Studies show that families who eat together tend to eat better. But, like most Canadians, you're probably juggling work and family life, leaving little time to cook and eat together. Here is some information and tips to help you and your family eat well.

Your Checklist for Healthy Eating

Here are the basic principles of healthy eating for you and your family.

Variety:

A healthy eating plan includes a wide variety of foods from each of the four food groups in *Canada's Food Guide to Healthy Eating*. About 3/4 of your plate should be filled with different whole grain foods, legumes (peas, beans and lentils) as well as colourful vegetables and fruit. Sensible portions of lean meat, poultry or fish and lower-fat milk products should make up the remaining 1/4 of your plate. Variety also means beating boredom by experimenting with new foods and flavours.

Less Fat:

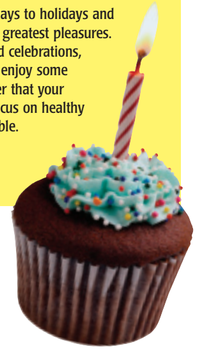
We do need some fat in our diet, but most of us are probably eating too much. For healthy eating, choose lower-fat foods more often and choose your fats wisely. Eat fewer foods that contain saturated and trans fats as these types of fat raise blood cholesterol levels and put you at a higher risk for heart disease. Opt for foods made with the healthier unsaturated fats instead, like sunflower, soy, canola and olive oils. Nuts, seeds, omega-3 eggs and fatty fish such as salmon, mackerel and trout also contain healthier fats.

More Fibre:

Here's yet another reason to bring on the whole grains, veggies and fruit! The soluble fibre, found in foods like oats, beans, lentils, apples and citrus fruit, helps to reduce the "bad" LDL (low density lipoprotein) cholesterol. The insoluble fibre, found in foods like wheat bran and whole wheat, helps to keep your bowels healthy and regular. Don't forget to drink plenty of water to help the fibre pass through your system more easily.

Moderation:

From anniversaries and birthdays to holidays and weddings, food is one of life's greatest pleasures. On these special occasions and celebrations, it's fine to indulge a little and enjoy some decadent treats. Just remember that your usual eating pattern should focus on healthy food choices as often as possible.



HEART AND STROKE FOUNDATION

Finding answers. For life.

Canada's Food Guide to Healthy Eating

The Food Guide is a simple tool designed to help you and your family get all the nutrients needed for good health. It tells you the types and amounts of food to eat from each of the four food groups. Growing teens and active adults should aim for the higher number of servings in each food group, while young children and older adults should aim for a lower number of servings.

Food group	Recommended number of servings/day	Typical serving size
Grain Products	5 to 12 servings/day	1 slice of bread 3/4 cup (175 mL) hot cereal 1 oz (30 g) cold cereal 2 servings: 1 roll, bun or small bagel 1 cup (250 mL) cooked rice or pasta
Vegetables and Fruit	5 to 10 servings/day	1 medium-sized vegetable or fruit 1/2 cup (125 mL) fresh, frozen or canned vegetables or fruit 1 cup (250 mL) green salad 1/2 cup (125 mL) juice
Milk Products	2 to 4 servings/day	1 cup (250 mL) milk 1¾ oz or 2 slices (50 g) cheese 3/4 cup (175 mL) yogurt
Meat and Alternatives	2 to 3 servings/day	2-4 oz (50-100 g) meat, poultry or fish 1/3-2/3 can (50-100 g) fish 1 or 2 eggs 1/2-1 cup (125-250 mL) beans 1/3 cup (75 mL) tofu 2 tbsp (25 mL) peanut butter

Build Healthy, Balanced Meals

Build your meals around *Canada's Food Guide to Healthy Eating*. When planning your lunch and dinner, include at least one food from each of the four food groups. Aim to get in at least three of the food groups at breakfast and two of the food groups for snacks. Cut back on saturated and trans fats and include more foods with healthier types of fat. Use the checklist below to plan your meals. Work towards filling in as many YES columns as you can.

The meal includes:	Yes	No
At least one food from each of the four food groups (at least three food groups for breakfast and two food groups for snacks)	☐	☐
A variety of colours, flavours and textures	☐	☐
Whole grain breads, cereals or grains	☐	☐
Lean meats trimmed of visible fat or beans, lentils, dried peas, fish, or meat alternatives	☐	☐
Lower-fat milk products	☐	☐
Foods with healthier types of fat (e.g. olive, sunflower and canola oils and soft non-hydrogenated margarines made with these types of oils; nuts, seeds, fatty fish, omega-3 eggs)	☐	☐
Foods that we enjoy and that fit in our budget and lifestyle	☐	☐

Take the "Healthy Eating Quiz."
Log on to **www.heartandstroke.ca**. and enter **Family Eating** in the site search box. The Healthy Eating Quiz is featured there!

Looking for Some Recipe Ideas?

Try our two recipes in this brochure from Anne Lindsay's "The New Lighthearted Cookbook." Then visit www.heartandstroke.ca/recipes for more fabulous family recipe ideas.

Get Your Kids Moving!

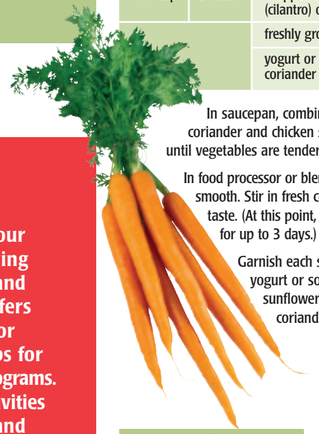
It is not only important for your child to eat healthy, active living is important too! The Heart and Stroke Foundation offers both Jump Rope for Heart™ and Hoops for Heart™ school programs. Both of these activities are challenging and motivating for your children and are offered in participating schools across Canada.

Check out each program's web site!
www.jumpropeforheart.ca
www.hoopsforheart.ca

Carrot and Coriander Soup

Makes 6 servings
3/4 cup/175mL each

1		onion, chopped
1 lb	500 g	young carrots, scraped and sliced
1½ tsp	7 mL	ground coriander
3½ cups	875 mL	chicken stock
1/4 cup	50 mL	chopped fresh coriander leaves (cilantro) or parsley
		freshly ground pepper
		yogurt or sour cream, sunflower seeds, coriander leaves or parsley for garnish



In saucepan, combine onion, carrots, ground coriander and chicken stock; cover and simmer until vegetables are tender, 15 to 20 minutes.

In food processor or blender, purée mixture until smooth. Stir in fresh coriander. Add pepper to taste. (At this point, soup may be refrigerated for up to 3 days.) Serve hot or cold.

Garnish each serving with spoonful of yogurt or sour cream, a sprinkling of sunflower seeds and chopped fresh coriander leaves or parsley.

Per Serving:

Calories	59
fat	1 g
saturated fat	trace
cholesterol	0 mg
sodium	496 mg
potassium	302 mg
carbohydrate	9 g
fibre	2 g
protein	4 g

5% Vitamin C
156% Vitamin A
3% Calcium
6% Iron

Recipes from "The New Lighthearted Cookbook" by Anne Lindsay with the Heart and Stroke Foundation of Canada. Published by Key Porter Books, 2003 and supported by an educational grant from Becel.

Apple and Raspberry Crisp

Makes 8 servings

6 cups	1.5 L	sliced peeled apples
1 pkg	300 g	unsweetened frozen raspberries (1½ cups/375 mL fresh)
1/3 cup	75 mL	granulated sugar
2 tbsp	25 mL	all-purpose flour
2 tsp	10 mL	cinnamon
Topping:		
1 cup	250 mL	quick-cooking rolled oats
1/4 cup	50 mL	packed brown sugar
1 tsp	5 mL	cinnamon
1/4 cup	50 mL	soft non-hydrogenated margarine

In 8-cup/2 L baking dish, combine apples and raspberries (thawed or frozen). In small bowl, combine sugar, flour and cinnamon; add to fruit and toss to mix.

Topping: Combine rolled oats, sugar and cinnamon. With pastry blender or 2 knives, cut in margarine until crumbly. Sprinkle over top of fruit mixture.

Bake in 350°F/180°C oven for 55 minutes or microwave at high (100%) power for 15 minutes or until mixture is bubbling and fruit is barely tender. Serve warm or cold.

Per Serving:

Calories	222
fat	7 g
saturated fat	1 g
cholesterol	0 mg
sodium	81 mg
carbohydrate	40 mg
fibre	5 g
protein	2 g

8% Vitamin A, 15% Vitamin C, 3% Calcium, 9% Iron

Try more recipes from Anne Lindsay's "The New Lighthearted Cookbook".
Visit our web site at **www.heartandstroke.ca** or call **1-888-HSF-INFO (473-4636)**.

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Simple Solutions to Everyday Challenges

"I don't have time to cook."

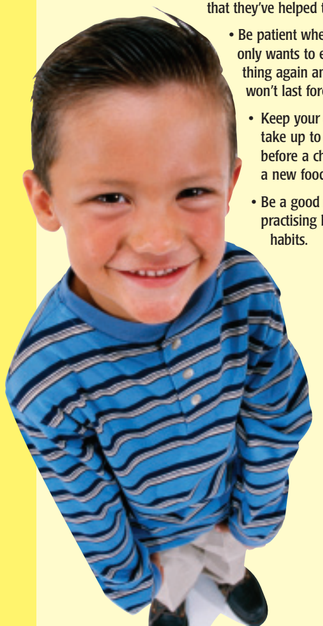
- Do some food preparation ahead of time. Slice onions, dice peppers, cook noodles and marinate meat so that they're ready to use.
- Take short cuts. Use pre-cut vegetables, bagged salads, pre-sliced meat and pre-grated cheese.
- Make double batches of your favourite recipes on week-ends (or when you have some extra time) and freeze them. Simply defrost, heat and serve for an instant supper during the busy week.
- Use multi-purpose dishes that are safe in the microwave, oven, fridge and dishwasher. The fewer dishes you have to wash, the more time you'll have for other things!
- Plan your meals for the next few days. Look for one-pot recipes or recipes with a short list of ingredients.
- Turn tonight's leftovers into tomorrow's supper. Extra rice, noodles, veggies and meat can be used in a soup, salad, stir-fry or sandwich.
- Post the menus and recipes on the fridge, so that whoever gets home first can start cooking. Younger children can help set the table and wash simple ingredients. Older kids and teens can help with the peeling and cutting.
- Make simple but nutritious meals with the foods that you usually have on hand.

Try:

- A peanut butter and banana sandwich on whole wheat bread with a glass of lower-fat milk
- Whole wheat spaghetti tossed with a jar of pasta sauce, canned tuna, red pepper strips, zucchini and grated lower-fat cheese
- Stir-fried veggies with lean meat served over brown rice, and milk pudding for dessert

"How can I get my picky child to eat?"

- Respect your child's changing appetite. He/she may eat a lot today and very little tomorrow. Children have internal cues that tell them when they are full.
- Try to cook one meal for the whole family that includes a selection of nutritious foods.
- Make food fun to eat. Cut sandwiches into interesting shapes with cookie cutters. Serve foods with dips and sauces like ketchup or plum sauce. Make mini pizzas and design a face with grated cheese, green pepper strips and pineapple tidbits.
- Offer healthy snacks every couple of hours.
- Ask your child to help cook tonight's dinner or make tomorrow's lunch. Kids are more likely to eat foods that they've helped to cook.
- Be patient when your child only wants to eat the same thing again and again. It won't last forever.
- Keep your cool. It can take up to 10 tries before a child will accept a new food.
- Be a good role model by practising healthy eating habits.



"With our busy family schedule, we don't have much time to enjoy a meal together."

- Plan supper around the day's schedule. Supper may usually be at 6 pm, but on activity nights, it might not be until 7:30 pm.
- Set menu themes to encourage everyone to be home for the meal. How about pizza on Friday nights or pancake breakfasts on Sundays?
- Have lots of nutritious snacks ready, especially for nights when dinner will be served later.
- Let each member of the family take turns picking their favourite recipe for dinner.
- Cook stews, soups and casseroles in a crockpot. The food will stay heated and be ready to eat as different family members arrive home.
- Plan family picnics and outings where you can sit down and eat together. Take this opportunity to catch up on the day's events and news with the whole family.

"How can I save money on food?"

- Check out the weekly flyers and plan your meals around the specials.
- Cook from scratch when you can. Keep your pantry stocked with versatile ingredients.
- Avoid shopping on an empty stomach. Make a grocery list and stick to it.
- Buy produce in season or visit a farmers' market. Frozen and canned vegetables and fruit are also budget-wise choices.
- Try using store brands and buying in bulk.
- Enjoy meatless meals a couple of times a week. Baked beans, vegetarian chili, lentil soup, eggs, tofu and peanut butter are all nutritious and easy on the pocketbook.

Be a Weekend Food Warrior

For tips on how to make the most of your time on the weekend to plan and cook healthy meals, log on to www.heartandstroke.ca. Enter Healthy Eating in the site search box. "Be a Weekend Food Warrior" is featured there.

Be a Smart Shopper

Look for foods that carry the Heart and Stroke Foundation's Health Check™ logo. These are healthy food choices. Visit www.healthcheck.org for more information about the Health Check™ program.

Healthy Living

Family Eating

Simple steps to making healthy choices

HEART AND STROKE FOUNDATION

Finding answers. For life.