

Healthy Eating

Eating healthy is a key part of weight management. It requires long term changes in your daily food choices and eating patterns. This means including a variety of foods such as whole grains, fruits and vegetables, milk products, lean meats and alternatives as well as healthy fats, enjoying a balance of these foods each day. It also means eating regularly, limiting eating out, and reducing sugary drinks.

Fruits and vegetables are a great source of many nutrients and fibre. Try a new fruit or vegetable each week and include at least one at each meal.

TIPS:

Consider adding berries to oatmeal or adding fruit or vegetables like spinach to smoothies.

Adding barley to soups or stews is also a great fibre boost.



Lean meats are a good source of protein. These include skinless chicken, turkey, fish, lean pork (e.g. pork tenderloin) or lean cuts of beef (e.g. round or sirloin). Eggs are also a good source of protein.



TIP:

Consider “meatless” alternatives such as chickpeas or lentils. These go great in a meatless chili.

Eat regularly

Eating 3 meals per day can help to manage hunger and avoid “grazing” throughout the day. Skipping meals earlier in the day can lead to overeating later on. This can cause you to possibly eat more in one or two meals than if you had eaten three meals spread throughout the day.

TIP:

Have 3 meals per day and plan for 1 or 2 snacks if needed. Eating at regular meal times helps you to manage your hunger and stay on track with your nutrition goals.

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca

Healthy Eating continued

Servings and Portions

Paying attention to what we eat is just as important as how much we eat. Do you know how much you eat in a day? One sure way to gain awareness is by keeping a food journal. Often we consume more than we think we do. Extra calories from beverages and condiments can really add up as well. Self-monitoring through food journals is one of the key steps in weight loss and weight maintenance. It helps gain awareness into what is in your food as well as your pattern of eating. It is that awareness that helps create behaviour change.

TIP:

Start with becoming aware of when and how much you are eating by keeping a food journal. You can keep a food journal in a notebook or there are many free online resources or apps available as well.

TIP:

Consider weighing and measuring your food portions. Compare this to the recommended serving sizes. Try using smaller plates and bowls to help reduce portions.

Meal Planning and Grocery Shopping

Planning ahead is the key for success. It can help you to stay on track with your nutrition goals and make the best possible choices. It also helps manage hunger in between meals and prevent overeating at meal times. However, sometimes meal planning and grocery shopping can be overwhelming. There is large variety and if we do not go to the store with a plan, it is easy to get off track. Planning ahead and grocery shopping can be simple.



TIP:

When you plan your meals and shop from a list it saves you both time and money! It also helps you keep on track with your health goals. You are less tempted by a food if you do not see it in your cupboard!

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca

Healthy Eating continued

Meal Planning and Grocery Shopping continued...

Planning meals and snacks ahead of time helps you to avoid buying foods on impulse that might not be the best choice. Once you have planned your meals and snacks for the week, make your shopping/grocery list for the week.

TIP: Try to avoid going to the store multiple times in a week as we typically end up buying more than we need. Only going to the aisles that contain the foods on your list helps you keep on track.



Eating Away from Home

Eating away from home can also be included in a balanced diet, however sometimes this can be challenging. Restaurant food is high in salt, fat, and portions are typically larger. Even restaurant plates, bowls and cups are often larger than we use at home.



TIP: Look up the restaurant's menu online ahead of time to see what would be the best possible choice to make. Most times, restaurants will have this information available.

You can also ask for smaller portions or share with a friend or ask for a take-out container right away and package up half the meal for the next day.

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca