

Choosing a Healthy Bread



Check the ingredient list

The first item on the ingredient list should read **whole grain** (such as whole grain wheat or whole grain rye)



Look on the label for the term **made with 100% whole grain**

Disclaimer: These tips are for information only. They do not replace advice from your doctor.

Nutrition Facts Valeur nutritive

Serving Size (45g) / Per Slice (45g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 1g	2%
Saturated / saturés 0.4g	2%
+ Trans / trans 0g	
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 130mg	5%
Carbohydrate / Glucides 21g	7%
Fibre / Fibres 8g	32%
Sugars / Sucres 2g	8%
Protein / Protéines 5g	
Vitamin D / Vitamine D 0mcg	0%
Calcium / Calcium 43mg	4%
Iron / Fer 2mg	6%
Potassium / Potassium 65mg	2%



Check the serving size. All of the numbers listed are based on this serving size



Choose bread that has **5% or less** daily value of sodium



Choose bread that has **15% or more** daily value of fibre



Learn more about choosing healthy foods.

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Choosing a Healthy Cereal

Looking for cereal



Look on the label for the term **made with 100% whole grain**

Cold



Check the ingredient list
The first item on the ingredient list should read **whole grain**
(such as whole grain wheat or whole grain oats)

Hot



Look for products that have only whole grains such as whole grain oats, wheat or rice

Check the nutrition facts table



Check the serving size.
All of the numbers listed are based on this serving size



Choose cereal that has **5% or less** daily value of sodium



Choose cereal that has **15% or more** daily value of fibre

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Nutrition Facts Valeur nutritive

Serving Size Per 2 Biscuits / par 2 biscuits (47g)		
Amount Teneur		% Daily Value %valeur quotidienne
Calories / Calories	170	
Fat / Lipides	1g	2%
Saturated / saturés	0.2g	1%
+ Trans / trans	0g	
Cholesterol / Cholestérol	0mg	0%
Sodium / Sodium	0mg	0%
Carbohydrate / Glucides	13g	10%
Fibre / Fibres	6g	24%
Sugars / Sucres	0g	0%
Protein / Protéines	5g	
Vitamin D / Vitamine D		0%
Calcium / Calcium		2%
Iron / Fer	2mg	10%
Potassium / Potassium	190mg	5%



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Choosing Milk and Non-Dairy Alternatives



Shopping for cow's milk?

1%

Choose a lower fat milk such as **skim** or **1%**



Choose white milk. White milk contains **natural sugar**



Limit chocolate milk which contains **added sugar**



Shopping for non-dairy alternatives?



Be aware that non-dairy alternatives, except for soy beverage, include **less protein than cow's milk**



Look for the claim "**unsweetened**" on the package to limit added sugar

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Choosing a Healthy Yogurt



Choose a plain yogurt without **added sugar**

Flavoured yogurt has **added sugar**

Be aware that **honey** and **agave** are forms of **added sugar**

2%

Choose a yogurt that has **2% milk fat** (2% M.F.) **or less**



If you like thicker yogurt, a **lower fat** Greek yogurt is a great choice

Check the ingredient list

Ingredients:

Skim Milk, Skim Milk Powder, Cream, Active Baterial Cultures



A good yogurt will have only a few ingredients like milk and bacterial culture

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Choosing a Healthier Cheese



Cheese is a great way to add calcium and protein to your meals and snacks.

15%

Look for cheese that has **15% milk fat** (15% M.F.) or less on front of package



Often **hard cheese** like cheddar, mozzarella, or brie have **higher % M.F.** than softer cheeses like goat and ricotta



Hard or brined cheeses such as cheddar or feta cheese have **more sodium** than soft cheese such as ricotta



Although **cottage cheese** is soft, it has a **higher amount of sodium**



To keep the **amount of sodium you eat low**, eat a **smaller portion of cheese**

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Choosing Healthy Frozen Foods

Many frozen, packaged foods are processed. This means they are quick to cook but have fewer nutrients like fibre and vitamins and too much sodium, sugar and saturated fat.

Look for frozen, whole foods

Try **lean protein** such as **unbreaded fish** or **seafood**

Choose **pre-cut frozen vegetables** that can be added to your meals

Choose **frozen fruit** to enjoy for dessert

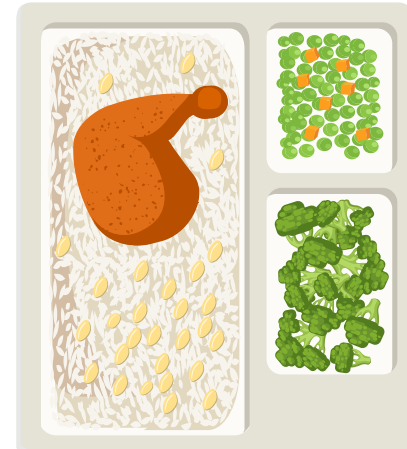
Looking for a ready-to-eat meal?



Compare products and choose a meal that has **lower amounts of sodium and saturated fat**



Check the **nutrition facts table**
Choose a meal that has **15% daily value or more** of fibre



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Choosing Healthy Meats



Red meat and poultry are excellent sources of **protein, iron and Vitamin B12**



For better heart health, **choose poultry** (such as chicken and turkey) **more often than red meat** (such as beef, pork and lamb)



A portion of meat is about **3 ounces** (about the size of a deck of cards)

If you buy your meat from the meat counter, ask the butcher to pre-portion your meat to **3 ounce servings**

Choose fresh meats that have not been processed or pre-seasoned



Processed meats (such as sausage, bacon and deli meats) are usually high in sodium



Pre-seasoned meat (such as pre-basted turkey) often include added sodium and sugar

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Choosing Seafood and Fish



A **portion of fish** is about the **size of a deck of cards**



Choose fish that is high in **omega 3s** such as salmon, mackerel, sardines, herring, and trout



To **limit added sugar and sodium**, choose fish that has **not been pre-seasoned**



Choose seafood such as **scallops** or **mussels** for a **source of protein** that is **low in saturated fat**

To **limit the amount of mercury** you eat, choose **smaller fish** such as sardines, trout and herring more often than **large fish** such as tuna.

Looking for canned fish?

5%

Use the nutrition facts table to choose fish that has **5% or less daily** value of sodium



Check the label for the "**Low sodium**" or "**No added salt**" health claim.

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Choosing Nuts and Nut Butters



Choose a variety of nuts and nut butters to provide your body with the nutrients it needs such as protein, fibre and antioxidants.



If you are looking for a nut butter, use the ingredients list to ensure that **nuts are the only ingredient** listed

INGREDIENT LIST

Dry Roasted Almonds

Contains: Almonds. May Contain: Peanuts, Other Tree Nuts Sesame Seeds



Choose nuts that have "**unsalted**" written on the package



Choose **raw or dry roasted nuts** instead of those roasted in oil

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Choosing a Healthy Cooking Oil

The best oil to choose will include healthy, unsaturated fats.



Choose olive oil as the main source of fat in cooking

Look for the term '**extra virgin**' on the label to get the highest quality olive oil

'**Light**' olive oil may be lighter in colour and flavour, but it is also lower in heart healthy nutrients



Choose oils that are high in saturated fats (such as coconut oil) less often

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Choosing Healthy Sauces, Condiments and Salad Dressings



Look for the terms **Low sodium** on the bottle of sauces and condiments



Beware of products labeled **Light, Less Salt** or **Lower Salt**. These products can still be high in sodium



Beware of products labeled **reduced calorie** or **low fat**. These products often contain more salt

Check the nutrition facts table



Choose products that have **5% daily value** or **less** of sodium

Nutrition Facts Valeur nutritive

Per 1 tbsp (15mL) / pour 1 c. a soupe (15mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 20	
Fat / Lipides 0g	0%
Saturated / saturés 0g	
+ Trans / trans 0g	
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 60mg	3%
Carbohydrate / Glucides 4g	1%
Sugars / Sucres 4g	4%
Protein / Protéines 0.3g	
Vitamin C / Vitamine C	2%

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Choosing a Healthy Soup



Fresh soup in the refrigerator section often has the **lowest sodium**

Making your own soup?



Look for fresh, frozen or canned legumes and vegetables to add to your soup



Look for herbs and spices to add flavour to your soup without adding any salt

Check the nutrition facts table



Choose soup and soup broth that has **5% or less** daily value of sodium



Choose soup that has **15% or more** daily value of fibre



Check the package for the nutrition claim **High Source of Fibre**

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Nutrition Facts Valeur nutritive

Serving Size (250 mL) / Portion (250 mL)

Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories	140	
Fat / Lipides	1g	2%
Saturated / saturés	0.3g	0%
+ Trans / trans	0g	
Cholesterol / Cholestérol	0mg	0%
Sodium / Sodium	140mg	6%
Carbohydrate / Glucides	18g	6%
Fibre / Fibres	4g	16%
Sugars / Sucres	7g	
Protein / Protéines	3g	
Vitamin D / Vitamine D	0mcg	0%
Calcium / Calcium	43mg	4%
Iron / Fer	2mg	10%
Potassium / Potassium	166mg	4%



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Choosing Healthy Spices



Find fresh herbs in the produce section



To choose a dried spice:

Look for whole or ground dried spices that only have one ingredient on the ingredient list



Choose dried garlic and onion powder rather than garlic and onion salt

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Avoid salt substitutes. The level of potassium in these products is too high for people who are living with heart disease

To choose a pre-made blend:

5%

Use the nutrition facts table to find a blend that has **5% or less** daily value of sodium



Look for a blend that does not have salt listed in the ingredient list



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Choosing Legumes



Eating legumes is a great way to add protein and fibre to your diet. **Legumes include dried beans, peas and lentils.**



Legumes are available **dried, canned, and frozen**



Dried legumes are often the cheapest option



Frozen legumes are usually lower in sodium than canned legumes. Check the ingredient list to make sure that salt has not been added.

Canned beans often have a higher amount of sodium



Look for the **Low Sodium** or **No Salt Added** health claim on the can



Choose plain canned beans instead of baked and refried beans. **Make your own heart healthy sauce.**

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Choosing Soy Protein



Soy beans are a **type of legume** and are a good source of plant-based protein.



Examples of soy products include **tofu, tempeh, edamame beans, soy beverage** and **whole soy beans**.



Choose **plain tofu** rather than flavoured tofu to **limit added sugar**



To limit sodium, cook with soy products at home instead of buying processed meat substitutes (such as soy burgers, nuggets and sliced meat)

A few ways to use soy products:

Replace meat in a stir fry with cubed firm or extra-firm tofu

Use tempeh instead of ground meat in chili, tacos or spaghetti sauce

Add extra protein to a smoothie by adding soft, or silken, tofu

Snack on edamame beans that have been removed from their pod

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Choosing Vegetables and Fruits



Eating organic or non-organic vegetables and fruits with each meal can improve your health.

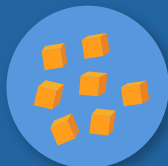


Looking for frozen vegetables and fruits?

Check the ingredient list to make sure that **sugar** and **salt** have not been added



Choose many colours of fruits and vegetables to get different vitamins and minerals



Whole, prewashed, or chopped fresh vegetables and fruits are all healthy options



Looking for canned vegetables and fruits?

Choose products that have the **low sodium** or **no sugar added** claim on the package

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Choosing a Healthy Pasta



Check the ingredient list to make sure the first ingredient is **100% whole grain**



Beware that **vegetable** or **tricolored pasta** are often made from white flour and powdered vegetable. These ingredients are not good sources of nutrients.



Beware that pasta labelled **Smart** or **pasta with added fibre** are made with white flour and added fibre. The type of added fibre may not have the same health benefits of whole grains.



Limit convenience products such as instant noodles, sauce pouches and noodle cups



These products are not usually made from whole grains



These products have lots of added sodium

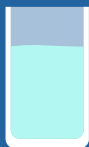
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Choosing Healthy Drinks



Choose **water**, **unsweetened teas**, **carbonated water**, or **low fat milk** to get enough fluids each day



To add flavour to your water, look for **lemon**, **lime**, or **herbs** (such as **mint** or **basil**) in the produce section



Beware of fruit juice that is labeled with no sugar added

No sugar added does not mean sugar-free

Juice contains a lot of **free sugar**, which is sugar that has been separated from the fruit

Check the ingredient list



Check if sugar has been added to a drink

Words like, **sugar**, **glucose-fructose**, and **high fructose corn syrup** are examples of added sugars



Limit drinks with sweeteners, like diet pop

Drinks with sweeteners could replace healthier options such as water

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Choosing Healthy Snack Foods



The healthiest snacks are fresh, **whole foods such as fruits, vegetables, nuts and seeds**

Looking for a packaged snack?



Check the ingredient list

The first item on the ingredient list should read **whole grain**



Choose fried snacks such as chips, veggie chips, and banana chips less often

Check the nutrition facts table. Look for a snack that has:

5% or less daily value of saturated fat

0g of trans fat

5% or less daily value of sodium

15% or more daily value of fibre

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Nutrition Facts Valeur nutritive

Per 2 slices (20g) / pour 2 tranches (20g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 1.5g	2%
Saturated / saturés 0g + Trans / trans 0g	0%
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 70mg	3%
Carbohydrate / Glucides 12g	4%
Fibre / Fibres 4g	16%
Sugars / Sucres 0g	0%
Protein / Protéines 2g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	4%



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