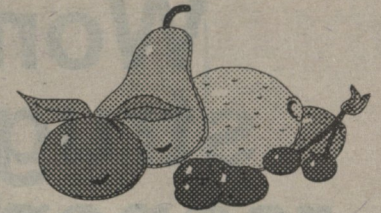




# Food & Nutrition



## What Do Pizza, Broccoli, French Fries and Cookies Have in Common?

They can all be found in Canada's Food Guide to Healthy Eating. But there's a catch and it's called MODERATION.

There is no such thing as a "good" food or "bad" food. Healthy eating means being able to enjoy all kinds of food without feeling guilty. It means eating when you are hungry, stopping when you are comfortably full, without constantly over- or under- eating. Higher fat foods, rich desserts and so called "junk food" can be enjoyed in moderation, just as long as your overall eating pattern is in keeping with Canada's Food Guide to Healthy Eating.

Moderation means accepting all foods as potentially pleasurable, but at the same time understanding that there are some foods that you should watch "how much" and "how often" you eat. Only you can determine what moderation means to you. Setting your own course of moderation will affect the quality of your life- in terms of taste, enjoyment and overall health and well-being.

Healthy eating is the result of all food choices made over time. It is the overall pattern of foods eaten that determines if your eating pattern is healthy, not any one food, meal or day's intake.

Canada's Food Guide to Healthy Eating will help you make healthy and tasty choices both at home and when eating out. The Food Guide arranges food into four food groups, as well as a category called "other foods". The number of servings you need every day depends on you age, body size, gender, activity level or if you pregnant or breastfeeding.

Eating well is just one way to get the most out of life. The VITALITY message of Canada's Food Guide to Healthy Eating also stresses the important of regular, enjoyable physical activity and feeling good about yourself.

Today's hectic lifestyle means healthy eating sometimes takes a back seat, but it doesn't have to. A healthy breakfast is still the best way to start the day: it helps to moderate your day's food intake. With a bit of planning, it is possible to treat yourself and your family to the pleasure of healthy, great tasting foods.

Remember that attitudes and behaviours about foods and weight are partly shaped by what happens at home. Make time to enjoy ALL kinds of food, meals snacks and activities with your family.

## The "Good", The "Bad" and the Well Balanced Diet

For some time, we have thought of foods such as carrot sticks and cottage cheese as "good", while others such as pasta, meat and desserts are seen as "bad." Times have changed.

Today's dieticians have an approach to healthy eating called, the **total diet approach**. This means that no food should be labelled as good or bad. In fact, all foods can be part of healthy eating patterns. The nutritional goodness of any

one food or meal can contribute to a healthy diet if we make choices based on moderation, variety and individual needs. For those who enjoy a few treats from time to time, we have good news... All Foods Can Fit.

Pick up Canada's Food Guide to Healthy Eating, an excellent tool to help you embrace this attitude toward healthy eating. The Food Guide tells you that all food groups are important and how much food you require from each group will vary within the total diet.

One thing that is differ-

ent about the Food Guide is the "Other Foods" category. Foods, which are not part of the four food groups, add taste and enjoyment to what we eat. "Other Foods" may be used to make meals and snacks, or may be used to compliment foods from the four food groups. The "Other Foods" category covers a wide range of foods and beverages, including: honey, jam, oil, salad dressings, condiments, coffee, alcohol, butter and margarine. The nutritional value of "Other Foods" varies. Some are higher in fat or calories, so use these foods in moderation.

## What is healthy eating?

### What is Healthy Eating?

Establishing healthy eating habits is all about the food choices you make over time, not just the choices you make in one day or at one meal. You do not have to give up the foods you love for the sake of your health, but you should aim for variety and moderation. Here are five important points to keep in mind when making your food choices:

- Enjoy a variety of foods every day, as outlined in Canada's Food Guide to Healthy Eating.
- Emphasize vegetables, fruits, cereals, breads and other grain products.
- Choose lower fat dairy products, leaner meats and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, alcohol and caffeine.

*Adapted from "All Foods Can Fit" booklet, produced by Dietitians of Canada.*

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