

Feb 21, 2019

- 1) Eating for Wellness cont
- 2) Reading a food label

Warm-Up

More than million of Canadians read food labels to help them decide which foods to buy and eat.



Test next Monday or Tuesday on Wellness

Water

Often called the forgotten nutrient. However is it the most important nutrient because it is the transport system for the rest of the nutrients to move around your body.

How much water do you think you should drink in a day?



A well-balanced diet

Eating healthy means having a wide variety of foods, some in moderation throughout the week. There are no forbidden or bad foods, just bad eating habits. Eating should remain one of life's pleasures.

MyPlate replaces the food pyramid and gives you an idea what a balanced meal looks like. Refer to handout and Figure 11-1.

Making Positive Changes

All this information can be overwhelming and confusing, but here are 5 techniques that can make it simpler.

1. Switch to low-fat or non fat cheeses and dairy
2. Eat whole grain breads
3. Eat a variety of fruits and vegetables with every meal
4. Use low calorie or non fat salad dressings
5. Take the skin off your chicken.

Reading Nutrition Labels

Now that you understand some of the basics how do you find out if what you are eating meets the requirements.

Read the nutrition labels on food.

How to read food labels Figure 11-2.



Food Label Activity