

HEALTH MONTH

10 Healthy Living Tips for the New Year

1. Eating breakfast everyday can help improve your concentration at work or school, it can reduce hunger and it can aid in maintaining a healthy weight. Whole grain breads, cereal with low fat milk, fruit and fruit juice, yogurt and eggs are all healthy breakfast choices.
2. Variety is the spice of life! Variety helps to ensure that you receive all of the nutrients you need each day. Use Canada's Food Guide to Healthy Eating to help you choose healthy food choices.
3. Remember: Moderation is the key! All foods can fit into a healthy diet. We don't have to give up our favourite foods; we can just consume them in smaller amounts less often.
4. Choose healthy snacks such as fruit, cheese & crackers and yogurt. Snacks help keep us energized.
5. Drink at least 8 cups (250 ml) of non-caffeinated fluid each day.
6. Be Active - Engage in 30-60 minutes of physical activity each day. Every 10 minutes of physical activity will provide you with health benefits, every little bit helps!
7. Aim for 3-4 servings of Milk & Milk Products each day. Milk & Milk Products are a key source of calcium, vitamin D, phosphorus, magnesium and protein.
8. Eat a variety of fibre containing foods each day. Fibre is important to help maintain regularity, control blood sugar levels and blood cholesterol levels. Fibre is found in whole grain products, fruits, vegetables and legumes.
9. Aim to keep your caffeine intake to less than 400-450 mg a day. This is equivalent to about 3 medium cups of coffee. Choose decaffeinated beverages more often.
10. Strict "diets" don't work in the long run for most people; instead try to gradually make healthy lifestyle changes. A registered dietitian can help you with this.

Source: Cheryl Robertson, RD, Dalhousie University

