

an apple a day keeps the doctor away



nutrition works!

THE NUTRITION ADVANTAGE

This guide provides facts about the food you eat. Use it to choose a healthy eating pattern that works best for you. Healthy eating is key to your energy, health and performance.



it's all about choice – your choice

What you eat makes a difference to your energy level, body composition, and health. Not all foods are equal – the key is in the choices you make.

Timing is everything! When you eat is important to feeling energetic all day long. Approach eating as fuelling for your maximum performance.

Ask yourself why you are eating. Are you eating nutritious meals to fuel your mind and body, or snack foods to fill cravings? Make choices you feel good about – now and later.

quick & easy tips

Follow these three easy tips for a quick start to eating for energy, performance and health.

Read on for details on vegetarian eating, food groups, vitamins and minerals, and more!

tip one 1-2-3 Energy!

For maximum energy and performance power include a “1-2-3 Energy Package” at each meal and snack. Using Eating Well with Canada’s Food Guide choose:

- 1 Vegetable and Fruit choice **plus**
- 2 Grain Products choice **plus**
- 3 Protein choice from Milk and Alternatives and/or Meat and Alternatives.

Achieve the energy, nutrient balance, and vitamins and minerals you need for optimal performance.

It's as **easy** as 1-2-3!

tip two it's all in the timing

Eating about every 3 to 4 hours, or 5 to 6 balanced meals through the day, helps you feel your best.

A typical meal pattern on campus looks like this:

Breakfast 7:30am
Snack 10:30am
Lunch 1:30pm
Supper 5:30pm
Snack 9:30pm

What pattern works best for you?

Breakfast Skipper? Starting your day with breakfast helps boost your metabolism, increases energy, and reduces late-night snacking!

power snacks tip three

Snacking on high carbohydrate (high sugar) snacks gives a quick boost, but robs you of lasting energy. High fat snacks can make you sleepy and may contribute to weight gain. Make snacks work best for you by including a protein rich food or drink.

Protein foods provide lasting energy. Include milk, yogurt, peanut butter, nuts or beans with your snacks, or choose your own favourites!

Pre-workout snacks are key to getting the most out of your workouts. Plan a 1-2-3 Energy! snack 2 to 2½ hours before you train for optimal fuel. Within an hour of exercising include a light carbohydrate snack like fruit or low fat yogurt. And don't forget to drink extra water!

Try a sandwich (tuna, sliced lean meat, cheese, hummus or peanut butter) yogurt shake, rice and beans, or cereal and milk.

Post-workout snacks are key for building muscle mass, and speed up recovery time. For best results, eat a snack containing carbohydrate and protein (about 3 times as much carbo) 15 to 30 minutes after activity.

Try a yogurt, ½ sandwich and fruit, ½ bagel with cheese and juice, or a large chocolate milk.

add calcium daily to your diet

ADDING MILK TO YOUR CEREAL?

Beside being a good source of protein, milk is an important source of bone-building nutrients such as calcium, vitamins D and A, phosphorous, magnesium and zinc.

When it comes to calcium, many of us are simply not eating enough. Broccoli, soybeans, almonds, tofu and figs are other foods that contain calcium.

DID YOU KNOW? Nutritionally speaking, all milk is created equal ... except the fat! Choose lower fat milk products more often. Fortified soy beverages are also healthy choices.

dare to compare!

Different people need to eat differently. How much depends on your age, body size, activity level, gender, and any special concerns.

Based on the latest scientific research, Canada's Food Guide recommends the types and amounts of food that can enhance your energy levels and health.

The chart below shows the average daily servings needed in each of the 4 food groups by people with lower activity levels.

	14-18 YEARS OF AGE		19-50 YEARS OF AGE	
Vegetables and Fruit	7	8	7-8	8-10
Grain Products	6	7	6-7	8
Milk and Alternatives	3-4	3-4	2	2
Meat and Alternatives	2	3	2	3

If you have questions about your personal eating pattern, UW Health Services offers nutrition counselling to UW students.

KEEP IT SIMPLE

Choose a variety of foods from each of the 4 food groups every day. Balance your treats with nutrient packed foods that are lower in sugar, salt and fat.

all foods fit!

FUELLING TIPS

If you are active choose extra servings from each food group. And if you aren't, remember that 30 to 60 minutes of daily physical activity is important for health and energy!



make nutrition work for you

Sold on the benefits of a balanced eating plan? Let's take a look at Canada's Food Guide recommendations to see what this actually looks like.

Canada's Food Guide to Healthy Eating helps us choose nutritious foods in the right amounts to achieve the balance and variety we need to reach our goals.

VEGETABLES AND FRUIT

Vegetables and fruit contain important sources of many nutrients, including vitamins A and C, vitamin B6, folate, potassium, magnesium and health-promoting anti-oxidants. They are rich in fibre yet low in fat and calories. Choose a wide array of colours every day!

1 serving is: ½ cup (125ml) fresh, frozen or canned fruit or vegetable, 1 cup of salad greens, 1 medium fresh fruit or ½ cup (125ml) of 100% pure juice.

- Eat at least one dark green and one orange vegetable each day. Try spinach or romaine lettuce in a salad and grab some carrots for a snack.
- Choose vegetables and fruit prepared with little or no fat, sugar or salt. Have steamed or stir-fried veggies more often and enjoy their natural great flavour!
- Have vegetables and fruit more often than juice!

GRAIN PRODUCTS

Grains, especially whole grains, are rich in carbohydrates (for energy) and fibre, and provide B vitamins, iron, zinc, magnesium and potassium.

1 serving is: 1 slice (35g) of bread, ½ medium bagel (45g), ½ pita or tortilla (35g), ½ cup cooked rice, pasta or other grain, 30 gram serving of cold cereal or ¾ cup (175ml) of hot cereal.

- Make at least half of your grain products whole grain each day. Having a bowl of oatmeal, whole grain cereal or whole wheat toast is a great way to start your day.
- Choose grain products that are lower in fat, sugar or salt. It's okay to have the occasional rich pastry or donut, but most days opt for the whole grain bagel or English muffin with peanut butter.

MILK AND ALTERNATIVES

Whether or not you're still growing, this food group, along with an active lifestyle, is vitally important for building and maintaining strong bones. Milk and alternatives also provides an important source of protein, riboflavin and vitamin B12 in your healthy eating pattern.

1 serving is: 1 cup (250ml) milk or fortified soy beverage, ¾ cup (175g) yogurt, or 1.5 oz. (50g) of cheese.

- Drink skim, 1%, or 2% milk each day for adequate vitamin D. If you don't drink milk, substitute a fortified soy beverage.
- Select lower fat alternatives such as low fat milk or yogurt more often than cheese, which is much higher in fat.

MEAT AND ALTERNATIVES

Meat and meat alternatives are important sources of protein, iron, zinc, magnesium, B vitamins (thiamine, niacin, riboflavin, vitamin B6 and vitamin B12). When you choose alternatives like lentils, beans or chick peas, you also get a hefty serving of heart-healthy fibre.

1 serving is: 2.5 oz. (75g) cooked fish, shellfish, poultry or meat, ¾ cup (175ml) cooked legumes, ¾ cup (150g) tofu, 2 eggs, 2 tbsp (30ml) peanut butter, or ½ cup (60ml) shelled nuts or seeds.

- Have meat alternatives such as beans, lentils and tofu often. Nuts and seeds, although higher in fat, contain heart-healthy oils and are also good choices. Try a tofu stir-fry or vegetarian bean chilli for a change!
- Eat at least two servings of fish each week. Salmon, herring, mackerel, sardines and rainbow trout are excellent sources of omega-3 fats which may benefit your heart, brain and eyes, so choose these often.

- Select lean meat and alternatives prepared with little or no added fat or salt. Go for the grilled chicken burger more often than a breaded, deep-fried chicken sandwich!

FAT AND ALL THAT!
The Grill Burger
A 130g or 4oz. burger in a bun with onion and tomato provides 434 cal, 18g fat and 2g fibre. Add a slice of cheese, mayo and an order of fries and you can triple the fat and calories.
So, aim to balance higher fat meals with lower fat healthy choices the rest of the day

FIBRE FACTS!
Half the adults in Ontario eat only 10 to 15 grams of fibre per day, 50% of the fibre they need. Many UW students eat even less! Compare to recommendations of 25 to 35 grams of fibre per day.
Replace that bloated feeling with a fibre boost!
Why not reach for high fibre cereals, whole grain breads and pasta, more fruit and veggies, dried beans and lentils

Vegetarian?

A vegetarian diet involves more than just not eating meat! So that you can continue to feel and look your best, you need to include alternatives like beans, eggs, nuts or tofu which provide similar nutrients. Check with a dietitian if you're not sure that you're getting everything you need. Any healthy eating pattern, vegetarian or otherwise, includes a variety of foods and some healthy fats and oils!

Some nutrients of special concern:

Vitamin B12: A vitamin B12 fortified food, such as fortified soy beverage or breakfast cereal is absolutely essential, especially if you consume little or no milk products and don't eat eggs.

Vitamin D: Include at least two servings a day of milk or fortified soy beverage. Few other foods in a vegetarian diet are good sources of this vitamin.

Calcium: If you don't include milk, yogurt or cheese, fortified soy beverages provide a great source of calcium. Other calcium-rich foods include broccoli, soybeans, almonds, tofu, figs, bok choy, and kale.

Iron: Iron is found in eggs, dried beans and lentils, whole grains, iron-enriched cereals and pasta, dark green leafy veggies, dried fruit and some nuts and seeds. The iron in plant foods is not as available to our bodies as the iron found in meat. To help absorb iron better, include a vitamin C-rich food at each meal such as citrus fruit or juice, tomatoes or tomato juice, broccoli, cauliflower, red and green peppers, melons, berries or kiwi fruit.

putting it all together

It's time to take a look at your own eating habits. Record below what you ate yesterday. Are you eating nutritious foods?

FOOD DIARY

A.M.

SNACK

NOON

SNACK

P.M.

SNACK

SATISFY YOUR THIRST WITH WATER!
Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

TIP
Trade the morning cinnamon bun for an English muffin spread with nut butter.

TAKE TIME
Slow down. Take time to eat and savour every bite. Allow time to enjoy the meal and to notice when you feel full.

size matters...

THUMBS-UP
A thumb is about 25g of cheese, so 2 thumbs equals 50g or 1 serving.

A PALM
is the same size as a serving of meat, about 75g. Watch your portions!

A THUMB-TIP
is about a teaspoon, or 5ml. 3 thumb-tips make a tablespoon, or 15ml.

A FIST
is a cup (250ml) or 1 serving of salad, milk or pasta.

follow *Eating Well* with *Canada's Food Guide*
... enjoy a variety of foods

FOR MORE INFORMATION

Visit UW Food Services website at www.foodservices.uwaterloo.ca and check out Food Buzz!

To find out more about Canada's Food Guide visit Health Canada's website at www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html



WANT MORE INFORMATION?

please contact:

UW Food Services
519-888-4567
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UW Health Services
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