



Guide to Healthier Eating

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Recipe and Resources

This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:
healthyu@umanitoba.ca



Healthier Eating

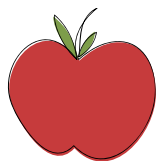
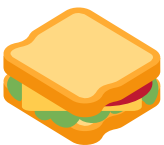
eating for wellness, not for size

Signs to consider that what I am eating, may not be providing me benefit

- 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 shorter period, but they are not always the healthiest way of making a change. Diets commonly “fail” as they are hard to commit to long-term and they tend to put the focus on weight instead of health. Remember, weight is not the best indicator of health – how you feel is much more important. We recommended connecting with your primary health care provider to review what might make most sense for you.



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 healthier 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 nutritious 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 Greek yogurt for an even healthier recipe.
 - Stay stocked up on healthier, 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 Greek yogurt and add granola.
 - Prepare over night oats in a bowl, cup, or mason jar. This can provide you with a healthier, no-cook, breakfast option that can last all week! Oats contain protein, fiber and it is nutrients dense.
- Consider combining 1 part oat, 1 part milk (or milk alternative), and 1/8 part seeds (chia seeds are commonly used – but you choose what works best for you).
- Next add some Greek yogurt and a sweetener of your choice (honey or agave are yummy options).
- Leave it in the fridge overnight and in the morning, add your favorite fruits or nut butter and enjoy on the go!



Building Healthier Eating Patterns

Nutrition isn't about eating the 'right' or 'wrong' things. Listen to your body and figure out what foods it may respond well to and which foods it may not.

- If you have a hard time noticing when you're hungry or you have a smaller appetite, try picking certain times each day to eat something.
 - Try not to go more than 4 hours without eating (except overnight, when your body is using this time to fast). It is important to note that various intermittent fasting patterns (focusing on when you eat, not what you eat) have been studied. For some, this may benefit by regulating blood sugar levels or heart health. We recommend connecting with your primary health care provider if you are considering different fasting patterns.
 - Instead of eating 3 meals per day, you can split your meals into 5 smaller ones.
- If you find you over-eat at meals (eating past the point of when you feel full), 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 can save your leftovers.
- Eat in a way that keeps you nourished and try not to focus on what others do. Comparing is a normal human response, but it's important to remember that things such as lifestyle, dietary needs, or preference can influence our eating habits. What is best for your friend may not be best for you – that's okay. At the end of the day, choosing your well-being is most important. Allow yourself the time to figure out what this looks like or meet with a health care professional for suggestions.

Mindful Eating

Do you have a complicated 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. It has also been associated with improved psychological well-being and body satisfaction

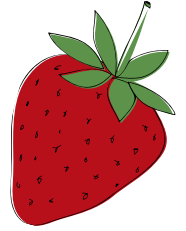
Source: thecenterformindfuleating.org

Source: <https://www.hsph.harvard.edu/nutritionsource/mindful-eating/#:~:text=Research%20has%20shown%20that%20mindful,when%20eating%2C%20and%20body%20satisfaction.>

Choosing Healthier Foods

Fruits and 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 yogurt.

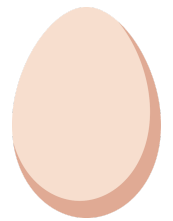
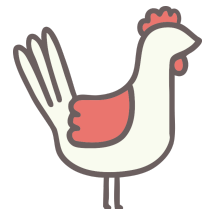
Dairy intolerance can develop as an adult. If milk doesn't work for you, try fortified soy beverages or almond milk. Consider choosing an unsweetened and lower fat option.



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.

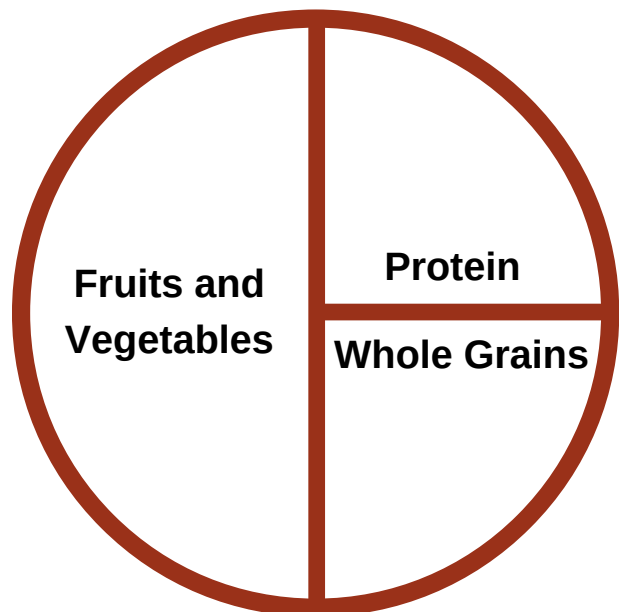


Source: healthycanadians.gc.ca

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.

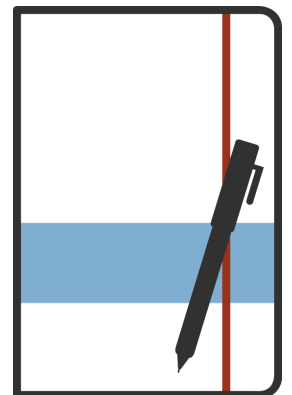
Tips for a poor appetite

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.

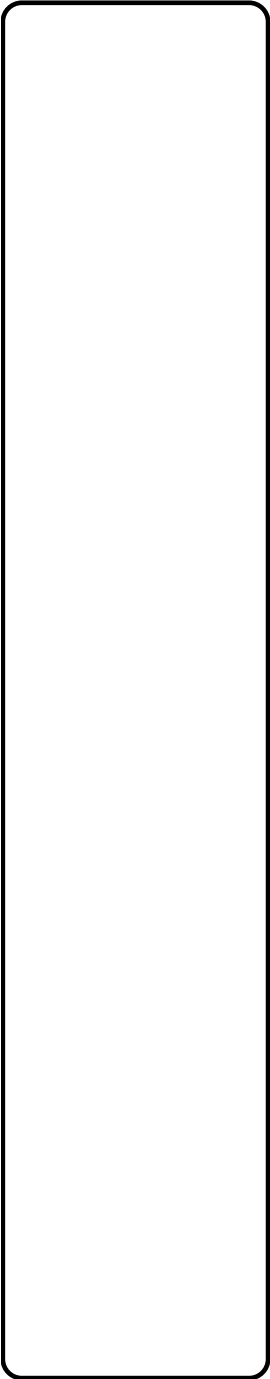
Keeping a food journal

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.

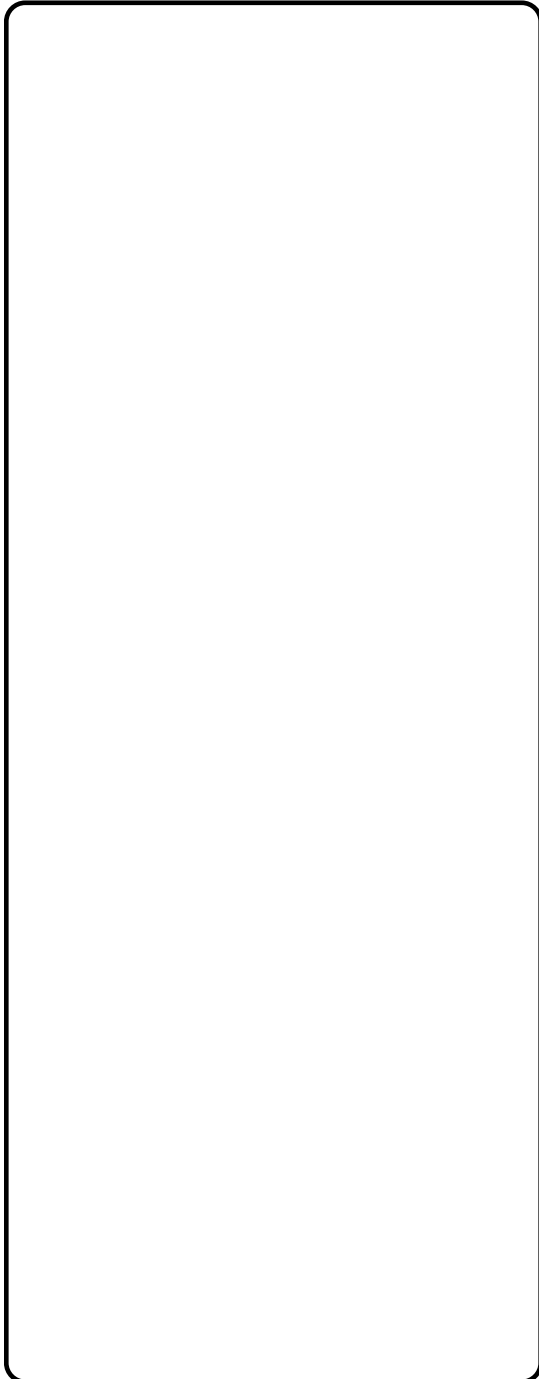


food journal

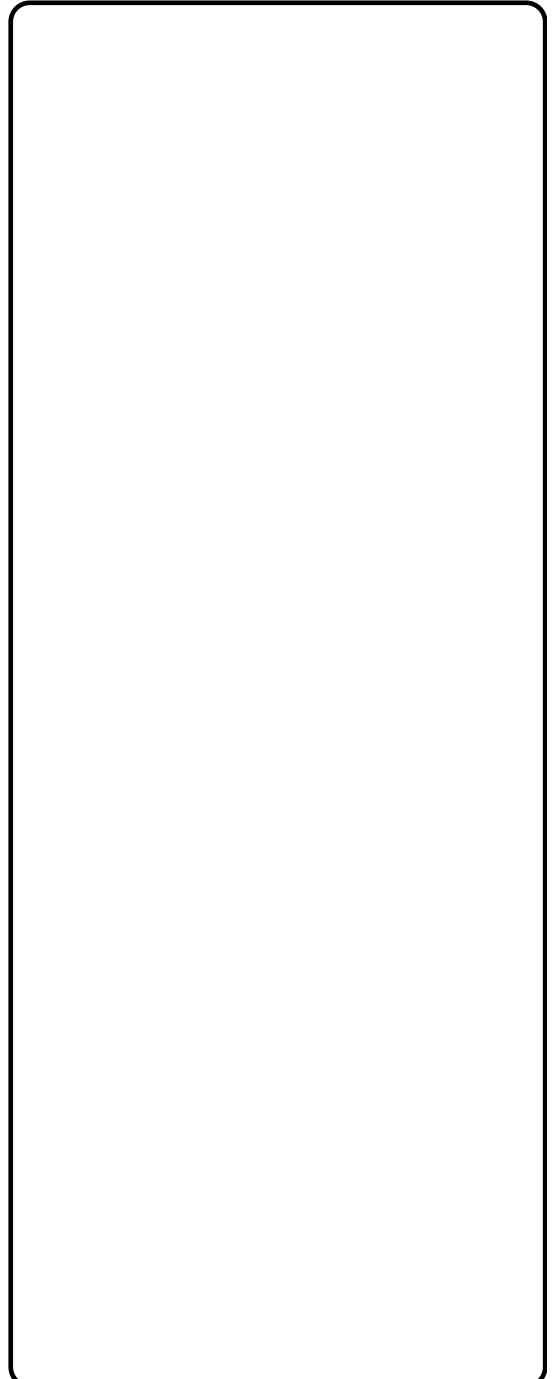
Time



Foods Eaten



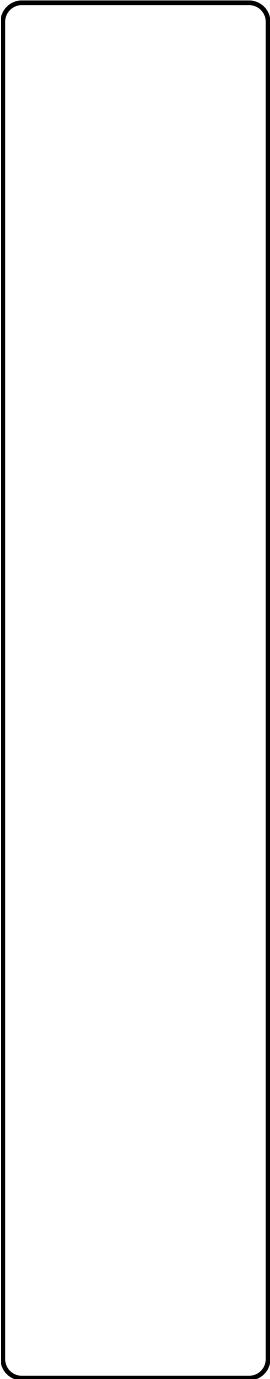
How I Feel



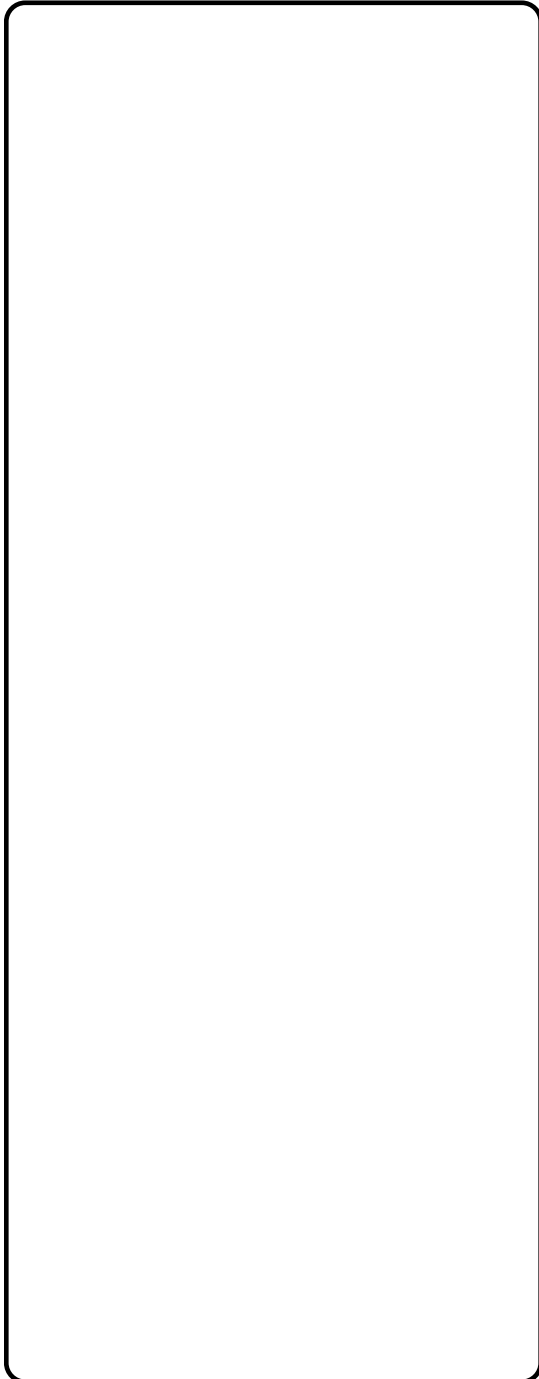
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food journal

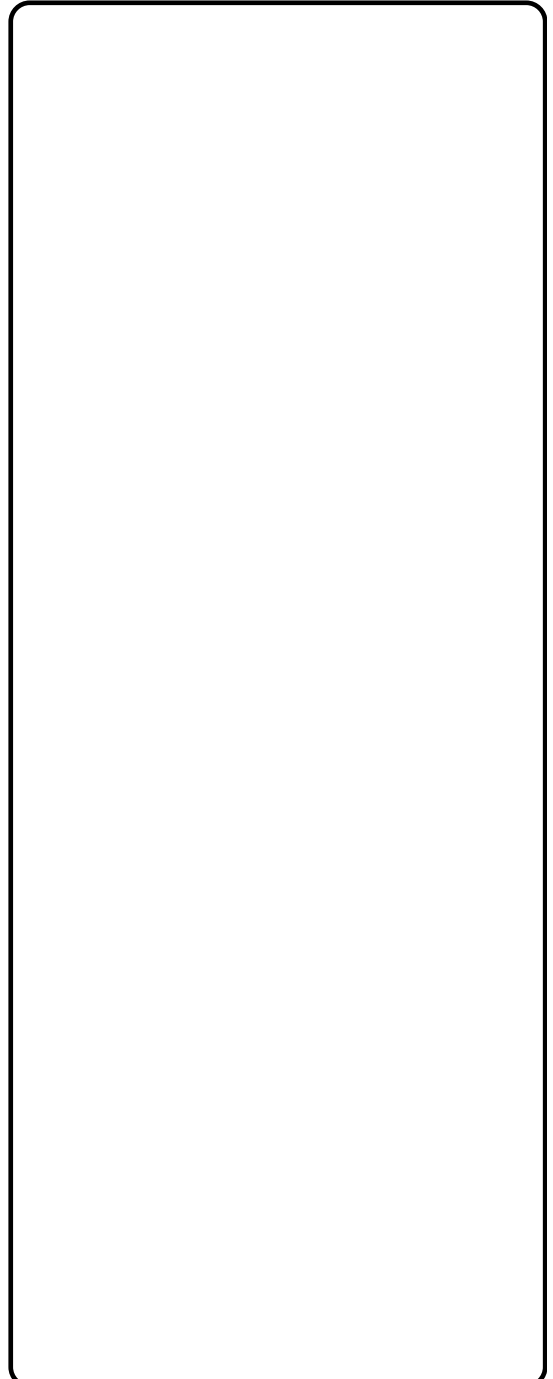
Time



Foods Eaten



How I Feel



Date: _____



Healthy Banana Muffins



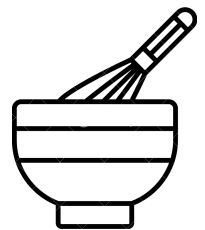
4 cups whole wheat flour
3 teaspoons baking powder
1 1/4 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon allspice
1/2 teaspoon salt

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 cup chopped pecans
1/2 cup chocolate chips

Instructions

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.
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!

UM Resources

Healthier Eating

Student Counselling Centre (SCC)

The SCC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and groups.

474 UMSU University Centre

204 474-8592

<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>

Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

healthandwellness@umanitoba.ca

<https://umanitoba.ca/student-supports/health-wellness>

U of M Foodbank

The UM Food Bank is open to in-person service. To be eligible to use the food bank, students must be enrolled in the current academic term. At no cost to you, the food bank offsets the costs of your groceries during times of financial distress.

518 University Centre – Bring your UM student card with you.

Monday to Friday from 9:00 am - 4:00 pm

<https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank>

University Health Services (UHS)

UHS provides health care services for UM students.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

Spirituality Services

One-on-one emotional and spiritual support.

528 UMSU University Centre

spiritualcare@umanitoba.ca

204-298-2467

<https://umanitoba.ca/student-supports/spiritual-services>

Indigenous Student Centre (ISC)

The ISC provides resources for Indigenous students including academic, cultural, personal, and physical wellness.

Migizii Agamik - Bald Eagle Lodge

isc@umanitoba.ca

204-474-8850

<https://umanitoba.ca/indigenous/student-experience>

Healthy U

Healthy U provides students with health and wellness resources.

healthyuofm@umanitoba.ca

<https://www.healthyuofm.com/>

Off Campus Resources

Healthier Eating

Dial a Dietitian

Dial a Dietitian is a service available to individuals with a Manitoba Health Card where individuals are connected by phone with a registered dietitian. This service is available in several languages, including English and French.

General Line: 204-788-8248

Toll-free: 1-877-830-2892

<https://www.collegeofdietitiansmb.ca/find-a-dietitian/dial-a-dietitian/>

Private Insurance + Dietitians

Individuals with private insurance, other than UMSU insurance, may also have some coverage for a dietitian, therapist or other mental health professional. This coverage is unique to the insurance plan.

Family Doctor Finder

If you would like to connect to a family physician to discuss dietary needs or concerns, you may connect with Family Doctor Finder for assistance.

204-786-7111

<https://www.gov.mb.ca/health/familydoctorfinder/>

Women's Health Clinic (WHC)

The WHC serves all genders including women, men, non-binary people.

Steps to connecting: Phone WHC to set up an intake appointment in which you will discuss your situation in more detail (amount of detail disclosed is your choice). You may be offered services directly or placed on a waitlist which will be dependent on availability at time of call. Should you be placed on a waitlist, you will be offered workshops in the interim to help support you. Once you are offered a space, you will complete a second intake for updated information, connect 1:1 with a dietitian and be offered 1:1 counselling.

Contact the Women's Health Clinic directly for more information and to find out if this is an appropriate option for you.

Winnipeg: 204-947-2422 ext. 137

Toll-free outside of Winnipeg: 1-866-947-1517 ext. 137

<https://womenshealthclinic.org/>

Off Campus Resources

Healthier Eating

Craving Change Workshop

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 <https://wrha.mb.ca/groups/>

Visit cravingchange.ca for more information.

Canada's Food Guide

Canada's Food Guide has online recipes and resources on healthy eating.
canada.ca/en/services/health/healthy-eating.html