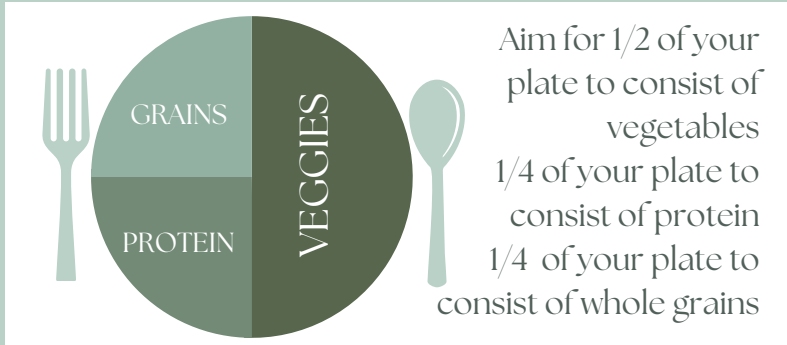


A Guide to General Healthy Eating

Reminder that a healthy diet can look a bit different to everyone, and the important thing is to stick to a way of eating that works well for you and includes balance as a key part the framework of the diet. This guide serves to show how key nutrients should be balanced to support your body's requirements, but specific foods consumed can and should vary!

Step 1: BALANCE YOUR PLATE



Step 2: SUPPORT KEY NUTRIENTS

PROTEIN

Aim for 0.8g of protein per kg of body weight as a baseline amount per day.

This equates to around 75g of protein for someone weighing 140lbs, or 25g of protein per meal!

Protein Sources

- Fish (1/2 cup) = 21g
- Poultry (1/2 cup) = 21g
- Red Meat (1/2 cup) = 21g
- Greek Yogurt (3/4 cup) = 14g
- Cheese (50g) = 12g
- Eggs (2 large) = 12g
- Pumpkin Seeds (1/4 cup) = 17g
- Beans and lentils (3/4 cup) = 12g
- Firm Tofu (3/4 cup) = 12g

FIBRE

Fibre is a key nutrient for supporting digestion, glucose levels, cholesterol and satiety. Fibre recommendations vary based on age and life stage.

- Women aged 19-50: 25g/day
- Men aged 19-50: 38g/day
- Women 51+: 21g/day
- Men 51+: 30g/day
- Pregnant Adults: 28g/day
- Breastfeeding Adults: 29g/day

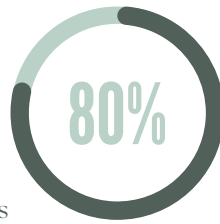
Fibre Sources

- 1 medium cooked artichoke = 10.3g
- Cooked beans (1/2 cup) = 8.8g
- Avocado (1/2) = 6.7g
- 30g bran cereal = 11g
- Soybeans (3/4 cup) = 8g
- Lentils (3/4 cup) = 6.2g
- Chickpeas (3/4 cup) = 5.5g
- Almonds (1/4 cup) = 4g
- Chia seeds (1Tbsp) = 3.7g
- Flaxseeds (1Tbsp) = 3g
- Pumpkin seeds (1/4 cup) = 3.7g
- Quinoa (1/2 cup) = 2.7g
- Cooked spinach (1/2 cup) = 3g
- Apple with skin = 3.5g

Step 3: MAKE BALANCED CHOICES

The healthiest diet is the one you can be consistent with and maintain a healthy relationship with food!

Following the 80/20 Rule helps you to ensure that 80% of what you are eating per day includes nutrient-dense, whole foods that will nourish your body so the other 20% can include foods for enjoyment!



Choose whole foods over packaged foods



Choose naturally sweet foods over ones with refined sugars



Choose whole grains over refined carbohydrates



2.5-3.0L OF WATER PER DAY DRINK



Choose a variety of colours of food



Choose water over soda, juice or sweetened beverages



Aiming for 8-10 servings of fruits and vegetables per day is a great way to hit your fibre intake as well as support your gut microbiome and improve your cardiovascular health!

FAT

Fat is an important nutrient for supporting hormone production, cell membranes, and brain function. When it comes to choosing "healthy" fats, look for ones that are liquid at room temperature (unsaturated fats) rather than solid (saturated fats). Consume processed foods in moderation as many of these contain trans fats.

Fat Sources

- Choose Olive oil as a main fat source (aim for 2-4Tbsp per day)
- Use Coconut or Avocado oil for cooking due to their higher smoke point
- Avocados, nuts, seeds and nut butters are great sources of fats
- Fish and lean meats are great sources of healthy fats, as well as omega fatty acids

This handout provides a brief overview on ways to support a healthy diet but does not replace medical advice. Always consult a registered healthcare practitioner for more detailed information on individualized dietary support.