



Guide to Healthy Eating

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Recipe and Resources

This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba. We are a group of trained, non-judgmental, and confidential student health and wellness leaders on campus.

We provide outreach activities, workshops, and one-on-one support for our fellow students on a variety of health and well-being topics. Feel free to drop in to chat or pick up more information packages.

If you would like to request or attend one of our workshops or events, check out our website for details.



Healthy Eating

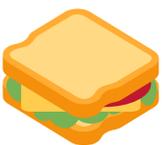
eating for wellness, not for size

How do I know if I need to change what I'm eating?

- You are consistently tired, have low energy, or still feel hungry after a meal.
- You decide how much you eat based off of your weight or the clothes you want to fit.
- What you eat is mostly based off emotions (i.e. not eating when you're anxious, eating more than you were hungry for when you're upset).
- Your immune system is poor (you get sick a lot).

Should I go on a diet?

Diets may help you make a major change in a short period of time, but they are not the healthiest way of making a change. Additionally, diets often fail as they are hard to commit to long-term, and they tend to put the focus on your weight instead of your health. Remember that weight is not the best indicator of health - how you feel is much more important.



Breakfast for Better Grades



Want higher grades? Give your brain the energy and nutrients it needs to grow! If you start your day with a healthy and well-rounded breakfast before class, you will have an easier time concentrating and learning.

Time is precious, especially when you're waking up for an 8:30 class. Try prepping your breakfast the night before, or keeping quick breakfast foods in your kitchen. Here are some ideas to try:

- Bake healthy muffins and keep them in your freezer. Stick a couple in the microwave in the morning - it only takes 20 seconds! Tip: you can replace the oil for equal parts plain low-fat yogurt for an even healthier recipe.
- Stay stocked up on healthy, whole grain cereals and low-fat milk (or milk alternatives). You can cut up fruit and mix it in, or you can stick a banana in your backpack and eat it while you're waiting for class to start.
- Defrost some frozen fruit the night before (it's cheaper, lasts longer, and you lose the prep time). Combine this with low-fat yogurt and add granola.
- Breakfast wrap: If a miracle happens and you have a little more time, scramble some eggs and toss them on a whole-wheat tortilla. Sprinkle with grated cheese and add salsa. This is especially good for before an exam as it provides protein and carbs, and will keep you full and energized for a few hours. Make sure you have a fruit on the side to keep your meal well-balanced.

Building Healthy Eating Patterns

Nutrition isn't about eating the 'right' or 'wrong' things. Listen to your body and figure out what foods it responds well to and what it doesn't.

- If you have a hard time noticing when you're hungry or you have a poor appetite, pick certain times each day where you have to eat something.
 - Try not to go more than 4 hours without eating (except at night).
 - Instead of eating 3 meals per day, you can split your meals into 5 smaller ones.
- If you find you over-eat at meals, try eating half your meal, take a 30 minute break, and then finish if you're still hungry. Sometimes it takes a while to feel full.
 - Invest in some re-usable food containers (or save your empty yogurt containers!) so you don't have to waste your leftovers.
- Eat in a way that keeps you healthy, and try not to focus on what others do. Your friends may have different dietary needs or may be on unhealthy diets.



Mindful Eating

Do you have an unhealthy relationship with food?

Do you have a hard time understanding whether you're hungry, full, or thirsty?

Do you feel anxious, ashamed or uncomfortable when you eat?

When you eat, ask yourself:

- How do I feel physically?
- How do I feel emotionally?
- How does this food taste?
- What is the texture?
- How does it smell?

Do your best to be non-judgemental when acknowledging how you feel.

If you practice mindful eating often enough, it can help restore your relationship with food. Mindful eating can reduce food-related anxiety, and can help you learn to listen to your body.



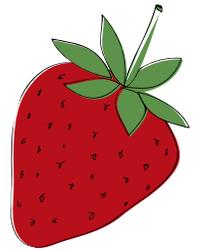
Choosing Healthy Foods

Fruits & Vegetables

Different fruits and vegetables have very different nutrients, so try to have some variety. Green and orange vegetables are especially important.

Frozen fruits and vegetables are just as healthy as fresh ones, and can often be cheaper. Make sure to pick ones that don't have added seasoning or sauces. Canned vegetables often have a lot of salt, so try to pick low-sodium ones, and give them a rinse before eating.

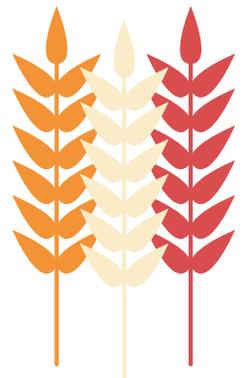
Vegetables provide the most nutrition when they are raw. If you're going to cook them, try steaming instead of boiling.



Grains

People often think they need to avoid grains because they tend to have more carbohydrates, but your body needs these! They help you study, exercise, and have energy to enjoy your day.

There are some grains that will provide you more nutrition than others. Try to choose whole grains, such as brown or rye bread, whole wheat bagels or tortillas, and brown rice.



Dairy

Dairy is super important, but can include a higher fat content than you might need. Choose 2% or skim milk, and look for fat-free yogourt.

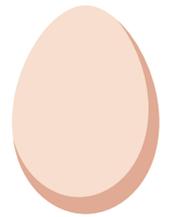
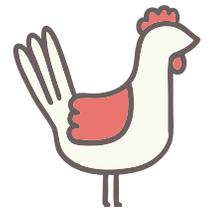
Dairy intolerance can develop as an adult. If milk doesn't work for you, try fortified soy beverages or almond milk. Make sure you're choosing an unsweetened and low fat option.



Protein

If you're a meat eater, you don't need a whole lot. Choose lean-cut meats to lower your fat intake.

If you're a vegetarian or if meat is too expensive for you, there are many other foods you can try such as beans, hummus, eggs, lentils, and tofu. Be mindful of how much protein you're getting, as the body doesn't get to use as much protein when it comes from plants as when it comes from meats.

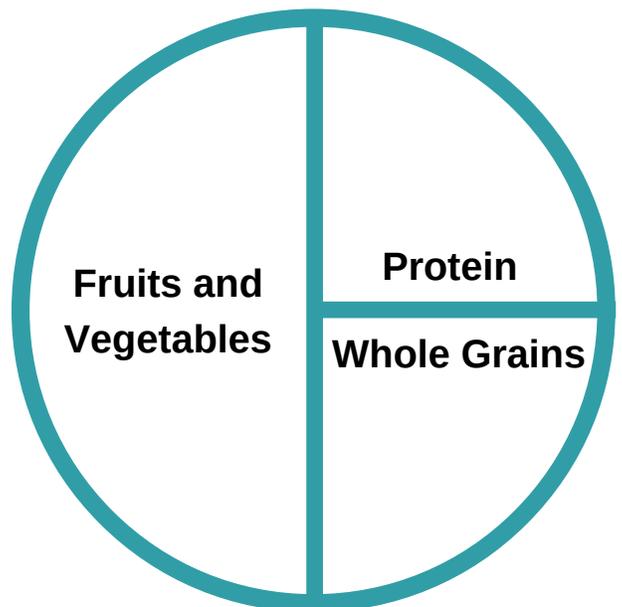


Source: healthycanadians.gc.ca

How to fill your plate

The 2019 Canada's Food Guide recommends:

- eat plenty of fruits and/ or vegetables
- choose proteins from plant sources
- drink water with your meals
- limit high processed foods
- read food labels



Source: <https://food-guide.canada.ca/en/healthy-food-choices/>

Eating Well on a Budget

Tips for preparing meals

- Make home-cooked meals as often as possible. You can make extra and freeze it too, for busier days.
- Remember that pre-prepared food (like salad mixes, grated cheese, and chopped vegetables) often cost more than food you prepare yourself.
- Plan your meals for the week and use this to create your shopping list. This will help you waste less and use everything you buy.
- Read the flyers when planning your meals and shopping list. Some stores have apps that give you personalized deals.
- If your fruits or vegetables are becoming over-ripe, chop and freeze them to use in soups or smoothies.

Tips for grocery shopping

- Look high and low! Grocery stores often place cheaper options on the top and bottom shelves. If the item is eye-level, it probably isn't the best deal.
- Don't shop hungry! Avoid impulse-buying food or drinks you don't need by keeping a snack and water bottle with you when you run errands.
- Try buying meat in larger amounts when its on sale, then freeze what you don't need right away. Just make sure to portion it into separate bags so it doesn't all freeze together!



Eating Well with a Chronic Illness

While Canada's Food Guide is a resource for everyone, sometimes having a chronic illness means you have to make adjustments to your diet.

Depending on your illness, your body may require more or less fats, calories, protein, or salt. You can contact your doctor or Dial-a-Dietician (204-788-8248 or toll-free at 1-877-830-2892) for personalized dietary needs.

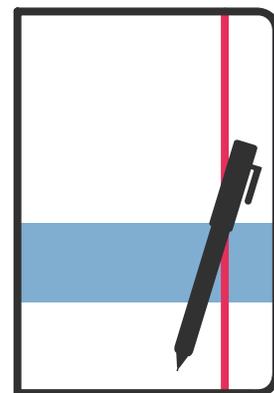
Tips for a poor appetite

Just because you have a poor appetite doesn't mean your body needs less food. It's hard to provide your body the energy and nutrients it needs when your illness takes away your appetite, but there are some things you can do to help.

- Try 'grazing' (eating small amounts of food frequently). Instead of asking your body to accept large meals, you can try getting a little bit of food down each hour, or however it works best for you.
- Experiment with plain foods and foods that smell good to you. Some people find that if a food smells good it stimulates their appetite, while others find smell turns them off of eating. Try some different things and see what helps.

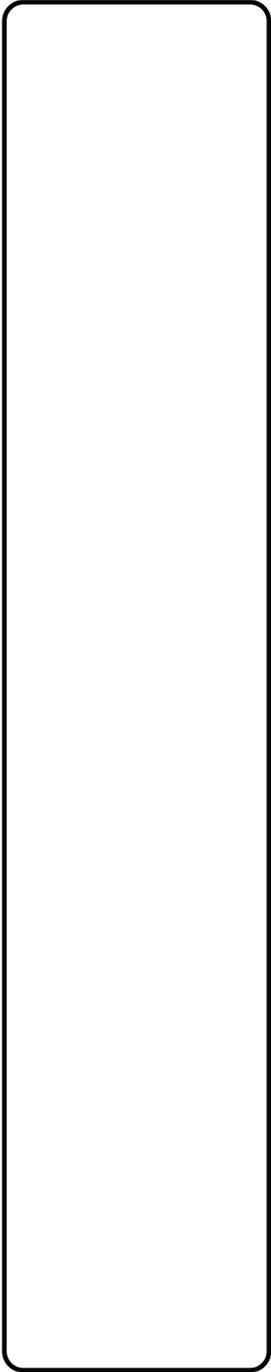
Keeping a food journal

If you're not sure what foods make you feel better or worse, keep a journal listing everything you eat (including the time), and how you feel throughout the day. You may start to notice patterns you wouldn't have picked up on otherwise.



food journal

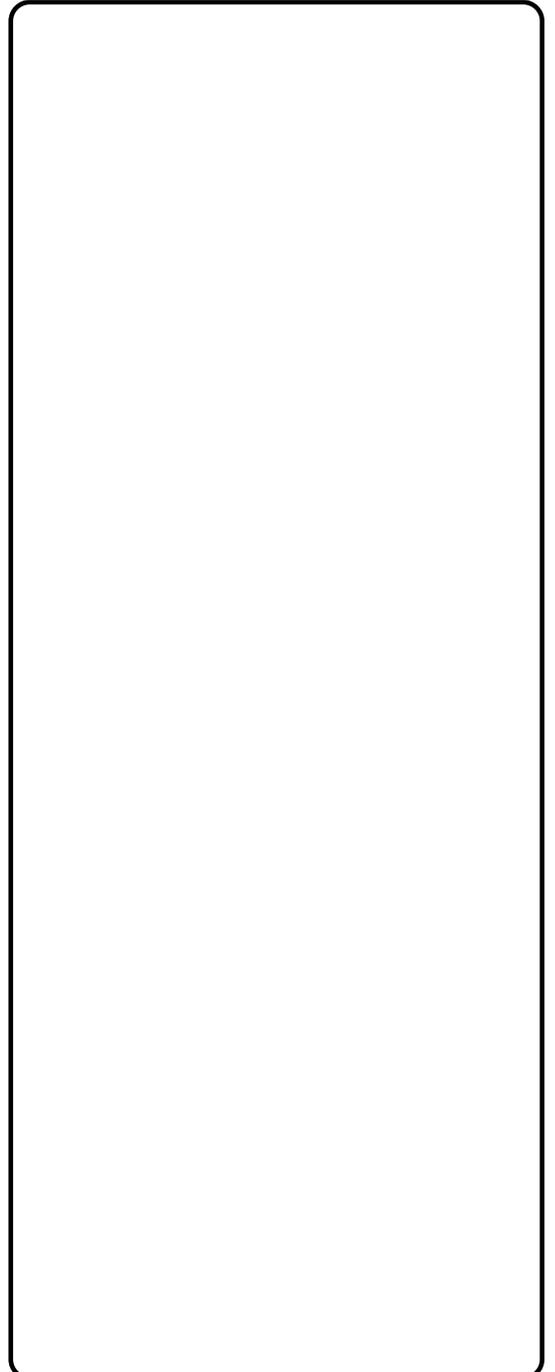
Time



Foods Eaten



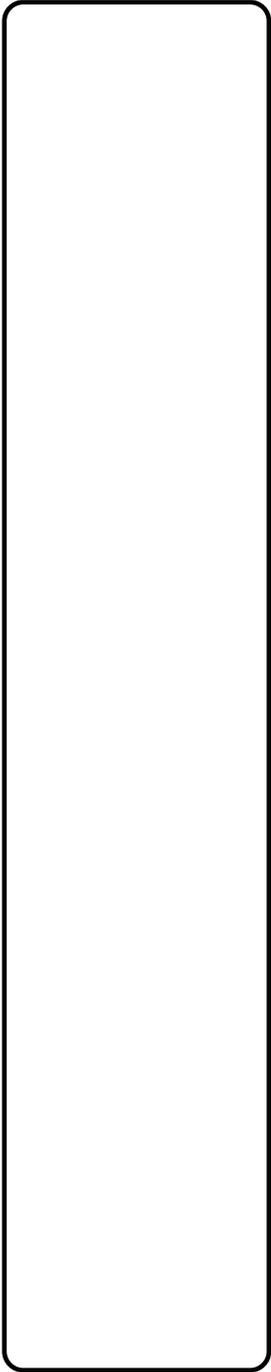
How I Feel



Date: _____

food journal

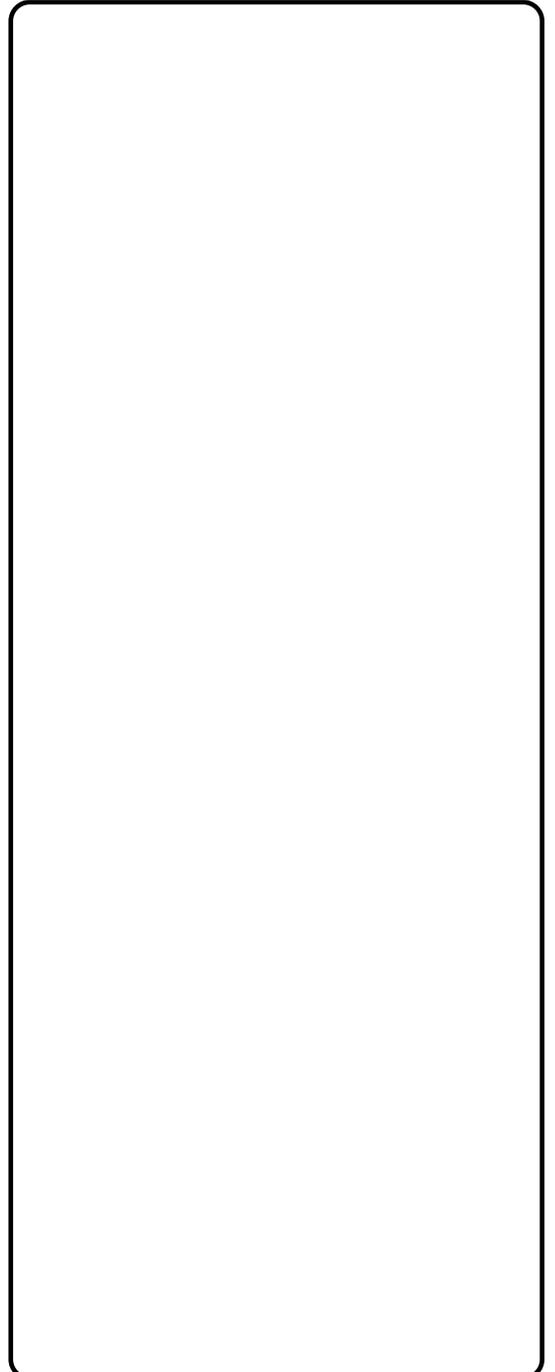
Time



Foods Eaten



How I Feel



Date: _____



Healthy Banana Muffins



4 cups whole wheat flour
3 teaspoons baking powder
1 1/4 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon allspice
1/2 teaspoon salt

1/2 cup vegetable oil
3/4 cup white sugar
2 eggs
2 tablespoons lemon juice
2 teaspoon lemon zest
3/4 cup milk
6 ripe bananas

1. Preheat the oven to 350 F.
2. Line muffin tray with muffin liners
3. Combine dry ingredients (left column) in large bowl
4. Combine wet ingredients (right column) in large bowl
5. Add the dry ingredients to the wet ingredients.

1 cup chopped pecans

1/2 cup chocolate chips

6. Fold in the chopped pecans and chocolate chips
7. Fill lined muffin tin 3/4 full
8. Bake muffins for 20 to 25 minutes or until a toothpick comes out clean.

Tip:

When your bananas start to go brown and you don't have time to bake with them, stick them in the freezer! Once thawed they are still perfect for baking.

Substitutions/ alterations:

Gluten friendly: Replace the 4 cup flour with 4 cups oat bran

Replace cinnamon, nutmeg and allspice with 2 teaspoons pumpkin pie spice

Replace pecans with walnuts

Switch out milk with almond milk or soy milk

Switch out 1/2 oil for 1/2 apple sauce

Get creative! Add flax seeds, hemp seeds. Add frozen blueberries or cranberries.

Add dried fruit. Add more chocolate chips. Have fun and enjoy!

Resources

Dial-a-Dietitian

204-788-8248

Toll-free: 1-877-830-2892

Eating well can be a daily challenge and you may have questions. Free food and nutrition information from a Registered Dietitian.

Craving Change

Workshops run by health care professionals to help you understand more about what, when, and how much you eat. This program focuses on why it is hard to change, what needs changing, how to make changes, and how to keep them.

These workshops are for adults (18 and over) who would like to:

- Understand why it's hard to change eating habits
- Identify personal triggers for over-eating
- Learn to respond to triggers differently
- Improve their relationship with food, and adapt healthier eating habits.

Note: this program is not intended for people with eating disorders.

To find a session, visit <http://www.wrha.mb.ca/community/primarycare/guide.php>
Visit cravingchange.ca for more information.

Eating Well With Canada's Food Guide

For online recipes and resources on healthy eating, visit canada.ca/en/services/health/healthy-eating.html