



# Healthy Eating

1. <http://www.has.uwo.ca/hospitality/nutrition/pdf/foodguide.pdf> is an excellent resource, covering everything from serving sizes and healthier choices to meal and snack suggestions.
2. Foods that contain large amounts of sugar, such as soft drinks, candies and other sweet foods, also contain artificial colours and preservatives, which may cause behavioural changes in some children.
3. When baking, substitute apple sauce for sugar.
4. Drink 8 cups or more of water every day.
5. Have a glass of milk each day
6. Limit pop and sweetened drinks to one or two a week
7. Have your child help to prepare foods. Often they will be more willing to try something when they helped to make it.
8. Use cookie cutters to cut out shapes on fruit or sandwiches.
9. Keep lots of fresh fruit and veggies washed and available as snacks.
10. Eat fresh fruit and vegetables as often as possible
11. Eat fruit and vegetables from different color groups.
12. Breakfast is a delicious and important meal and it influences your hunger, satisfaction, clarity and energy level for the whole day.
13. When you wake up in the morning have a cup of herbal tea with fresh lemon as it wakes up your liver and support elimination.
14. Add fruits to your cereal in the mornings.
15. If you must replace a meal, replace it with a protein bar or a can of Ensure.
16. Limit candy bars/chips and other processed foods to once or twice a week.
17. Instead of eliminating junk food entirely, try substituting some healthier alternatives. For example: instead of potato chips try un-buttered popcorn or baked potatoe chips. Instead of ice cream try low fat frozen yogurt.
18. Cook meals at home that include protein (meat/cheese/eggs)
19. Lentils and beans have a much protein as steak, wild fish or organic chicken with none of the saturated fat and cholesterol that animals contain.
20. When making sandwiches, add lettuce and tomato.
21. Pack healthy snacks for your child when travelling or doing errands.
22. Make your own lunch for school or work.
23. Notice how you feel after eating each meal. Make a habit of checking with your body after eating. Your body talks to you in subtle ways if you listen. When you eat the foods your body wants you feel more energy, ease and clarity. When you eat something that is not ideal, your body has less energy and there is a slight fog-giness.
24. If it's not something that your grandparents would recognize as food, it's not very good for you.