aware of portion sizes.



Ideas for healthy foods

The following section gives examples of foods that are **high in nutrients** and **beneficial for overall health and well-being!**



These foods may provide inspiration when you are:

- **Planning** meals and snacks using the plate method
- **Shopping** for groceries and want to include a variety of healthy foods
- **Choosing** healthier menu options when dining out

Vegetables and fruits

Vegetables (Fresh, Frozen, Canned, Dried)	Fruits (Fresh, Frozen, Canned, Dried)
<ul style="list-style-type: none"> • Leafy: romaine lettuce, spinach, kale, cabbage, collard greens, arugula • Cruciferous: broccoli, cauliflower, brussels sprouts, bok choy • Plant stem: fiddle head, asparagus • Bulb: fennel, garlic, leek, onion, shallot, spring onion • Root: sweet potato, carrot, turnip, parsnip, radish, beets • Fruit vegetables: tomato, bell pepper, cucumber, zucchini, eggplant, avocado, olive, squash, pumpkin • Mushroom, seaweed 	<ul style="list-style-type: none"> • Berries: blueberries, blackberries, raspberries, strawberries, cranberries, golden berries, currants, grapes • Citrus: orange, lemon, lime, mandarin, grapefruit, pomelo • Stone fleshy fruits: peach, nectarine, plum, apricot, cherry, mango, dates • Pome fleshy fruits: Apple, pear • Melons: watermelon, cantaloupe, honeydew melon, crenshaw melon • Tropical fruits: banana, pineapple, pomegranate, passion fruit, dragon fruit, coconut, kiwi, lychee, prickly pear 

Protein foods

Animal-Based Protein (Fresh, Frozen, Canned)	Plant-Based Protein (Fresh, Frozen, Canned)
<ul style="list-style-type: none"> • Fatty fish: salmon, tuna, trout, herring, mackerel, pollock, sardines, anchovies • Shellfish: shrimp, crayfish, crab, lobster, clams, scallops, oysters, mussels • Dairy (lower fat): milk, kefir, yogurt, cheese • Poultry and eggs: chicken, turkey, quail, duck, pheasant • Lean meat and game: beef, pork, lamb, goat, deer, moose 	<ul style="list-style-type: none"> • Nuts and nut butters: walnut, peanut, hazelnut, macadamia, almond, cashew, pistachio, pecan • Seeds: pumpkin, hemp, sunflower, flax, sesame, chia • Legumes: chickpeas, peas, lentils, beans (e.g., kidney, black) • Soy: edamame, tofu, tempeh, soy beverage • Plant-based meat substitutes • Seitan • Nutritional yeast 

Whole grains

Whole Grains
<ul style="list-style-type: none"> • Brown rice, wild rice • Oats, oatmeal, cream of wheat • Whole grain pasta, bread, bannock, crackers, cereals • Quinoa, bulgur, barley, buckwheat, amaranth, millet, spelt, rye • Popcorn 