

HEALTHY LIFESTYLE ACTIONS FOR

NUTRITION & HEALTHY EATING

Food is Medicine

Food is medicine to our body, mind, and spirit. The food we eat nourishes our bodies - physically, mentally, emotionally, and spiritually. Food is delicious and it brings us together. Many traditions, customs, and relationships are connected through harvesting, processing, cooking, and eating food. Cooking and eating together is a powerful connector to those we love.

How can I give my body the nourishment it needs?

Whole foods provide for our wellness. Mindfully connect to foods that make your body, mind, and spirit strong. Be mindful, eat slowly, and enjoy!



There are many parts of our society that affect our health and lives that are beyond an individual's level of control. We want to acknowledge the social, political, economic, and environmental impacts to the health of the lands, waters, and forests, which in turn affects our health. We want you to know we are here to support you with your wellness goals and will meet you wherever you are at in your wellness journey.



WATER IS LIFE

Nourish your body. Try jazzing water up with fresh citrus (lemon, orange, lime), cucumber, herbs, berries, etc. See our Re-Think Your Drink handout for recipe ideas! Limit high sugar drinks (specialty coffees, soda, juice, energy drinks, iced tea, and sports drinks).



HIGH FIBRE FOODS

Fibre helps support blood sugar & high cholesterol levels, manages weight, and keeps digestion strong. Choose traditional foods when you can; whole-grains (whole-grain bread, brown rice, old-fashioned or steel cut oatmeal); fruits including berries, apples, pears, plums, peaches, and cherries; vegetables especially non-starchy ones (wild greens, spring shoots, nettle, broccoli, cauliflower, salads, onion, tomato, peppers, celery, cucumber, spinach, carrots, beets, ginger, cabbage, garlic); nuts and seeds (peanut butter, sunflower seeds, walnuts); beans and lentils (includes rinsed canned or dried beans and lentils).



PORTION SIZES

On your dinner plate aim for 1/2 plate of vegetables and fruits, 1/4 plate starch such as grains (rice, bread, pasta), or root vegetable (potato, sweet potato), and 1/4 plate protein (fish, meat, eggs, legumes like beans and lentils) and ENJOY!



EATING TOGETHER IS MEDICINE

Try to find one time each day to eat a meal or snack together.



GOOD START BREAKFAST

Breakfast is a good start for your mind, body, and spirit. We need the nourishment to begin our day. If you like oatmeal, try old-fashioned or steel cut oats with berries and sprinkled with chopped nuts or seeds. If you like smoothies, try a combo of milk (or milk alternative), banana, peanut butter, and cocoa. If you are a toast person, try whole-grain toast with peanut butter and sliced berries, bonus for adding a sprinkle of cinnamon. Most breakfast cereals are high in refined carbohydrates and low in fibre.



PROTEIN RICH FOODS

Fish, seafood, eggs, nuts, seeds, meat, dairy, legumes (beans, lentils) are important for our immune system, help keep us strong, help keep us full, and maintain our blood sugar levels. Try to include protein food at every meal and mid-afternoon snack!



HEALTHY SNACK OPTIONS

Feeling snacky? Try canned fish and crackers, berries and nuts, apple and peanut butter, hardboiled eggs and crackers, veggies and hummus, orange and almonds, fruit and Greek yogurt smoothie, unsalted trail mix.



COOKING IS MEDICINE

Invite your family to get involved, turn on some music and have fun cooking your dinner, putting good feelings into your food! Planning a few meals each week can help make cooking easier and enjoyable.

Where you can find more information and support



Grab a copy of I-SPARC's Re-Think Your Drink handout or visit Canada's food guide: <https://food-guide.canada.ca/en/healthy-eating-habits/>



Try new recipes: <http://nada.ca/wp-content/uploads/2021/02/NTC-Diabetes-Cookbook.pdf>
Learn about traditional foods: <https://www.fnha.ca/wellness/wellness-for-first-nations/traditional-wellness/traditional-foods>



Call HealthLinkBC at 8-1-1 to speak with a Registered Dietitian to receive information about foods that can support your overall health and wellness.