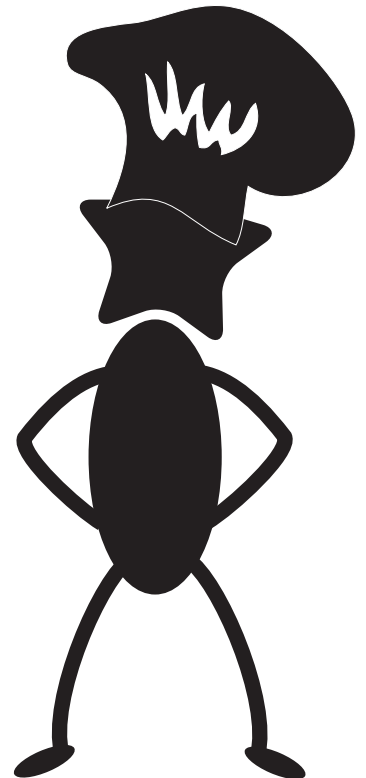


## Top 10 Things You Should Know About... **HEALTHY EATING**

1. There is a lot of conflicting information about healthy eating out there, so your best bet is to follow the Canada Food Guide for your meals and snacks.
2. There are four food groups: grains; vegetables and fruit; milk products and alternatives; meat and alternatives.
3. You give yourself and your family the best chance for a healthy life if you choose appropriate amounts from all of these groups at each meal.
4. If you plan properly, it's cheaper and healthier to prepare meals at home than to eat fast food. Check your flyers for deals at the grocery store.
5. Base your meals around grains like rice, then add small portions of meat and alternatives to keep within your budget.
6. Use your leftovers the next day and add them to another recipe to create variety. Nothing's worse than eating the same thing day in and day out!
7. Before shopping, make sure you've eaten – nothing blows a budget more than being hungry. You're also more likely to buy less healthy items on impulse.
8. Look for case-lot sales for the items you use a lot. You'll save money AND have the right foods on hand for healthy eating.
9. Keep to the outside aisles of a grocery store – that's where you'll find the fresh foods from the Canada Food Guide. They are less processed and healthier for you.
10. Get creative with your cooking, have fun and involve the whole family in the process of preparing and eating healthy meals. There are lots of free recipes on the internet to give you new ideas and keep things fresh!



Still confused about eating healthy foods? You're not alone. Talk to your Case Coordinator about workshops and resources that can put you on the road to health.

Reference: BC Ministry of Health Planning - Healthy Eating Cheap and Easy