

LET'S IMPROVE OUR MOOD WITH FOOD

For a healthy mind & body, eat a variety of foods each day.

Follow this checklist to help improve your energy and how you feel:

- ☐ Be mindful of your eating habits; recognize when you allow emotions and stress to affect your appetite
- ☐ When you feel hungry, don't ignore it, make time to eat
- ☐ Start your day with breakfast to boost your energy
- ☐ Eat at least 3-5 times a day; include healthful snacks
- ☐ Eat protein, vegetable and fruits, and whole grains every day
- ☐ Stay hydrated; drink water, soya beverage or milk
- ☐ Limit processed foods high in sodium, sugar, and saturated fat
- ☐ Limit quick-energy fixes like sweets and high caffeine beverages

Choose nutrient-packed foods by following Canada's Food Guide:



MIX AND MATCH YOUR PROTEIN, VEGETABLE AND FRUIT, AND WHOLE GRAIN. TRY THESE QUICK AND EASY IDEAS.



BREAKFAST

- Whole grain cereal or oatmeal made with milk and topped with fruit
- Eggs with whole grain bread and tomato
- Pita with peanut butter and banana
- Your idea:.....



LUNCH

- Meat, egg or cheese sandwich with lettuce and cucumber on whole grain bread or wrapped in roti/pita/tortilla
- Bean and vegetable soup with whole grain crackers
- Omelette with cheese, and vegetables
- Your idea:.....



DINNER

- Pasta and ground beef with tomato sauce and vegetables
- Stir fry with fresh or frozen vegetables, chicken, beef, pork, or shrimp and rice
- Fish (salmon, sardines, mackerel fresh or canned) with cooked spinach and rice
- Store-bought roasted chicken, potato, frozen mixed vegetables
- Your idea:.....



SNACKS

- Yogurt with fruit and nuts
- Hummus with cut up vegetables or pita bread
- Whole grain crackers and cheese, or canned light tuna
- Smoothie with milk or yogurt, fruits or vegetables
- Your idea:.....

For more information about eating healthy visit <https://food-guide.canada.ca/en/>.