

# HEALTHY BODIES, HEALTHY MINDS

## Healthy Eating

### Breastmilk is the normal food for babies



- Babies need only breastmilk for the first 6 months of life.
- Continue breastfeeding for up to 2 years and beyond with the addition of iron-rich solid foods when baby is around 6 months old and showing signs of readiness.
- Mother, baby, family, community and the environment all benefit from breastfeeding.
- Breastfeeding promotes healthy eating habits for life.
- You have the right to breastfeed anytime, anywhere.



### Enjoy a variety of foods, including lots of vegetables and fruit

- Enjoy foods that are as close to their natural state as possible, every day.
- Choose local and seasonal foods, as much as possible.
- Develop your cooking skills and share them with others.
- Cook at home more often to limit processed foods, which often have added salt, sugar or fat.
- Use oils, fats, sugar and salt in small amounts when seasoning and cooking.
- Choose these foods more often:
  - \* colourful fruit and vegetables,
  - \* whole grains,
  - \* lean meat and alternatives, and
  - \* lower fat milk and alternatives
- Balance your meals. Fill half your plate with vegetables and fruit,  $\frac{1}{4}$  with grain products, and  $\frac{1}{4}$  with meat and alternatives. Add a glass of milk and water to complete your meal.

### Choose water if you're thirsty

- Make water your first choice. Both juice and sugar-sweetened beverages have a lot of sugar and offer few nutrients.
- Pay attention to the first signs of thirst and drink plenty of water. Drink more water in hot weather or when you are active.



## Listen to your body's signs of hunger and fullness



- Take the time to enjoy the taste of your food.
- Eat meals and snacks at regular times. Try to eat without distraction, and in the company of others.
- Focus on the nutrients in foods - not the number of calories.
- Enjoy food; its flavours, colours, textures, social aspect and role in celebrations.
- Recognize that food choices go beyond willpower and are influenced by our environments (e.g., donuts in the break room, chocolate bar fundraisers).
- Make the healthier choice the easier choice where you live, learn, work and play (e.g., replace donuts with fresh fruit; have vegetables washed, cut and ready to eat).



## Practice safe food handling to prevent foodborne illness; separate, clean, cook and chill

- Clean hands and surfaces such as cutting boards, knives and countertops often. Wash hands for 20 seconds with warm water and soap both before and after handling food.
- To avoid cross contamination, use separate cutting boards, surfaces and utensils for raw meat, poultry and seafood than what is used for other foods.
- Cook foods to the proper internal temperatures to ensure harmful bacteria are killed.
- Chill foods to 4°C or less. After cooking, cool foods quickly by putting them in smaller and shallower containers. Chilling foods quickly will keep bacteria from multiplying.

### Resources:

[Leeds, Grenville and Lanark District Health Unit: Nutrition](#)

[Dietitians of Canada](#)

[Best Start: Breastfeeding](#)

[EatRight Ontario](#)