



Healthy eating

DID YOU KNOW...

...healthy eating is an important part of your overall health and wellness? Healthy eating practices can provide numerous benefits for your physical and mental health including increased energy, improved digestion, and a reduced risk of chronic diseases. Food is more than what we eat! Enjoying healthy foods is a great way to connect with others and add enjoyment to your life.

To unlock the benefits of food, consider making these healthy eating practices a daily habit

Make half your plate fruits and vegetables

Fruits and vegetables are packed with essential vitamins, minerals, and fibre that support good health. By making half of your plate fruit and vegetables, and including a vegetable or fruit with every snack, you'll ensure you're getting the nutrients your body needs.

Choose whole grains and limit processed foods

Whole foods are minimally processed and contain more nutrients than processed foods. Processed foods often contain added sodium, sugars, and unhealthy fats. Select whole grain varieties of grain foods (pasta, bread, oats, and rice), and limit highly processed foods such as sugary drinks, fast food, fried food, processed meats, and baked goods such as pastries, muffins, and cakes.

Other healthy eating tips

Eat protein rich foods and try to choose protein foods that come from plants; make water your drink of choice; use food labels; and be aware of food marketing. Practice mindful eating, take time to eat and notice when you are hungry and when you are full. Cook more often, plan what you eat, and involve others in planning and preparing meals. Enjoy your food, include culture and food traditions, and eat meals with others.

For more information

Health Canada has tools and resources to make it easier for us to understand and apply healthy eating messages to our daily lives. These include recipes, additional tips across the lifespan, the Eat Well Plate, eating on a budget, and "healthy eating and the environment." You can also visit Canada's Food Guide and [UnlockFood.ca](https://www.unlockfood.ca) for more information.

Public Health Dietitians work to improve food and nutrition environments where people live, work, learn, and play! Connect with yours today.

alPHA

Association of Local
PUBLIC HEALTH
Agencies



<https://www.alphaweb.org/>

alPHA May 2023
Workplace
Health &
Wellness Month

