

MORE TIPS TO BETTER YOUR LIFE

Stay active and healthy:
Eat a **variety** of nutritious foods every day and... **be active!**

More physical activity



Add an activity that involves moving on your 'To-do' list: 30 to 60 minutes or 3 periods of 10 to 20 minutes every day. Exercise improves **bone** health and tones **your muscles**:

- Choose light activities that develop balance, agility and flexibility. These include walking, gardening, pétanque (similar to bocce), bowling, dancing, playing golf, etc. And most importantly, **have fun!**



More fibre

Avoid **constipation** and better control your **cholesterol** and **blood sugar levels** by eating more dietary fibre:

- Add bran to your food such as in scrambled eggs and meatloaf.
- Eat more fruit, including the skin.
- Add colour to your plate by choosing a variety of vegetables.
- Include whole grain products in your meals.

More water

Remember to drink enough water to stay **hydrated** and for **healthy intestines**:

- Drink six to eight glasses of water a day (unless advised otherwise for medical reasons).
- Keep a water pitcher close by or in your refrigerator; add a few drops of lemon juice or your favourite juice.
- Serve your water in coloured glasses, add ice cubes, a straw, etc. Let your imagination run wild.



More iron

Avoid anemia and have more **vigour and energy!**

Here are some good sources of iron:

- Liver, kidneys and blood sausage
- Meat, poultry and fish
- Eggs
- Legumes, tofu
- Nuts and seeds
- Green vegetables
- Oven-baked potatoes (with the skin)
- Prune juice, dried fruit
- Whole grain or enriched products, enriched or infant cereal



Increase the iron absorption from vegetables and fruit by adding a source of vitamin C to your meals: a glass of 100% juice, a bowl of strawberries, kiwi, an orange, broccoli, all colors of bell peppers, a tomato, etc.



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HEALTHY EATING

Essential for staying fit...



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du Sud de Lanaudière

Centre de santé et de services sociaux
du Nord de Lanaudière

4th Meat and Alternatives

The proteins in meat, poultry, fish*** and their alternatives help keep your muscle tone and strengthen your immune system. Remember to eat protein **at every meal**.
***Fatty fish (salmon, trout, mackerel, sardines, herring) are sources of vitamin D and omega 3 fats.



- ✓ Cook up some eggs - easy and quick!
- ✓ Fill your food pantry with canned legumes: chick peas, lentils, pea soup, baked beans, red beans, etc.
- ✓ Eat fish in different ways: baked in the oven, in a quiche, in a sandwich, in a salad, etc.
- ✓ Don't forget peanut butter, nuts and seeds (which you can even grind).
- ✓ Dare to try tofu: crumbled, cubed, in strips... in your soups, salads or sautéed veggies!



EATING FOR OPTIMAL HEALTH

Eat **three** meals a day and include snacks in between meals.
Enjoy a wide **variety** of foods.

EVERY DAY, ENJOY A VARIETY OF FOODS FROM EACH OF THE 4 FOOD GROUPS



1st Vegetables and Fruit

Include vegetables and fruit in your meals and snacks every day. Choose dark green, red, yellow and orange foods, which are full of essential vitamins and minerals.



A few tips for eating more vegetables and fruit:

- ✓ Make hearty soups with lots of vegetables.
- ✓ Stock up on canned and frozen fruit and vegetables.
- ✓ Don't give up potatoes...
- ✓ Enjoy tomatoes all sorts of ways, either fresh, stewed, canned, etc.
- ✓ Keep a basket of fruit close by.
- ✓ Choose fruit salads or purées for dessert or a snack.

2nd Grain Products

Eat foods such as bread, cereal, rice, pasta, bagels, muffins, etc., every day.



To "fiber-up" your menus:

- ✓ Choose whole grain products.
- ✓ Add a few spoonfuls of wheat bran cereal to your favourite cereal and your yogurt, etc.

3rd Milk and Alternatives

Make sure to include milk products every day as they are great sources of calcium, Vitamin D* and protein.

* Carefully check food labels, since milk and certain milk products have added **vitamin D...** but don't forget to **also** take your 400 I.U. of vitamin D³ **every day!**

(As part of a fall prevention program, an overall daily intake of 800 I.U. of vitamin D - through diet and supplementation - is recommended.)



Enjoy them in every possible way:

- ✓ To make your meals more nutritious, add cheese to your toast, as well as in sandwiches, soups, pasta, etc.
- ✓ Use milk instead of water when preparing your oatmeal.
- ✓ To end your meal with a healthy boost, choose a milk-based dessert: yogourt, custard, rice or tapioca pudding, frozen yogourt, ice cream, milkshake.
- ✓ Drink fortified-soya beverages, especially if you're not a milk drinker.



PLAY YOUR CARDS RIGHT!

Place your bets on a balanced diet and hold the winning hand which can help you:

- ♥ Maintain your bone density and keep your strength**;
- ♣ Strengthen your immune system;
- ♦ Protect your body against infections;
- ♠ Promote faster scarring;
- ♥ Speed up healing;

and let you enjoy a healthier, better life for many years to come.

** Greater physical **strength** is one of the **key factors** in preventing falls.

Be careful! Caffeine and sodium (salt) can have a harmful effects for your health and bones.

- ♣ Limit your coffee intake to 4 cups per day or less, depending on your tolerance.
- ♠ Reduce the amount of salt you use and limit your intake of salty foods such as, commercial soups and sauces, olives, pickles and other marinated products, soda crackers, and ready-to-eat items (or convenience foods).

