

## Small changes, big difference

Healthy eating is important for everyone as it helps you to feel fit and well, and can help prevent problems such as obesity, diabetes, hypertension and cholesterol - and if you already have these conditions, improving your eating habits is even more important.

Choosing to eat healthy, along with regular exercise, or increased physical activity, should be your goal. Don't worry, you'll be able to adapt your usual meals to make them more healthy, and this is a way of eating that is good for *all* the family, not just for you. Special "diet" foods are not necessary.

Changing your eating habits may seem overwhelming at first, but even a small change can make a big difference. Eating a variety of foods from the Caribbean food groups is a good first step.



## Reduce total fat, especially saturated & trans fat

- ♦ Choose fish more often; chicken and turkey with skin removed; lean cuts of meat and grade A minced meat. Add extra vegetables, beans, lentils, soy granules or chunks to your casseroles and stews, and use less meat
- ♦ Use fat free, 1% or soy milk instead of evaporated, 2% or whole milk
- ♦ Include low fat cheese, soy cheese, and other low fat dairy
- ♦ Bake, boil, steam, or grill foods using little or no oil or margarine
- ♦ Try no-stick sprays for light frying and sautéing. Measure oil for cooking with a tablespoon rather than pouring it straight from the container, and use canola or olive oil - discard after use
- ♦ Limit butter, margarine, lard, salad dressings, mayonnaise, and gravies.
- ♦ Read the ingredients list and avoid or limit foods containing partially hydrogenated vegetable oil or shortening
- ♦ Limit baked goods, cookies, biscuits, pies, waffles, snack foods and deep-fried fast foods
- ♦ Limit processed meats such as corned beef, luncheon meat, bacon, hot dog, sausages, pepperoni, salt meat, and pig tails
- ♦ Check Nutrition Facts and choose foods with 3 grams/5% Total Fat (or less), 1 gram/5% Saturated Fat (or less) and 0% Trans Fat per serving

## Use less sugar and sugary foods

As much as possible, avoid foods high in sugar as they are usually high in calories with little nutritional value.

- ♦ **Drink more water**, including with meals. **Aim for 5-8 glasses daily**
- ♦ Soda water or diet drinks are acceptable alternatives
- ♦ Artificial sweeteners can be used in homemade lemonade, mauby etc
- ♦ All fruit juices, even unsweetened, contain sugar and so should only be used in small quantities. Light juices can be used in moderation
- ♦ Learn to drink tea, coffee and herb teas without sugar. Artificial sweeteners can be used if desired. Low calorie chocolate beverages can be substituted for regular drinking chocolate etc
- ♦ Sprinkle a few raisins or slice a small banana on top of unsweetened breakfast cereals
- ♦ For dessert or snacks, use fresh fruit, canned fruit in juice, sugar free jello, plain ice cream, sponge cake or plain cookies. Read labels for serving size and calories - try not to exceed 100-150 calories per serving
- ♦ *Sugar cane, syrup, molasses, honey, glucose, fructose, are all forms of sugar*

**Aim for 2-4 servings of fruit and 3-5 servings of vegetables every day**

Read your food labels

<b>Nutrition Facts</b>	
<b>Serving Size</b> 1 cup	
<b>Servings per container</b> 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	4%
<b>Saturated Fat</b> 1g	3%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 48g	16%
<b>Dietary Fibre</b> 8g	32%
<b>Soluble Fibre</b> 4g	
Sugars 13g	
<b>Protein</b> 6g	
<b>Vitamin A</b> 10% • <b>Vitamin C</b> 10%	
<b>Calcium</b> 10% • <b>Iron</b> 90%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Compare Nutrition Facts labels on similar food items then make the best choice for the price

<b>READ Your Food Labels</b>	
<b>Remember to check Serving Size</b>	Start here: the Nutrition Facts are given for <b>1 serving</b> - how many servings are you having?
<b>Examine Total Calories</b>	Calories are listed <b>Per Serving</b> - more servings means more calories.
<b>Always choose less</b>	Protect your health: select food with less Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium.
<b>Do consume in adequate amounts</b>	Protect your health: select food with more Fibre, Soluble Fibre, Vitamins and Minerals.
<b>Percent (%) Daily Value</b>	<b>LOW</b> 5% or less. <b>HIGH</b> 20% or more.
<b>Total Carbohydrate</b>	Persons with diabetes can use this information to see how the food will fit into their meal plan. <b>15g carbohydrate = 1 serving</b>

Nutrition Series



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