



**2007/2008**  
**101 Healthy Eating Tips for**  
**Intermediate and Senior High Schools**  
**from the PEI Healthy Eating Alliance**

## **Snack Tips**

Need some renewed energy during this busy week? You can turn things around in just a few minutes by snacking on fiber-rich munchies such as a banana or carrots.

Healthy snacks can fuel you with energy and extra nutrients. The trick is to eat foods that are nutritious and great tasting. Try cereal or plain granola bars, oatmeal or fig cookies with milk or have raw vegetables with yogurt dip.

Chocolate milk is a great treat any time of day because it has the same nutrients as white milk. It satisfies your hunger and your sweet tooth!

Try washing and freezing seedless grapes. They make a great snack when you want something cold and sweet.

Kids spend more of their own money on candy and soda pop than on anything else including games, clothes, CDs, etc. Sure it tastes good for a minute but then it's gone. Why waste so much of your money? Why not pack a snack of your choice from home?

Did you know that the saying 'cool as a cucumber' is really true?

The inside of a cucumber can be 7 degrees cooler than the outside air. So for a cool snack, try cucumbers!

Fruit rolls and gummy fruit snacks may contain a small amount of fruit juice but they are mostly sugar, water and vitamin C. Also, because they are sticky, they aren't very good for the teeth. Instead, go for fresh fruit, which is loaded with lots of vitamins and minerals.

An apple a day! There are over 7000 different kinds of apples in the world. Here in PEI, we have McIntosh, Paula Red, and Melba... just to name a few. Try adding some crunch to your lunch or snack with an apple.

Did you know that orange is the 2<sup>nd</sup> most liked flavor in the world... after chocolate? They're not only sweet and tasty but good for us too. Try an orange at any time of the day to help you get your recommended servings of Vegetables and Fruit.

Be Snack Smart! Snacks are not just treats but are an important part of our diet. Besides our three meals a day, we need snacks to give us energy, help us grow, and help satisfy our hunger. Snacking also helps us to get all the nutrients our body needs during the day. Choose something different each day. Fruit, cheese and crackers, trail mix, yogurt – make your snacks count!

News Flash! Product Takes Schools By Storm! It can help students stay awake, and improve their marks! What is this remarkable product that doesn't cost a lot and is easy to get? The Healthy Snack! By eating fresh veggies and fruit at snack time, kids can get the nutrients their bodies and teeth need to stay healthy.

Vegetables and fruit are packed with vitamins and minerals that are important for helping you grow, have lots of energy and look and feel great! They're not just for eating during meals but make fast, delicious snacks too. Don't just settle for one or two – pick a few!

## **Meal Tips**

- Eat regular meals everyday. Skipping meals like breakfast or lunch can lead to out of control hunger, resulting in overeating.
- In Canada, 62% of high school students do not eat breakfast daily. That means 2/3 of you aren't getting the nutrition you need to learn. Study after study shows that teens who eat breakfast perform better at school, have stronger social skills and a more positive self-image. Get your day off to a good start and make breakfast a part of every day – because breakfast matters! A well- balanced breakfast consists of foods from at least 3 of the 4 food groups from Canada's Food Guide. But remember even one food group is better than nothing.
- You can't run a car on empty, yet the majority of Canadian children go to school without a balanced breakfast. Every morning you face the challenge of learning without proper nutrition. Some teens experience low energy levels and a disinterest in learning while others deal with poor concentration and low self-esteem. So, this morning and every morning do what you can to get off to a good start and make breakfast a part of every day – because teens shouldn't run on empty.

- Eating breakfast everyday can help improve concentration, reduce hunger and maintain a healthy weight. Look for quick and easy foods when on the run, like whole grain toast with peanut butter, or a smoothie made with milk and fruit. Aim to include at least 3 of the 4 food groups from Canada's Food Guide.
- Have an egg or peanut butter with whole grain toast in the morning. The protein and fiber will keep you feeling full for a longer period time.
- A single meal or day of eating rich, high-calorie foods will not make or break an otherwise healthy eating pattern. It is what you eat on most days that counts. Having an occasional treat will not make you unhealthy. Moderation is key!
- When eating out at fast-food restaurants, choose lower-fat foods. Try chili, a baked potato, salad, or a grilled chicken sandwich.
- Home-prepared meals are more likely to include more foods from Eating Well with Canada's Food Guide such as: Milk and Alternatives, Grain Products, and Vegetables and Fruit. People eating home-prepared meals also eat fewer fried foods and soft drinks than those who eat out. Turn off the TV and enjoy time with your family over a home-cooked meal.
- Feeling extremely hungry between dinner and bedtime is often related to not eating healthy enough throughout the day. To keep blood sugar levels stable during the day, never allow more that 3 to 4 hours to pass without eating a meal or snack. Stay hydrated by drinking water at all meals and snacks.
- Do you feel tired and hungry before lunch? Be sure to have a good breakfast in the morning. Whenever possible, try having a healthy snack at break in the morning. This will help keep you alert until you're ready for lunch.
- Eating out with frequent visits to fast food restaurants has become a way of life for many. Select nutritious foods when eating out. Choose baked, roasted or broiled entrees instead of deep fried. Choose salads, baked potatoes, chili or soup served with a whole grain roll. Opt for milk to drink instead of pop.
- Between grade 1 and the end of high school, a student may eat more than 2,200 lunches at school. Creating tasty, nutritious lunches is a challenge for many parents. So get involved and help your parents out... Plan or prepare school lunches together- you'll know what is showing up in your lunch bag.
- Make it your goal to try new foods. Instead of getting the same old pepperoni pizza, try toppings such as pineapple, red or green pepper, or sun-dried tomatoes. You might surprise yourself and find that being adventurous with your food tastes great!

- Skipping breakfast to lose weight is likely to lead to disappointment. This first meal of the day serves as a shield against later cravings and less nutritious "snack attacks". These cravings and snack attacks can actually contribute to weight gain, therefore maintaining a healthy weight is easier for people who eat breakfast regularly.
- No food labels on fast foods? Request nutrition information about menu items when you eat out so that you can make healthier choices. Most fast food restaurants have brochures with this information or you can check it out on their web sites.
- Did you know that people who eat breakfast tend to do better in school than those who don't? Breakfast is important for people of all ages. Eating breakfast is key for people trying to achieve and maintain a healthy weight. When we eat breakfast we give our metabolism a kick start. And when we skip breakfast we often are more tempted to make less healthy food choices during the day.
- Smoothies are a quick and easy treat and a great way to enjoy an extra serving of fruit. If you add some milk or yogurt and serve with a muffin, it makes a great breakfast.

Here's a recipe for one called Plush Peach. Just whirl everything in the blender.

Serves two.

1 cup of peaches	1/2 cup ice
6 oz of peach yogurt	1/4 tsp cinnamon - optional
1/2 banana	1 tsp honey - optional

- Did you know that a fast food meal of fried chicken, with 2 pieces of fried chicken, fries, coleslaw and a pop has about 1000 calories, and 1/4 cup of fat!?
- A popular burger at a fast food restaurant with fries can reach 890 calories. Opt instead for a single patty burger, with salad, baked potato, low fat yogurt, or chili option for a side. Choose white or chocolate milk, water, or 100% juice as a beverage to go along with it.
- People who eat breakfast are more likely to maintain a healthy weight than people who skip breakfast.
- Eating at home more often than eating out can help you maintain a healthy weight and get proper nutrition. Eating at home makes it easier to control portion size and to choose quality nutritious foods.
- Eating Breakfast is a good way to start your day. The word breakfast comes from 'break the fast' because after 12 hours without food, your body needs food or fuel to get it going. When your fuel is low, your brain can't remember things, your energy is low, and your body can't grow properly.

- Did you know that an unsweetened cereal, milk and an orange make up a fantastic breakfast? A healthy breakfast is made up of at least 3 of the 4 food groups. Cereal comes from the Grain Products group, milk from Milk and Alternatives group and an orange from the Vegetables & Fruit group. This is one breakfast that you can make yourself. If you add nuts, like 1 or 2 tablespoons of almonds to your cereal, you will be including a Meat and Alternative serving and your breakfast will contain all four food groups.
- Breakfast does not only mean toast or cereal. Next time try a fruit milk shake. Take your favorite fruit, mix it in the blender with 2 cups of milk and you got an awesome shake for you and your family! Finish it off with a high fiber cereal bar or a low fat granola bar.
- No time for breakfast in the morning? Pack one to eat either on the way to school or right before school. Take a slice of cheese, some crackers and a fruit juice drinking box and "ta da", you have a balanced meal and have given your brain some food so it can work better.
- Tired of the same boring lunch? Try a "combo" lunch. Take a soft tortilla or pita bread - whole wheat packs a nutrition punch - and fill it with meat or an egg, tomatoes or green peppers, and top it with cheese. These combination lunches have foods from every food group to make them healthy and fun.
- Three meals a day may not be enough to fuel our bodies with all of its needed energy and nutrients. By adding some snacks throughout the day, it helps us to reach and meet our body's needs. Remember to keep snacks small and avoid having them too close to regular meals. We still want to have some space in our tummy for the next yummy meal.
- Looking to warm yourself up at lunchtime? For a hot lunch, try soup, spaghetti with meatballs, macaroni and cheese, steamed rice, chili or last night's leftovers. Pack these in a thermos bottle, add a spoon or a fork, and you've got a lunch that is sure to heat you up.
- Sometimes the food we eat makes us sick. To prevent that, all produce should be washed thoroughly before eating or cooking. Be sure to wash hands, utensils and countertops with hot soapy water before and after preparing foods. Use separate cutting boards for raw meat and vegetables.
- Always remember to enjoy your food. Take the time to sit and taste the foods you are eating. Talk with your friends or family or just relax. Meal time should be light and stress free to let you enjoy your food.

## Label reading Tips

Look at the Nutrition Facts labels on packaged foods. The Percent Daily Value tells us if there is a little or a lot of a nutrient in one serving. Look for products that contain over 15% of nutrients you want more of, such as calcium, iron and fiber. Look for products that contain under 5% of the nutrients we want less of, such as fat, cholesterol and sodium. For Saturated and Trans fat, the less the better, but aim for less than 10% of the Percent Daily Value.

Look at the label. Serving sizes may be more or less than what you would normally eat. Remember to adjust amounts accordingly.

Read your cereal label. Choose breakfast cereals with at least 2 grams of fiber and less than 6 grams of sugar per serving.

## Eating Well with Canada's Food Guide

- If you don't like white milk, try another food from Milk and Alternatives to help you get enough calcium. Chocolate milk is just as good for you as white milk. Try some yogurt; one small container is all it takes for a serving of the Milk and Alternatives food group. Lower-fat cheese is also a good way to get more calcium.
- Make at least half of your grain products whole grain each day. Whole wheat and whole grain breads provide you with plenty of fiber. Also look for cereals that have a logo saying it was made with whole grains. They taste just as good as the other kind, but have many more benefits to your health.
- Fruit is one of nature's fast foods. Grab some fruit, like a banana or pear, for a quick on the go snack. Encourage family members and friends to eat it too!
- Steps towards better health and a healthy body weight by:
  - Eating the recommended amount and types of food each day.
  - Limiting foods and beverages high in calories, fat, sugar or salt (sodium).
  - Being active every day.
- The majority of children and youth do not consume a nutritionally adequate diet. Teach younger brothers and sisters to eat well by example. Focus on choosing sensible portions of healthy foods from Eating Well with Canada's Food Guide.

- Increasing your consumption of vegetables is very important. Have raw vegetables washed, cut and ready to eat so they're available as a quick snack or to pack in lunches.
- Increasing fruit and vegetable consumption has been associated with better health. Add more vegetables to your meals with stir fry's, pizza toppings, quesadillas, pasta combinations, chili, hearty soups, creative salads or casseroles.
- Discover the fun and great tastes of healthy eating. Be adventurous. Try a variety of different foods from each of the four food groups from Eating Well with Canada's Food Guide, combining shapes, flavors and colors.
- Some of the great reasons for eating well and being active include better overall health, more energy, feeling and looking better, stronger muscles and bones, lower risk of disease and a healthy body weight. Get your copy of Eating Well with Canada's Food Guide at [www.healthcanada.ca/foodguide](http://www.healthcanada.ca/foodguide)
- If you make the choice to become vegetarian, be smart about it. Cook yourself good food, try some interesting new dishes and no, potato chips do not count as a vegetable. Variety is key and be sure to include food from all food groups each day. Check with a Registered Dietitian to be sure you are on track. Also check out [www.EATracker.ca](http://www.EATracker.ca) to get personalized feedback on your dietary intake.
- As many as 7 out of 10 teenagers don't get the minimum recommended number of servings of Milk and Alternatives. Eating Well with Canada's Food Guide recommends 3-4 servings of Milk and Alternatives each day for ages 9 to 18. Ensure 2 out of these 3-4 servings are fluid milk – to meet your Vitamin D needs.
- Remember to eat a variety of foods from all four food groups. Different foods have different nutrients, so it's important to eat many different foods to get everything you need to stay healthy. Try sweet potatoes for a Vegetables and Fruit serving, and what about trying lentils or tofu as a Meat and Alternatives serving?
- Complex carbohydrates are the body's main energy source. They fuel everything from breathing to running and are found in bread, pasta, fruits and vegetables. Simple carbohydrates are foods with a lot of refined sugar, like candy and cookies. A diet with more complex carbs and less simple carbs will keep you fueled longer.
- Approximately 30% of all cancers are related to what you eat. Your diet can help boost your body's defenses against cancer. Eat a diet rich in fiber and eat lots of fruits, vegetables and whole grains. Maintain a healthy body weight.

- Have you ever wondered how your food choices measure up? EATracker can assess your food choices and provide personalized feedback on your energy and nutrient intake and compare this to what is recommended for your age, gender and activity level. Check out the EATracker tool at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).
- Challenge yourself! Try one new food each week. It could be a different vegetable, like colored peppers or squash, an unusual fruit or a different type of bread or grain such as couscous. This will add variety and nutrition to your diet. You may not like a food the first time you have it, but remember it often takes a number of times eating the food before you acquire a taste for it.
- The amount of food people need depends on their body size, how physically active they are and how fast they are growing. Children and teens grow according to their own patterns. As a general rule, if they eat according to their appetites and choose foods from the four food groups, over time children and teens will get the nourishment they need.
- Females aged 14-18 years need 7 servings of Vegetables and Fruits a day, while males this age need 8 servings per day. So eat up! One serving is ½ cup fruit or vegetables, 1 cup of salad, ½ cup 100% juice, or a medium fruit.
- Teens need 3-4 servings of Milk and Alternatives per day. One serving is 1 cup of white, chocolate or soy milk, 1 ½ ounces of cheese or 2 cheese slices, ¾ cup of yogurt or Kefir.
- What is Kefir? If you look at Eating Well with Canada's Food Guide, ¾ cup of kefir is one serving of Milk and Alternatives. Kefir is fermented milk, originally made from camel's milk but now more often from cow's milk. It resembles the taste and texture of a drinkable yogurt!
- Females aged 14-18 years need 2 servings of Meat and Alternatives per day, while males aged 14-18 need 3 servings a day. One serving is 2 ½ ounces of cooked meat, fish or chicken, ¾ cup of legumes, ¾ cup of tofu, 2 tbsp peanut butter, 2 eggs or ¼ cup of nuts.
- Females aged 14-18 years need 6 servings of Grains Products a day, while males that age need 7 servings. One serving is: 1 slice of bread, ¾ cup hot cereal, 30 grams of cold cereal, ½ cup rice, pasta, bulgur, quinoa or couscous.
- What is Couscous? Couscous is a type of pasta that resembles rice and is part of the Grain Products group. It is really easy and quick to cook, plus very nutritious.

- Did you know that the banana is eaten more than almost any other fruit in the world? There are over 500 different types of bananas. That means that if you ate a different kind of banana every day, it would take almost a year and a half to try every one.
- The kiwi fruit is named after a bird in New Zealand that is called the Kiwi. There are over 400 different kinds of kiwi fruit in the world. They contain more Vitamin C than 10 lemons! You can enjoy them in a fruit salad or cut them in half to eat with a spoon in your lunch.

## **Healthy Weights**

- Strive for a body weight that's healthy for you. Not everyone is born to have the same body type. Being healthy, feeling good and eating a well-balanced diet is more important than what the scale tells you.
- Try changing one eating or physical activity habit at a time and follow Eating Well with Canada's Food Guide and Canada's Physical Activity Guide. This is the best way to have a healthy weight.
- Active living and healthy eating are both important for good health. Go for a walk or try a new activity. Walk the dog, shovel the driveway or sweep the garage... Think how happy your parents will be!
- To maintain a healthy weight, stay away from dieting, skipping meals or other restrictive eating. Promote healthy living by choosing a variety of foods from the four food groups in Eating Well with Canada's Food Guide.
- Milk, yogurt and cheese contain calcium, which is very important to build your bones and teeth. You should get three to four servings of Milk and Alternatives per day. Your bones continue to grow until your twenties, so it's important to get enough calcium now to make them strong for life.
- Fiber is an important part of your diet. A high fiber diet may lower your risk for heart disease and certain types of cancer. Go for the fiber by making at least half of your grain products whole grain each day, and by choosing vegetables and fruit more often than juice.

## Important Nutrients

- Vitamin D is needed to absorb calcium in the body. Foods naturally high in vitamin D are some fish oils, fortified milk products, and margarine.
- Vitamin and mineral supplements are not insurance for a poor diet. Only food provides you with good taste and good nutrition to help you feel healthy and energized.
- For good nutrition remember that vitamin or mineral supplements will not provide everything your body needs to be healthy. Foods contain many active components in addition to vitamins and minerals. If you rely on supplements for your vitamins and minerals, you can miss out on some of these important active agents.
- Maintaining a healthy diet is essential to heart health. Avoid “trans fats” or “hydrogenated fats” which are common in deep fried and packaged foods.
- Maintaining a healthy diet is essential to heart health. Avoid trans fats which are common in fast foods and highly processed foods. Be sure to include plenty of fruits and vegetables in your diet. Consult the new Canada’s Food Guide for more information.
- An important part of maintaining heart health is giving a diet that is rich in fruit and vegetables. These foods also contain an abundance of vitamins and minerals that will boost your body’s immune system. These disease fighting compounds can help you to avoid flu, colds, and other viruses.
- Teen girls who do not eat meat, fish or poultry need almost twice as much iron as other girls who do eat these foods. Non meat iron sources are fortified breakfast cereals, breads and pastas, dried peas, beans and fruits, seeds and nuts, dark leafy vegetables and eggs. Eating foods high in vitamin C, like 100% pure fruit juice, with iron rich foods will help your body use even more of the iron.
- Eat plenty of fruits and vegetables! Most people don’t get enough and they are a great way to fill up on healthy high fiber foods that are stocked with vitamins and minerals. Diets high in fruit and vegetables can help reduce risks of chronic diseases like obesity, diabetes, heart disease, and cancer.
- Unlike the recommendations for adults, children should not limit high fat foods which are dense with nutrients, such as cheese, nuts, and nut spreads such as peanut butter (except, of course, when there are allergies). Children need adequate energy and nutrients for proper growth and development. A gradual reduction of fat is recommended as children grow older. Once they have finished growing, fat recommendations are the same as for adults.

- This is a test. Can you name the one food that supplies all fifty nutrients that our bodies need for good health? If you can't come up with an answer- you are right! There is no single food that supplies everything we need! That's why eating a variety of foods is so important. It's also much more interesting than sticking to the same old foods all the time.

## Hydration and Active Living

- Satisfy your thirst with water! It's a calorie free way to quench your thirst, so drink water regularly. You will need more water in hot weather or when you are very active.
- If you are very active or exercise strenuously, especially in hot and humid temperatures, you need more water to keep yourself hydrated. If you are mildly dehydrated, you may begin to feel symptoms such as dry mouth, flushed skin, fatigue and headache. So don't forget your water bottle!
- After a sports event you need to refuel. The best time to refuel is within the 30 minute window after the activity to help your body recover and refuel. A high carbohydrate snack with a little protein is key. Things like chocolate milk, cereal with milk, drinkable yogurt, cheese and crackers, a sandwich, nuts, and dried fruit all work great. Don't forget to drink plenty of water to rehydrate.
- You should drink ½ cup - 1 cup of water every 15 minutes during exercise.
- What do you drink to quench your thirst? If you are like other teens, you are drinking more and more pop. Did you know that each can of pop contains 8 or more teaspoons of sugar? That really adds up to a lot of extra sugar that we don't need. Not to mention some cola drinks contain caffeine. Better choices for beverages are water, white or chocolate milk and 100% pure fruit juice.
- What do you, the trees, and a hamster have in common? Give Up? You all need water! All living things must have water to survive. Did you know that people cannot survive for more than a few days without water? More than half of our body is made up of water. The rest consists of bones and squishy insides! Now that we know how important water is, lets all drink it instead of sugary drinks!
- Did you know that if the label on your fruit juice bottle says fruit "drink", "punch", "cocktail", "beverage" or ends with "ade" it's probably not 100% fruit juice? Fruit drink is not the same as 100% fruit juice. Fruit drinks are mostly water and sugar so they're more like pop. Look for fruit juices that are made from 100% fruit rather than drinks that are just fruit-flavored. The key words to look for on the label are "100% fruit juice". It is recommended that children and teens aged 7-18 years should have no more than 375 ml or 1 ½ cups of juice per day.

- Sport drinks are not good beverages to drink, unless you are doing more than one hour of intense exercise. These types of drinks are made to replace the sugar and electrolytes that are lost in the form of perspiration (sweating) during intense exercising lasting more than one hour. Sports drinks contain sugar, coloring agents and artificial flavors... so generally water is the best hydrator for kids and teens!
- Whether staying up late to finish homework, or hanging out with friends, coffee has become a popular drink for teens. Coffee contains caffeine, which is known to give us that “mild jolt” and help us stay awake. Caffeine is also in colas and chocolate. Keep in mind that drinking or eating increased amounts of caffeine can have side effects such as trouble sleeping, indigestion, and dehydration...just a name a few. So, moderation is key here! Need more energy... try physical activity or a healthy snack instead!
- Physical activity reduces stress and anxiety, helping you to relax. Just a short ten minute walk in the fresh air will promote calmness and renewed energy.
- Great snacks like chocolate milk, cereal with milk, granola bar, cheese and crackers, or yogurt can give you energy before a sports event. You need the proper fuel to perform well!

### **“Other” Foods**

- Eat Your Berries! Instead of reaching for apple pie and ice cream for dessert, go for the fresh fruit itself or make a fruit smoothie for a great meal ending dessert.
- It’s OK to treat yourself to a double fudge sundae once in awhile, but don’t let those high calorie treats become an everyday choice. If you are having ice cream, try a lower fat version or a sorbet....and remember to keep portion sizes in mind.
- Watch your serving sizes! In this age of supersizing, we often get a much larger serving than normal. If you have decided to have french fries today, share with a friend and save on those extra calories!
- Limit empty calorie foods. Empty calorie foods are high in calories, but low in nutrients. These foods include sweetened drinks like pop and sports drinks, chips, chocolate bars, candy and deep fried foods like french fries.

## Trivia, Jokes & Riddles

1. Today's trivia question is "What is 'congee'?"

- A. A new music group?
- B. An African monkey?
- C. A Chinese porridge?

If you guessed "c", you're right. Kids in China know how important breakfast is. They eat it to re-energise their bodies after a night's sleep. It gives their bodies important nutrients and fuels their brains. Kids in China eat breakfast – do you?

2. I am a food with culture. I may be flavoured with fruit or plain. What am I? Yogurt

3. Are your four food groups pop, candy, chocolate and cookies?

Canada's Food Guide tells us to eat a variety of nutritious foods for healthy bodies and teeth. Check your lunch today. How does it rate?

4. How do you divide 17 tomatoes amongst 9 boys and 9 girls? Make tomato juice.

5. How do you fix a broken pizza? With tomato paste

6. What do you call two banana peels? A pair of slippers!

7. What kind of diet does a tightrope walker eat? A "balanced" diet

8. Why is that loaf of bread feeling so sad? It's feeling crummy.

9. A tomato, lettuce and faucet had a race. Which one won?

The lettuce. The faucet was running, the tomato couldn't ketchup and the lettuce was a head.

10. What fruit always travels in twos? Pears

11. What vegetable's name and first letter sound the same? Pea

12. What do you call cheese that isn't yours? Nacho cheese

13. What did the cookie say to the doctor? "I feel kind of crummy today"

## **Sources of Document:**

- Healthy Eating Alliance Nutrition Education and Promotion Group
- Eating Well with Canada's Food Guide, Health Canada website.  
[www.healthcanada.ca](http://www.healthcanada.ca)