

# Healthy Diet Basics

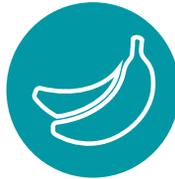


Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Cooking Tips



Foods to Include



Foods to Limit

## Key ideas:

- Simple diet changes will support your brain health.
- Eating a variety of lean proteins, vegetables, fruit, whole grains, beans and legumes, fish, nuts, and low-fat milk products can support brain health.



Eat colourful fruits and vegetables at every meal, along with protein-rich foods. When preparing meals, grill, steam, or bake. Choose olive oil for cooking and baking. Try using beans and legumes in soups and stews. Enjoy healthy snacks, like sliced vegetables with hummus, nuts, or Greek yogurt. Eat whole grains, like oats and quinoa, and pasta and breads made from whole grains.

Moderation and variety are key to eating a healthy diet. Eat until you are comfortably full.

## Basics for a healthy diet

- Limit red and processed meats (e.g., salami, bologna), butter, cream, and high-fat dairy foods (e.g., 14% sour cream).
- Limit bread and pasta made with white flour.
- Limit packaged foods (e.g., canned soup), chips, fries, ice cream, pudding, store-bought baked goods (e.g., croissants, donuts), candy, chocolate, pop, and sweetened fruit juice.

### How can I get started?

- Enjoy five or more servings of vegetables a day, and four or more servings of fruits a day.
- Add unsalted nuts or all-natural nut butters to your diet.
- Eat beans, legumes, fish, and seafood a couple times a week.

### My notes, reflections, and goals:

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### Where can I find more information?

- Consult a registered dietitian to learn how these recommendations can be adapted to your needs.
- For more information on the Canada's Food Guide, visit <https://food-guide.canada.ca/en/>