

## Healthy Eating Checklist



### ✓ Have breakfast every day

- Eat within two hours of waking up.
- Include protein and high fibre foods to keep you fuller longer.
- Eating breakfast can:
  - Help you get the vitamins, minerals and other nutrients you need.
  - Help you manage hunger and prevent overeating later in the day.

### ✓ Plan balanced snacks

- Eating between meals can help manage your hunger.
- Balanced snacks incorporate protein or healthy fats with carbohydrates to provide sustained energy. Examples include:
  - ✓ Apple with a handful of nuts
  - ✓ Whole grain pita with hummus
  - ✓ Greek yogurt and berries

### ✓ Aim for a balanced plate at lunch and dinner

- Divide your plate into:
  - ✓ ½ plate vegetables
  - ✓ ¼ plate protein
  - ✓ ¼ plate whole grains & starchy vegetables

### ✓ Limit “excess” calories

- Choose water over calorie filled drinks such as pop, iced tea, juice, and energy drinks.
- Be conscious of alcohol intake.
- Cook at home more often and decrease the amount of meals eaten out.
- Find enjoyment in sweets & treats. Practice eating them mindfully.

### ✓ Be mindful at meals

- Listen to your body and stop eating when you feel comfortably full. Remember it can take up to 20 minutes after a meal to feel full.
- When possible, eat with others.
- Avoid multitasking when eating. Being present at mealtimes allows you to focus on satisfaction and your level of fullness.

### ✓ Move daily

- Include activities in your day that you enjoy such as walking your dog, swimming, dancing, or playing with your children.

## Finding Balance in Meals & Snacks

Choosing higher fibre choices and pairing them with protein choices makes you feel satisfied, manages your hunger, and will keep you feeling fuller longer.

Protein Choices	Fibre Choices
Cottage cheese	Whole grain bread, pita, tortilla, naan, roti
Cheese	Whole wheat pasta
Milk or soy milk	Whole grain crackers
Greek yogurt/yogurt	Whole wheat English muffin
Eggs	Brown rice
Nuts or seeds	Quinoa, couscous, barley
Nut butters	Air-popped popcorn
Chicken, turkey	All Bran Buds
Lean beef or pork	Rolled Oats
Fish ie. salmon or tuna	Whole grain cereal
Seafood ie. shrimp	Homemade bran muffin
Beans ie. Chickpeas, black beans	Potato (with skin)
Lentils	Beans, lentils & chickpeas
Split peas	Avocado
Hummus	Fruit
Tofu, tempeh or meatless soy products	Vegetables – Raw or Cooked
Edamame Beans	Ground flaxseed
Protein powder	Chia seeds
	Hemp Hearts

### Sample Snack Ideas:

- A baked egg muffin cup with whole grain crackers
- Overnight oats: oats mixed with milk or Greek yogurt
- Nut butter and banana
- Hummus and vegetables
- Chia seed pudding (soak chia seeds, fruit and yogurt or milk overnight)
- Canned tuna on pita
- Homemade bran muffin with slice cheddar cheese