

Nutrition Tips

Here are some healthy eating tips that will help you be healthier and maybe lose a bit of weight!

Eat only whole wheat, whole grain starchy foods...

Why? Eating whole grain high fiber foods will help stave off the hunger pains; these will keep you fuller longer. Starchy products made of refined bleached flours will be digested quickly and bring that feeling of hunger faster.

How? When buying starchy foods, stick to wheat, whole grain breads, pasta, cereals, crackers and brown rice. Be label savvy; choose whole grains that have more than 3 grams of fiber per serving.

No Bagels - No Bananas - No White Potatoes

Why? No Bagels = these are just too big, too bold, too many calories. No Bananas - No WHITE Potatoes (sweet potatoes or yams are OK) = this fruit and this vegetable are favorites for most people. Try avoiding these to help you "think outside the box"; avoiding bananas and white potatoes will help you add variety to your diet.

How: Instead of a bagel at breakfast, try a whole wheat English muffin instead or 1-2 slices of whole grain bread. To replace your morning banana on top of cereal, try colorful berries chock full of antioxidants to help ward off diseases. Snack time? Try a crispy apple; portable, pre wrapped and ready to go!

Tired of white potatoes every night at supper? Try immune boosting sweet potatoes instead or a serving of high fiber beans, peas, lentils; these have a starchy mouth feel and are full of protein.

Eat as close to the farm as possible

Why? This is my motto as it is a very simple concept. Farm foods are usually lower in calories, higher in fiber, bountiful, more filling, (keeps you fuller longer), more nutritious & helps you eat "whole foods".

How: *"If the food comes from the farm, eat it... if the food leaves the farm, judget it."*

Meal Balancing

Why? Many diets fail in the long run because they do not satisfy you, leaving you feeling hungry and frustrated. Meal balancing is key to healthy eating and to keeping you on track. You need the right combination of foods; adequate protein, whole grain starch and colorful vegetables & fruits.

What is Starch? A starchy food is a grain food; whole grain bread, pita, wraps, buns - Whole grain pasta - Brown rice - Bran muffins - Whole grain crackers - High fiber cereal, hot and cold.

The guidelines per serving are: no more than 150 calories, more than 4 grams of fiber and less than 8 grams of sugar. See the Nutrition Facts panel on the side of the package for details.

Weight and Obesity Management plus diets on low fat/cholesterol, sugar & diabetes, sodium and salt . She has 2 convenient downtown Ottawa locations.



HELENE CHARLEBOIS, BSc., RD

Registered Dietitian / Nutrition Consultant

Weight Management & Obesity Expert

Nutrition Reporting & Writing

Media Spokesperson

www.hcnutrition.com

Tel: 613-302-6798 Fax: 613-833-5400 email: hcnutrition@rogers.com