

FROM THE BLOG: WEIGHT MATTERS
BY YONNIE FREEDHOFF

About the Blogger:

Family doc, Assistant Prof. at the University of Ottawa, Author of The Diet Fix, and founder of Ottawa's non-surgical Bariatric Medical Institute - a multi-disciplinary, ethical, evidence-based nutrition and weight management centre. Nowadays I'm more likely to stop drugs than start them. You can also follow me on Twitter at [YoniFreedhoff](#)

13 myths of modern day dieting that he wrote about in his book The Diet Fix.

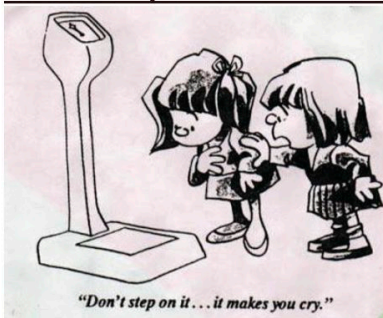
DAY, APRIL 14, 2014

The 1st Myth of Modern Day Dieting: It's About Willpower

The first myth of modern day dieting is that willpower is required. Yet people often spend more willpower on weight management than any other area of their lives. Has there really been an epidemic global loss of willpower over the course of the past 60 years? I don't think so. We as a society haven't changed, the world around us has. In this day and age, and in this toxic food environment, weight struggles aren't a willpower issue, they're as Yale's [Dr. David Katz](#) would put it, a *skillpower* issue.

TUESDAY, APRIL 15, 2014

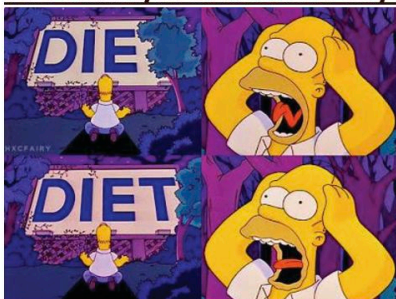
The 2nd Myth of Modern Day Dieting: Scales Measure Health



Scales don't measure the presence or absence of health. Nor do they measure happiness, self-worth, or success. Scales measure one thing, and one thing only. Scales measure weight

WEDNESDAY, APRIL 16, 2014

The 3rd Myth of Modern Day Dieting: Dieting Must Be Difficult



Simply put, weight lost through suffering comes back. While there's no doubt that weight management and healthful living require effort, if the efforts required include regularly facing off with hunger, blindly denying yourself foods you enjoy, or following a dietary regime that doesn't fit your tastes, they're not going to last.

Whatever program or diet you undertake, the most important predictor of your likelihood of long-term success is being able to answer, "yes" to the question, "*could you happily live this way for the rest of your life*", with the key word there being, "*happily*".

THURSDAY, APRIL 17, 2014

The 4th Myth of Modern Day Dieting: You Shouldn't Eat Unless You're Hungry



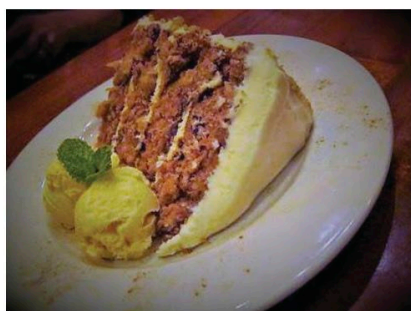
For those who struggle with dietary control I can't imagine a more dangerous piece of advice than, "*you should wait until you're hungry to eat*". Hunger influences choice. Shop at the supermarket hungry and you'll see that influence in action. Sit down to a meal hungry and while you're not shopping from an aisle, instead you'll be shopping from your fridge, cupboard, plate or a menu and no doubt, your choices will be different. On the other hand, organize your eating so that you're not hungry, and then you've got a shot, as "willpower", when it comes to dietary choice, is often simply the absence of hunger.

Myth 5: The 5th Myth of Modern Day Dieting: You Can Outrun Your Fork

80% of your modifiable weight is likely determined by your dietary choices leaving only 20% for your fitness choices. While exercise has truly fantastic health benefits and markedly mitigates the risks of weight, you're far more likely to lose weight in your kitchen than you are in your gym, and if you're exercising solely for the purpose of weight management, you run the risk of quitting perhaps the single healthiest behaviour you could adopt if and when the scales don't fly down. Unless you plan on spending a heroic part of each and every day running, you're not going to outrun your fork.

TUESDAY, APRIL 22, 2014

The 6th Myth of Modern Day Dieting: Cheat Days Are Wise



That up above?

That's a photo of The Keg's carrot cake à la mode. I once referred to it at *the world's most dangerous piece of*

cake because who in their right mind would ever guess it contained more than a day's worth of calories?

Item	Serving Size	Energy (cal)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sodium (mg)
Carrot Cake (US menu)	-	2173.1	127.0	45.0	21.0	240.0	1470.0
served with... Vanilla Ice Cream	-	171.0	9.2	5.3	2.6	19.7	78.9
Totals	-	2344.1	136.2	50.3	23.6	259.7	1548.9

While I'm all for thoughtful indulgences (and even that piece of carrot cake if you've thoughtfully decided it's worth it), in our current non-intuitive, hyper-calorific food environment, cheat days, even cheat meals, can easily sink your weight management efforts. The answer to the question, "*is it worth it?*", is a personal one, but if you don't even ask the question because the day or the meal's a "*cheat*", you're liable to bite off far more than you'd have thoughtfully decided was actually worth chewing.

WEDNESDAY, APRIL 23, 2014

The 7th Myth of Modern Day Dieting: Some Foods Must Be Forbidden

I'd bet I've written more actual prescriptions for chocolate than any other physician in North America. While of course there's no all-you-can eat chocolate weight loss program, there's also little doubt that if chocolate is one of the loves of your life, the likelihood of you living forever-more without it is slim to none. It's about the smallest amount of chocolate you need to like your life, and for most chocolate lovers, zero isn't a sustainable amount.

THURSDAY, APRIL 24, 2014

The 8th Myth of Modern Day Dieting: There's One Best Diet



Different strokes for different folks is definitely true diet wise, and it's dead simple to know if you're on the best diet for you. Just ask yourself the question, "*Could I happily live like this forever?*", and if the answer's "*no*", you're on the wrong diet. The corollary's true too - if the answer's "*yes*", and if you're happy with your health, don't let any diet guru or zealot try to tell you different.

THURSDAY, MAY 01, 2014

The 9th Myth of Modern Day Dieting: Muscle Gains Outweigh Fat Losses

Have you ever told yourself that the reason you're not losing weight is because you're gaining muscle?



Oh how I wish muscle were that easy to gain!

MONDAY, MAY 05, 2014

The 10th Myth of Modern Day Dieting: You Should Save Your Calories For Dinner



If you know you've got a big dinner planned, while it might intuitively make sense to try to skimp on your daytime eating, if you show up to your indulgent meal hungry, you're likely to eat back your savings and then some.

Given the average restaurant appetizer packs between 400-600 calories, and that bread baskets beckon before appetizers even arrive, and that decadent mains and desserts festoon all menus, if you show up to a restaurant hungry because you skimmed all day long and between the bread, an appetizer, a more indulgent hunger-influenced main that you're more likely to finish, and whatever daytime calorie savings you racked up will likely be gone even before your main course arrives. On the other hand, show up not particularly hungry and suddenly the bread's less tempting, there'll be no need for an appetizer, your main is likely to be less indulgent (and perhaps not finished), and dessert'll be easier to share.

Bottom line for most meals out - if you save your calories for dinner, your overall daily total may well wind up higher than if you don't.

MONDAY, MAY 12, 2014

The 11th Myth of Modern Day Dieting: There Are Bottles Full of Weight Loss



There are no shortage of products promising remarkable weight loss benefits. You can buy them from actual pharmacies and sometimes they're even promoted on television by actual doctors (or at least by one actual

doctor). Yet the only thing remarkable about those bottles is that they're legally allowed to be sold.

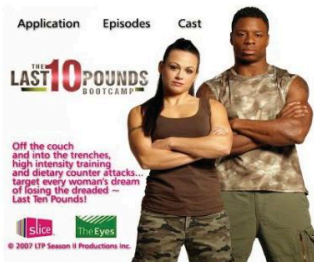
If there were such a thing as bottles full of weight loss, the world would be very slim indeed.

TUESDAY, MAY 20, 2014

The 12th Myth of Modern Day Dieting: The Last 10lbs Are the Hardest!

If you want those last 10lbs to stay off, well then they'd better not be any "*harder*" to lose. "*Harder*" usually implies extremes of effort - lots of white-knuckles to pass by the yummy stuff, more gym sweat than is enjoyable, or incredibly monotonous eating and denying yourself the ability to enjoy food for comfort or celebration. Well guess what? You're not likely to live with those extremes for good and as a result (and you know this is true) it's not a matter of if, but rather of when those last 10lbs are going to return.

Your real last 10lbs, while I don't know which 10lbs they're going to be, and while they will certainly be **the slowest** 10lbs, shouldn't be any "*harder*" than your first 10, and if they are, you're doing something wrong.



WEDNESDAY, MAY 21, 2014

The 13th (and Most Dangerous) Myth of Modern Day Dieting: Weights Should Be "Ideal"



If I had to pick the single most toxic, backward, and yet desperately believed societal myth about weight there's no doubt it would be this 13th myth of modern day dieting - that weights should be "*ideal*", that people of similar heights are **supposed** to weigh similar amounts, and that numbers make useful goals.

They don't. But if you believe that they do, well that's likely to lead you to all sorts of stupid when it comes to trying to lose as it's a belief that has fuelled the past 60 or 70 years of traumatic and extreme diets.

Let me say it quite plainly (and forgive me for my language) - as a means to set personal goals BMI is bullshit. Sure it may be useful when considering a population and risks associated with weight overall, but it's simply not useful to you as an individual as there are all sorts of weight-affecting realities that you simply won't be able (or willing sometimes) to change.

Like every other area of your life, your goal with weight management or healthy living is to do your best, and whatever weight you reach living the healthiest life you honestly and actually enjoy - well that's your "*best weight*". And I'm here to tell you, whatever that weight is, it's frickin' great.

Healthy Eating for Adult Weight Management

Are you ready to make changes to how you eat for your health and weight? If your answer is *yes*, then the ideas in this handout may help you.

Calories and weight

Calories are fuel (or energy) for your body. We get calories from what we eat and drink.

- **Weight gain** can happen when the calories you get from food and drink are more than the calories you burn.
- **Weight stays the same** when the calories you get from food and drink are the same as the calories you burn.
- **Weight loss** happens when the calories you get from food and drink are less than the calories you burn.

What works for weight management?

Have breakfast every day

- Eat within 2 hours of waking up.
- Include a high protein food like low fat yogurt, an egg, or low fat meat.
- Have fruit instead of juice to fill up with fewer calories.
- If you don't have enough time to make a meal, try a meal replacement drink or bar.

Eat 4 to 5 times per day

- Include 3 meals and 1–2 snacks.

Aim for smaller portions and a healthy plate at every meal.

- Make half your plate Vegetables and Fruit.
- First, start with a smaller plate.
- Divide the other half into smaller portions of Grain Products and Meat and Alternatives.

Include foods that help you to feel full

- Choose foods with at least 2 grams fibre per serving.
- Add vegetables or fruit to your meals.
- Include a protein food at meals. Foods higher in protein come from the Meat and Alternatives and Milk and Alternatives groups. See the *Guide to healthy food choices* on the next page.

Avoid drinks with calories (except skim or 1% milk)

- Drink water throughout the day.
- Drinks with calories include pop, iced tea, fruit flavoured drinks, slushes, alcoholic drinks, energy drinks, coffee and tea drinks made with sugar, syrups, cream, and whitener.

Shop for groceries with your goals in mind

- The food and drinks you bring home are the food and drinks you will be eating.
- Go to the grocery store with a list, and follow it.
- Don't shop when you're hungry.

Limit high fat foods and added fats

- Choose small portions of healthy fats.

Limit eating out to 0–2 times per week




- Choose foods that are grilled, broiled, barbequed, or baked. Avoid fried or deep fried foods.
- Ask for lower fat dressings and sauces on the side.
- Choose drinks without calories. Limit alcohol.
- Share a meal, or eat only half and take the rest home for another day.


Choose more *Go* foods

- Use the *Guide to healthy food choices* that starts on the next page.
- In each food group, there are lower and higher calorie choices. Both low calorie and high calorie foods count toward your total calories each day.

Guide to healthy food choices

To get the nutrients you need, eat at least the lower number of servings listed in each food group every day. Use the chart below as a guide to make food choices.

 Choose most often	 Choose sometimes	 Choose least often
<ul style="list-style-type: none">• high in vitamins, minerals, and fibre• lower in sugar, fat, salt, and/or calories	<ul style="list-style-type: none">• contains some vitamins and minerals, but may be lower in fibre• may be higher in sugar, fat, salt, and/or calories	<ul style="list-style-type: none">• low in vitamins, minerals, and fibre• high in sugar, fat, or salt• may be higher in calories

Foods with  beside them are higher in sodium (salt). Limit foods higher in sodium.

Vegetables and Fruit











7 to 10 servings a day

Choose bright orange and deep green vegetables and fruit more often because they are higher in vitamins and minerals.



Examples of 1 serving:

- ½ cup (125 mL) fresh, frozen, or canned vegetables or fruit
- ½ cup (125 mL) 100% pure fruit or vegetable juice
- 1 cup (250 mL) raw leafy vegetables
- ¼ cup (60 mL) dried fruit
- 1 medium fruit

 Choose most often	 Choose sometimes	 Choose least often
<ul style="list-style-type: none">• fresh or frozen vegetables and fruit• plain baked or boiled potatoes• canned vegetables with no added salt• canned fruit in water• homemade tomato or spaghetti sauce with no added salt• homemade salsa with no added salt	<ul style="list-style-type: none">• 100% fruit juice (limit to ½ cup (125 mL) per day)• canned or frozen fruit in 100% juice or light syrup• dried fruit with no added sugar• low sodium vegetable juice• canned vegetables with added salt • salsa; tomato or spaghetti sauce • lower sodium tomato-based vegetable soups • creamy vegetable soup made with low fat milk 	<ul style="list-style-type: none">• canned fruit in heavy syrup• French fries and hashbrowns • dried fruit or fruit snacks with added sugar• breaded or fried vegetables• vegetables in cream sauce • creamy vegetable soup made with high fat milk or cream 

Grain Products








6 to 8 servings a day

Choose whole grain foods most often. They have fibre, B vitamins, and minerals. Choose foods with at least 2 grams of fibre per serving.



Examples of 1 serving:

- 1 slice of bread (35 g)
- ¾ cup (175 mL) hot cereal
- ½ pita, tortilla, muffin (35 g)
- 2 cups (500 mL) popcorn, popped
- 30 g cold cereal
- ½ hot dog, hamburger bun, or roll
- ½ cup (125 mL) cooked pasta or rice
- ½ bagel (45 g)

 Choose most often	 Choose sometimes	 Choose least often
<ul style="list-style-type: none">• whole grain bread, naan, pita, tortilla, roti• brown or wild rice, bulgur, millet, quinoa• whole grain pasta or barley• unsweetened whole grain hot or cold cereal• low fat and lower sodium whole grain crackers• homemade, small, low fat, whole grain muffins• air popped popcorn with no toppings	<ul style="list-style-type: none">• white bread, pita, tortilla (not whole grain)• white rice and pasta• store-bought, small, low fat, whole grain muffins• lower fat granola or cereal bars• low fat microwave popcorn, flavoured rice cakes 	<ul style="list-style-type: none">• garlic or cheese bread • sugary cereals• packaged instant noodle soups • croissants• store-bought muffins• dipped granola bars• regular microwave popcorn, theatre popcorn 

Milk and Alternatives












2 to 3 servings a day

Choose lower fat Milk and Alternatives more often. Limit foods with added sugar. Milk and Alternatives are a source of protein. Milk also contains calcium and vitamin D to help keep bones and teeth strong.

Examples of 1 serving:

- 1 cup (250 mL) milk
 - 1 cup (250 mL) fortified soy beverage
- ½ cup (125 mL) evaporated milk (undiluted)
 - ¾ cup (175 mL) yogurt
- 1½ oz (50 g) cheese
 - ½ cup cottage cheese



<div> Choose most often</div>	<div> Choose sometimes</div>	<div> Choose least often</div>
<div><ul style="list-style-type: none">• low fat milk, skim or 1%• unflavoured fortified soy beverage• lactose-reduced milk, skim or 1%• evaporated skim milk• buttermilk, 1% • lower fat cheese (7% MF or less) • plain or flavoured yogurt or yogurt drinks, less than 2% MF, without added sugar• dry curd, no salt added cottage cheese</div>	<div><ul style="list-style-type: none">• 2% milk, 2% evaporated milk• flavoured 1% milk, reduced sugar• flavoured fortified soy beverages• cheese, 8–20% MF • cottage cheese (fat-free, 1%, or 2% MF) • ricotta cheese• lower fat cheese spread • lower fat cream cheese• yogurt or yogurt drinks, with sugar added and/or 2% MF or higher• creamy soups made with low fat milk </div>	<div><ul style="list-style-type: none">• homogenized milk (whole, 3.4%)• chocolate or other flavoured milk• whole buttermilk (3.25%)• whole evaporated milk• cheese, higher than 20% MF• cheese sauce, regular cheese spread, cream cheese• cottage cheese higher than 2% MF • creamy soup made with cream or whole milk • coffee cream, half and half</div>

MF = milk fat

Meat and Alternatives











2 to 3 servings a day

Choose lean meats and poultry. Eat fish at least twice a week. Choose beans and lentils more often. Meat and alternatives are a good source of protein and iron.



Examples of 1 serving:

- 2½ oz (75 g) or ½ cup (125 mL) cooked lean meat, fish, or shellfish
- ¾ cup (175 mL) cooked dried peas, beans or lentils
- ¾ cup (175 mL) tofu
- 2 eggs

 Choose most often	 Choose sometimes	 Choose least often
<ul style="list-style-type: none">• ground or roasted skinless chicken or turkey• trimmed lean beef, pork, lamb, veal, bison, and wild game (moose, venison)• extra lean ground beef• broiled, baked, steamed fish, and seafood without sauce• fish canned with water, no salt added• tofu• eggs• dried cooked beans, peas, and lentils• canned beans, peas, and lentils	<ul style="list-style-type: none">• low fat breaded fish or chicken• lean ground beef• duck and goose• low fat deli/processed meats such as chicken, beef, ham	<ul style="list-style-type: none">• regular ground beef and untrimmed meats• high fat deli/processed meats such as bologna, salami• bacon, sausage, smokies and wieners• battered deep fried fish and chicken fingers• chicken wings and fried chicken with skin




Oils and Fats

Include a small amount of healthy fat each day.

Oils and fats added to food at the table or during cooking add extra calories.
All oils and fats are high in calories; 1 teaspoon of fat has about 45 calories.

Note: Fat-free foods are not calorie free; they may contain added sugar. Count fat-free foods as *Extras* if you eat more than 2 Tbsp (30 mL). See the *Extras* list below.






 Choose most often	 Choose sometimes	 Choose least often
Healthy fats: <ul style="list-style-type: none">• canola, olive, soy, safflower, corn oil• non-hydrogenated soft tub margarines• salad dressings, low fat or regular• mayonnaise, low fat or regular avocado• nuts and seeds, unsalted peanut, or nut butters with no salt added	<ul style="list-style-type: none">• low fat sour cream and cream cheese• nuts and seeds, with salt or oil added• peanut or nut butters with added salt	Saturated or trans fats: <ul style="list-style-type: none">• butter, hard margarine, lard, shortening• tropical oils such as palm and coconut oil• regular sour cream or cream cheese• half & half, whipping cream, or coffee cream• cream sauces and gravies• sweetened nut spreads such as Nutella®

Mixed Dishes

Examples of mixed dishes are soups, stews, casseroles, stir fries, and sandwiches. Use the tips below to decide if a mixed dish is a *Go*, *Yield*, or *Stop* food.







 Choose most often	 Choose sometimes	 Choose least often
<ul style="list-style-type: none">• ingredients are all <i>Go</i> foods	<ul style="list-style-type: none">• ingredients are mostly <i>Go</i> foods with at least one <i>Yield</i> or <i>Stop</i> food.• dishes have added salt, sugar, or fat	<ul style="list-style-type: none">• ingredients are mostly <i>Yield</i> or <i>Stop</i> foods• includes ingredients such as cream sauces, meat with visible fat, regular ground beef, little or no vegetables, and is fried or deep fried




Choose Least Often – Extras (high fat, high sugar foods)

Limit to 0–2 each week

Extras are foods higher in fat and/or sugar. They give you extra calories. Instead of eating extras regularly, eat them only once in a while in small portions.

 Choose least often	
<ul style="list-style-type: none">• potato chips, nachos, taco chips • regular microwave popcorn, theatre popcorn • cookies, Danishes, donuts, pies, cakes• trail mix, granola • regular or low fat ice cream, frozen desserts	<ul style="list-style-type: none">• fruit roll ups, fruit flavoured gummy snacks• chocolate, candy• sugar, honey, syrup, regular jam• pudding• sauces like ketchup, barbeque, tartar, sweet and sour, teriyaki (if you eat more than 2 Tbsp)

Drinks

 Choose most often	 Choose sometimes	 Choose least often
<ul style="list-style-type: none">• water, unflavoured low fat milk (skim or 1%), low fat fortified soy beverage• lactose-reduced milk, skim, or 1%• calorie-free drinks, coffee and tea <p>Note: Coffee, tea and diet colas have caffeine in them.</p>	<ul style="list-style-type: none">• flavoured 1% milk, reduced sugar• flavoured fortified soy beverages• low sodium vegetable juice• fortified almond, rice, coconut, or hemp beverages with no added sugar• 100% pure fruit juice (limit to ½ cup (125 mL) per day)	<ul style="list-style-type: none">• drinks high in calories with added sugar or fat (slushes, regular pop, fruit• flavoured crystals, ice tea, fruit drinks, and energy drinks)• alcohol is high in calories.• almond, rice, coconut, or hemp beverages with added sugar

How can I get started?

Choose more *Go* foods than *Yield* or *Stop* foods.

- Read food labels. The Nutrition Facts table on packaged foods tells you how much fibre, fat, and calories are in a serving.
- Ask yourself if the serving at the top of the Nutrition Facts table is the amount you would eat. If you eat more or less than the serving size in the table, you need to adjust the calories listed. For example, if you eat double the serving size, you eat double the calories on the Nutrition Facts table.
- Foods labelled low fat or fat-free may not be lower in calories. Use the Nutrition Facts table to compare calories.
- Before eating out, check if the restaurant has nutrition information in a pamphlet or on their website.
- You can find the calories for many foods in *Nutrient Value of Some Common Foods* (Health Canada, 2008). Type the title in your favourite Internet search engine.

Use a lifestyle journal

People who use a journal succeed at making changes more often. You can write your progress on paper, or use a phone, computer, or tablet.

- Every day record
 - ✓ what you eat and drink and how much,
 - ✓ how much and what kind of activity you do
 - ✓ any problems, pain, or other symptoms
- Write down your weight.
- Review your progress:
 - ✓ What am I doing well?
 - ✓ What do I still need to work on?
 - ✓ Do I need any help to meet my goals?



Choose Healthy Food Portions

Many people think that a portion of food is the same as a serving, but they can be different.

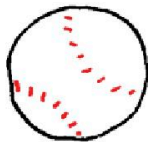






A **portion** is the amount of food that you plan to eat at one time. A **serving** is a set amount of food according to Canada's Food Guide. The serving sizes in Canada's Food Guide are examples of healthy portions. To find out how many servings of each food group your family needs in a day, see Canada's Food Guide on the Health Canada website at www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php.

Why is it important to choose healthy portions?

Choosing healthy portions of food can help you reach and stay at a healthy weight. Many people choose portions that are larger than the amounts suggested in Canada's Food Guide. When this happens too often, your daily intake of calories is too high. This can result in unhealthy weight gain.

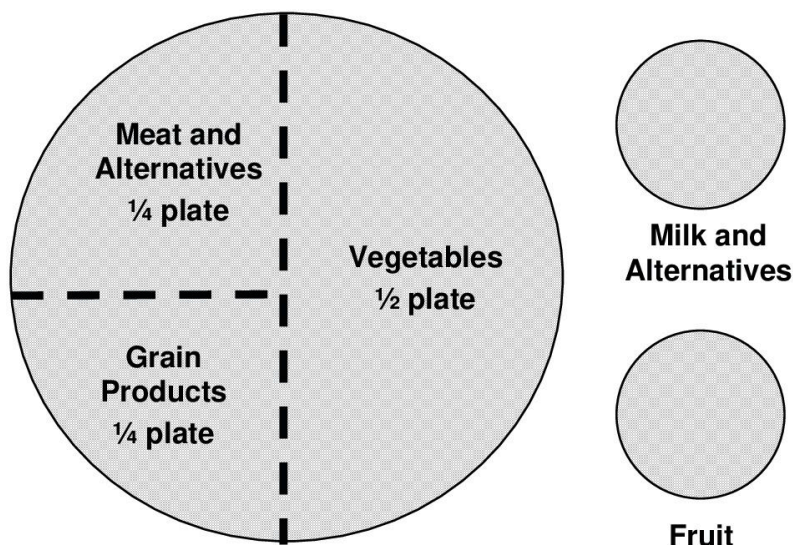
What does a serving from Canada's Food Guide look like?

Compare the items below to your food portions. This can help you decide how many Canada's Food Guide servings are in your meals and snacks. You do not need to weigh or measure foods to know the serving size.

Item	Amount	Food	Number of servings from Canada's Food Guide
Baseball 	1 cup (250 mL)	Salad	1 serving of Vegetables and Fruit
		Fresh, frozen, or canned vegetables or fruit	2 servings of Vegetables and Fruit
		Cold cereal	1 serving of Grain Products
		Rice, pasta, bulgur or quinoa	2 servings of Grain Products
		Milk	1 serving of Milk and Alternatives
Tennis ball 	$\frac{3}{4}$ cup (175 mL)	Whole vegetable or fruit, medium size	1 serving of Vegetables and Fruit
		Hot cereal	1 serving of Grain Products
		Yogurt	1 serving of Milk and Alternatives
		Beans, lentils, or tofu	1 serving of Meat and Alternatives
Hockey puck 	$\frac{1}{2}$ cup (125 mL)	Fresh, frozen, or canned vegetables and fruit	1 serving of Vegetables and Fruit
		Rice, pasta, bulgur, quinoa, couscous, $\frac{1}{2}$ small bagel	1 serving of Grain Products
	2½ oz (75 g)	Fish, shellfish, poultry, or lean meat	1 serving of Meat and Alternatives
2 white erasers 	1½ oz (50 g)	Cheese	1 serving of Milk and Alternatives
Golf ball 	2 Tbsp (30 mL)	Peanut or nut butter	1 serving of Meat and Alternatives
2 golf balls 	$\frac{1}{4}$ cup (60 mL)	Dried fruit	1 serving of Vegetables and Fruit
		Nuts and seeds	1 serving of Meat and Alternatives
Dice or thumb tip 	1 tsp (5 mL)	Butter, margarine, oil, or mayonnaise	Oils and Fats

What does a healthy portion of food look like in a meal?

The picture below shows a healthy meal. First, start with a smaller plate. When filling the plate, try to include foods from at least three of the four groups of Canada's Food Guide. Imagine the plate separated into three parts. A healthy plate will have the large part of the plate filled with Vegetables and/or Fruit. The two smaller parts of the plate are for small servings of Meat or Alternatives and Grain Products. To complete your meal add servings of Milk and Alternatives and fruit on the side.



Tips for choosing healthy portion sizes:

- Have breakfast every day. It may help control hunger later in the day.
- Eat at least three balanced meals a day. Balanced meals have at least three to four food groups from Canada's Food Guide.
- Vegetables and fruit make up the largest part of Canada's Food Guide. Include them in all your meals.
- Have a snack if needed. Vegetables, fruits and milk or milk alternatives make healthy snack choices.
- Pick a healthy place to eat your meals, such as your kitchen or dining room. Try not to eat when doing other activities, such as watching TV or working at the computer.
- Serve your plate in the kitchen instead of at the table. Having bowls of food on the table makes it easy to take second helpings. Put leftovers away before you eat.
- Use smaller bowls, plates, and glasses. When we use larger dishes, we tend to eat larger portions of food.
- Stop eating when you no longer feel hungry. This is your body's message that you have had enough food. You do not have to "clean your plate".
- If you choose to eat foods that are high in fat, sugar, or salt, like cookies, candies, or chips, take a small portion and put the bag away.

Supports to help you along your healthy eating journey!

Websites: trusted and reliable information at your fingertips.

Eat Right Ontario – www.eatrightontario.ca

Dietitians of Canada – www.dietitians.ca

Blogs: check out these dietitian's sites for practical tips on meal planning, healthy snacks and updates on the latest nutrition buzz.

A Little Nutrition – www.alittlenutrition.com

Lindsay Pleskot – www.lindsaypleskot.com

Vincci Tsui – www.vinccitsui.com

Desiree Nielsen – www.desireerd.com

Health Castle – www.healthcastle.com

Food Tracking Programs: consider tracking your food intakes to find out more information about your food choices and patterns.

My Fitness Pal – www.myfitnesspal.com

Eat Tracker – www.eattracker.ca

Fit Day – www.fitday.com

Lose It – www.loseit.com

Dietitians Services: connect with a nutrition professional

Loblaws Stores – contact your local Loblaws store to inquire about a free nutrition consultation with a registered dietitian.

Dietitians of Canada – check out the *Find a Dietitian* link to connect with a dietitian in your area.

Eat Right Ontario – connect to a dietitian for free via phone 1-877-510-5102 or email using the link on their website.