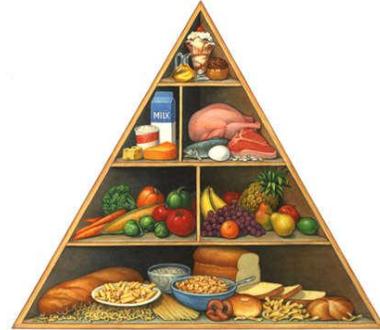


Don't know where to begin? Try these ten steps to healthy eating!

1. Eat 3 regular meals daily. Don't skip any meal. Skipping meals often results in overeating and unwise food choices in the next meal.

2. Enjoy a variety of foods which provide you with different nutrients to keep your body healthy. Aim to include 3 or more food groups from the food pyramid at each meal.



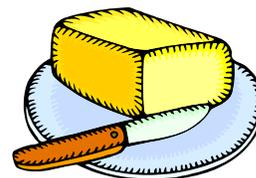
3. Choose whole grains more often and eat less refined grains and sugar. Whole grains include oatmeal, whole wheat, rye, brown rice, buckwheat, couscous, and others. Whole grains and their products (bread, cereals, pasta etc.) are rich in important nutrients such as fibre, vitamins, minerals, and phytochemicals that are low in refined grains.

4. Eat lots of fruits and vegetables. Aim for at least 2 servings of fruits and 3 servings of vegetables each day. Enjoy a variety of fruits and vegetables that are in different colours.



5. Choose lean meats, fish, skinless poultry, tofu, beans and lentils for good sources of protein. Control your portion size to about 3-4 oz per meal. Use lower-fat cooking methods such as steaming, baking, poaching, stir-frying, and microwaving.

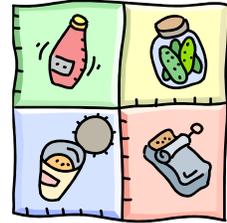
6. Use less added fat, including butter, margarine, oil, gravy, mayonnaise, cream, lard, and shortening. Avoid fried foods.





7. Choose low-fat dairy products (milk, yogurt, cheese). Dairy products are excellent sources of protein and calcium. Choose the low-fat versions as the fat in milk is mostly saturated fat.

8. Eat less salt (or sodium). A high-salt diet may increase our blood pressure and may affect the health of our heart and kidneys. Limit the amount of salt and salty seasoning (e.g. soy sauce, oyster sauce, fish sauce, black bean sauce etc.) added to food. Read the nutrition label - a lot of processed foods such as canned soup, instant noodles, and salted snacks contain large amounts of sodium.



9. Drink 6-8 cups of water a day to keep your body well-hydrated.

10. Achieve and maintain a healthy weight through healthy eating and physical activity.



To discuss your questions & concerns with a dietitian, please contact the dietitian's office at Canossa Hospital at 25222181.