**Feel Great with a Healthy Plate (Gr. 7-12)**

Monthly Campaign Announcements:

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| Day 1 | Let’s chat about Canada’s Food Guide. The food guide is intended to help people make healthy food choices and develop positive eating behaviours. It encourages us to eat a wide variety of healthy foods every day to ensure we get important nutrients like fibre, vitamins, and minerals, which build stronger and healthier bodies. When was the last time you tried a new food? |
| Day 2 | Canada’s Food Guide recommends that half your plate should have vegetables and fruit. Fresh, frozen, or canned vegetables and fruits can all be healthy choices.  Quick tip: A great snack should include a protein and produce; think Double P!  Have you ever tried canned chickpeas? Why not try chickpeas in your salad. |
| Day 3 | Canada’s Food Guide recommends that a quarter of your plate should be filled with protein to keep the body strong. There are two types of protein; animal based and plant based.  Animal based protein comes from chicken, lean beef, fish, eggs, and low-fat milk.  Plant based protein comes from beans, chickpeas, lentils, tofu, and nuts.  Think about what you ate yesterday. Did you have animal-based, plant-based protein, or both? |
| Day 4 | Canada’s Food Guide recommends that a quarter of your plate should have whole grain foods. Whole grains include all the parts of a grain, which gives you fibre, vitamins, minerals, and other important nutrients.  Some whole grain foods that make great snacks are whole grain cereal, whole grain crackers, or whole grain baked pita chips. |
| Day 5 | Canada's food guide reminds us that water should be our drink of choice when thirsty or when eating a meal. It has countless benefits to our health. Do you have a water bottle on your desk right now?  Quick Tip: Keep a water bottle handy to ensure you are drinking enough fluids during the day especially when playing sports or during warm weather. |
| Day 6 | Canada’s Food Guide recommends that you limit drinks with high sodium, sugar, or saturated fats. Some of these drinks include iced tea, fruit juices, sports drinks, energy drinks and soft drinks.  Quick tip: Compare the nutrition facts labels on drinks to choose products that have little or no added sodium, sugar or saturated fats. |
| Day 7 | Canada’s food guide recommends practising positive eating behaviours including being mindful of your eating habits, cooking more often, enjoying your food, and eating meals with others.  Quick tip: Put your devices down while eating so that you can enjoy the meal and the people you are eating with. |
| Day 8 | When foods are cooked using different methods like roasting, boiling, steaming, and barbequing they taste different. Try choosing recipes that explore different ways to prepare and cook food.  Quick tip: Ask the person who cooks the most at home if you could give them a helping hand or suggest a new recipe to cook together. |
| Day 9 | Enjoying your food is an important aspect of healthy eating. Exploring foods from other cultures and countries provides you with a wider selection of healthy choices.  Quick Tip: Think about food from different cultures or countries that you haven't tried, see what kind of restaurants are close by, and give it a try during lunch or supper! |
| Day 10 | Did you know that your body is made up of 60% water? Drinking enough water maintains your body’s fluid balance, keeps your body temperature where it needs to be, and helps to digest your food.  Quick tip: Set a goal of how many glasses of fluid you want to drink in one day. Put one elastic on your water bottle for each glass in your goal. As you drink, take one elastic off. If you meet your goal - consider adding an extra elastic the next day. |
| Day 11 | Tired of drinking plain water? You can add fruits and herbs to hot or cold water to add flavour. Try strawberries and basil, blackberries and mint, or raspberries and cucumber.  Quick Tip: If you like some fizz in your drink, try carbonated water. There are lots of flavours available, or you can make your own by adding fruits or herbs to plain sparkling water. |
| Day 12 | Canada’s food guide reminds us to be aware of food marketing. Food companies use images of vegetables and fruit to convince you that their products are healthy, even though they might not be. The best way to tell if your fruit-snack really has fruit in it is to check the ingredient list!  Quick tip: When checking the ingredients, consider the order of which they are listed. If sugar, sodium or saturated fats are in the first three ingredients consider making a different choice. |
| Day 13 | The Government of Canada directs what can be used as labels on food packaging. Nutrient content and health claims are monitored to ensure they are accurate.  Nutrients claims can help you choose foods that contain nutrients you want more or less of. Health claims can help you choose foods that you may want to include in your healthy diet to reduce risk of chronic diseases.  Quick Tip: Keep in mind that nutrient and health claims are optional and only highlight one or a few key nutrients. It is important to still check the nutrient facts table to make food choices that are best for you. |
| Day 14 | The latest announcements have been about Canada’s Food Guide and have shared many facts about how food choices can help keep your body healthy.  To learn more, google Canada’s Food Guide. |