

# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Discover your food guide at

[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

# Eat well. Live well.

Healthy eating is more than the foods you eat



**Be mindful of your eating habits**



**Cook more often**



**Enjoy your food**



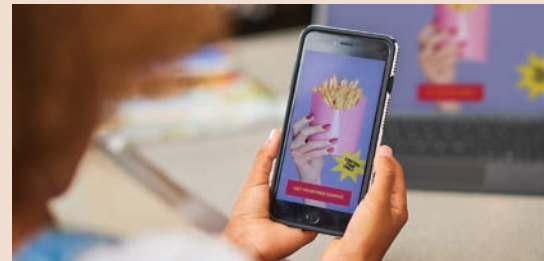
**Eat meals with others**



**Use food labels**



**Limit foods high in sodium,  
sugars or saturated fat**



**Be aware of food marketing**

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**Canada.ca/FoodGuide**



# Fast Food Options: Tips for Making Healthy Choices

Eating out at a fast food restaurant can be a once-in-a-while treat, but menu items are often high in calories, fat and salt and lower in vegetables and fruit. Luckily, many “fast food” restaurants are making it a little easier with some healthier menu options. These tips will help you choose wisely!

## Downsize it

Super-sized portions of fast food usually cost only a little extra, but can pack a whopping nutritional blow.

Research shows the larger the serving in front of us, the more food we tend to eat. **Keep in mind:** double the portion = double the calories.

Compare the Calories and Fat	Total Calories	Fat (grams)
Double patty hamburger with dressing or mayonnaise + large fries + large soft drink	1570	66
Double patty hamburger + large fries + large soft drink	1200	40
Single patty hamburger + small fries + small soft drink	620	18
Single patty hamburger + side salad* + 2 % milk	435	16

\* With low fat dressing

**Tip:** If you just can't bear to pass on a meal deal, split the large portion with someone else.

## Watch the “extras”

Those little “extras” like salad dressings, sandwich sauces, mayo, spreads and gravy can add a lot of fat, calories and salt to your meal. **Choose:**

- Veggies as a tasty garnish for sandwiches
- Lower-fat condiments such as ketchup, salsa, mustards and relish – but use sparingly since these condiments are also high in sodium.
- Lower-fat salad dressings.

Ask for “extras” on the side so you can use small amounts.

## Design it yourself

Keep the calories, sodium and fat in check and boost fibre with made-to-order options. When you order a sandwich, burger, wrap, salad or pizza, ask for:

- Whole grain breads, buns, wraps and pizza crusts

Trusted advice from dietitians. [www.dietitians.ca](http://www.dietitians.ca)

- Plenty of colourful vegetables and fruit
- Leaner fresh cooked meats such as roast beef, chicken or turkey breast. Skip processed deli meats such as salami and balogna
- Lower-fat milk products
- Lower-fat sauces, spreads and salad dressings

### Be balanced

Healthy eating is a matter of balancing your food choices over time. So if you overindulge at one meal, make healthier choices at your next meals.

**Tip:** Order the child-size menu items so you get the taste you want without big portions.

### Salad savvy

Salads can be a healthy choice, but not all salads are created equal. For example, a chicken Caesar salad with dressing can have about as many calories and as much fat as a deep fried chicken sandwich.

Ask for dressing on the side and use small amounts. Choose leafy green salads and skip the croutons, bacon bits and fried noodles or tortillas; they offer extra fat, calories and sodium but few good-for-you nutrients.

### Drink smart

Water is the best choice to quench your thirst; choose water or milk with your meal when eating out. Some sugary drinks contain as many calories as a whole meal. In fact, milkshakes often contain more calories and sugar than any other menu item. If you choose a sugary drink, order the smallest size. Less is best.

**Tip:** Add milk to tea and coffee instead of cream to save calories and fat. Flavoured syrups and whipped cream may add as much as 200 to 300 calories or more.

### Breakfast basics

Make wise breakfast choices to give you the energy and nutrients you need for a great start to your day. Choose healthier options such as oatmeal, fruit and yogurt cups or whole grain bagels with peanut butter.

**Tip:** Limit higher fat options like doughnuts, pastries, muffins, croissants, bacon, sausages and fried hash browns.

### Fill up on fibre

Choose menu items made with whole grain breads, lots of vegetables or fruit, and legumes (dried beans, lentils and peas). Try chili, salads, vegetarian burgers or falafel.

### Desserts

Think fresh and light when it comes to dessert. Fresh fruit, plain frozen yogurts and sorbet are healthier options. Be portion wise, some large cookies may add as much as 400 or more calories. Love the sweet stuff? Order one dessert and ask for many spoons to share with friends or family.

### Get the facts

Ask for nutrition facts at the restaurant before you order. Compare the calories, fat, sodium, sugar, fibre and key nutrients – you may be surprised!

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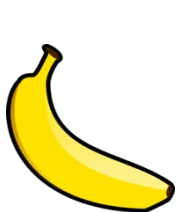
## Ten Easy Tips

Follow these to help you get started eating healthy

1. Consider the balanced plate- how does your meal stack up?
2. Eat a variety of colorful vegetables- different colors are rich in different vitamins/minerals.
3. Mix foods high in sugar and salt with zero-sugar or zero-salt options to help decrease your intake.
4. Cook in bulk and portion into single servings to keep in the freezer.
5. Change your environment to make the healthy choice the easy one.
6. <5% is a little, >15% is a lot.
7. Try replacing meat with fish or legumes 3-4 times/week.
8. When choosing snacks- match a protein choice with a carbohydrate choice to keep you full for longer.
9. Enjoy your food!
10. Plan ahead..

## My Week in Meals

	M	T	W	Th	F	S	S
Breakfast							
Lunch							
Dinner							
Snacks							
Prep for tomorrow							



## Nutrition Resources Available to Students

### Free Food in Calgary Directory:

This website provides a list of free food resources all around Calgary. It has many options available to people with different needs and in various areas of the city.

<https://informalberta.ca/public/common/viewSublist.do?cartId=1021259>

### The SU Campus Food Bank:

The SU Campus Food Bank provides a 7-day emergency food relief service on campus. This is provided through nutritionally sound hampers in accordance with the Canada Food Guide along with information to clients regarding resources available on and off-campus.

<https://www.su.ucalgary.ca/programs-services/student-services/food-bank/>

### Good Food Box:

The Good Food Box program is run through the Community Kitchen Program of Calgary and aims to provide community members with greater access to affordable, nutritious and sustainable fresh fruits and vegetables. The program purchases produce directly from local farmers and wholesalers. The program is run by volunteers that pack the boxes full of fruits and vegetables to be delivered to depots across the city including the SU Campus Food Bank

<https://www.su.ucalgary.ca/programs-services/student-programs/good-food-box/>

### The Alex Community Food Centre:

The Alex Community Food Centre (CFC) is a welcoming place for people to come together to grow, cook, share and advocate for good food for all. The CFC provides people with access to high-quality food in a dignified setting through healthy meals and an affordable produce market. People learn cooking and gardening skills in ways that expand their taste buds and help them make healthier food choices.

<https://thealexcfc.ca/>

### Campus Community Kitchen

The Campus Community Kitchen hosts free community kitchen dinners once-a-month. The team of ~20 cooks and enjoys a nutritious, and affordable meal. All cooks, from beginners to seasoned chefs are welcome to come and help prepare 4-5 dishes, make friends and enjoy a free meal.

Facebook: Campus Community Kitchen

Email: [campuscommunitykitchen@gmail.com](mailto:campuscommunitykitchen@gmail.com)

### Dietitian One-on-ones

Today's registered dietitian also provides one-on-one nutrition sessions for students based on their individual needs and nutrition concerns. These sessions are offered on Friday mornings and can be booked through the University of Calgary Wellness Centre.

<https://www.ucalgary.ca/wellnesscentre/services/health-services/nutrition>



# SMART Goal Worksheet

Use this worksheet to set one or two goals for yourself using the SMART guidelines.

My goal is:	
<b>Specific</b> How will I do it? (What, when, where, and how?)	
<b>Measurable</b> How will I measure it? (How much, how many?)	
<b>Attainable</b> Is this something I can do?	
<b>Rewarding</b> Is this something I want to do?	
<b>Timely</b> How often or when will I do this?	

## Staying on track

Write down the names of people you can ask to support the changes you are making.

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Write down things that could make it hard for you to achieve your goal.

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Write down some ideas for how you can manage these difficulties.

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Write down why you are making a healthy lifestyle change. Read this when you feel like giving up on your goal.

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Please visit [www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca) and search "Setting SMART Goals" for instructions about how to use this worksheet.