



## Healthy Eating and Physical Activity

Eating a well balanced diet based on Canada's Food Guide and exercising regularly play an important role in improving a person's mental health and vitality. Including healthy choices and physical activity into everyday living helps individuals achieve and maintain a healthy body weight and image, improves energy, promotes growth and development, increases and maintains bone and muscle strength.

Combining a proper diet with regular exercise will reduce your risk of obesity, type II diabetes, heart disease, and certain types of cancer, osteoporosis, high blood pressure and depression.

### Canada's Food Guide

Canada's Food Guide encourages people to choose a variety of foods from each of the four food groups and to include a specific amount and type of oils and fats.



### Vegetables and Fruit

**Serving Size:** 1 cup raw, leafy vegetables, 1/2 cup cooked or chopped raw vegetables or 3/4 cup vegetable juice

### Grain Products

**Serving Size:** 1 slice bread, 1/2 bagel or English muffin, 1 ounce ready-to-eat cereal, 1/2 cup cooked cereal, rice or pasta, or 5-6 small crackers

### Milk and Alternatives

**Serving Size:** 1 cup milk or yogurt, 1-1/2 ounces natural cheese or 2 ounces process cheese

### Meat and Alternatives

**Serving Size:** 2-3 ounces cooked lean meat, poultry or fish, which looks like approximately the size of a deck of cards. Other foods which count as 1 ounce meat; 1/2 cup cooked dry beans, 1 egg, 2 tablespoons peanut butter or 1/2 cup nuts

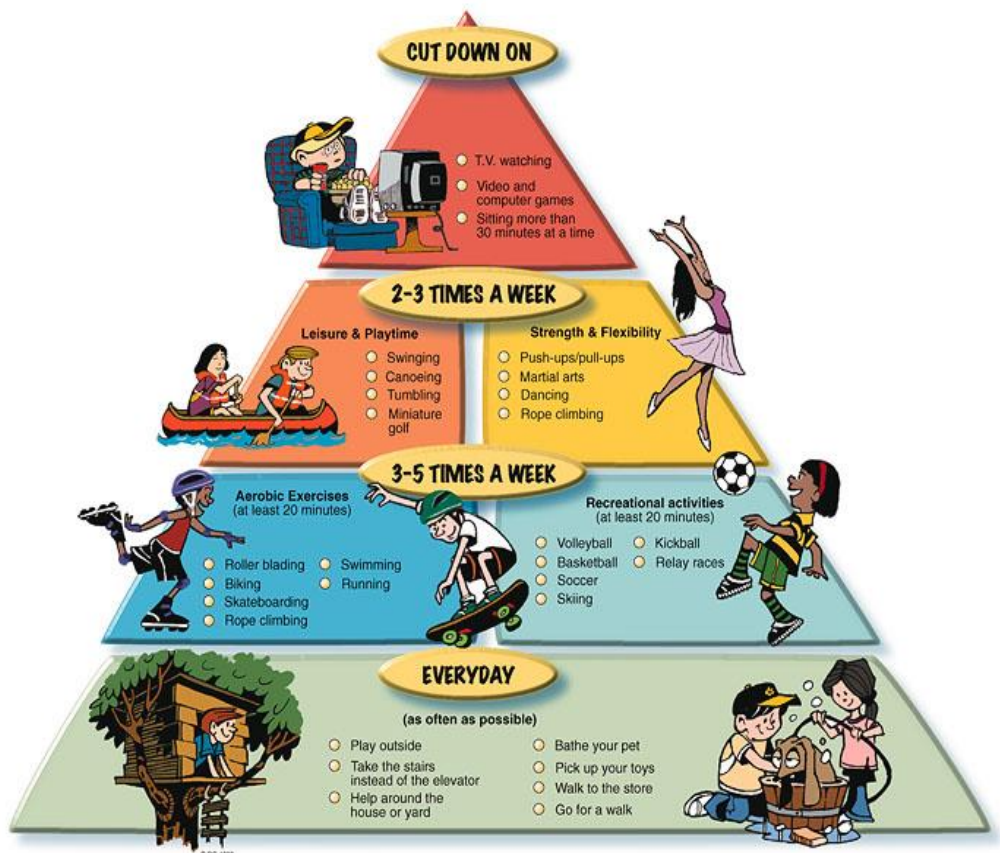
## Physical Activity

It is recommended that Canadians accumulate at least 150 minutes of moderate to vigorous physical activity per week (at least 60 minutes of moderate to vigorous physical activity daily for children and youth), and choose a variety of aerobic and strengthening activities.

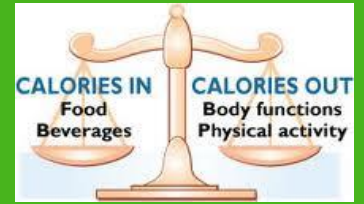
There are many physical activities to choose from.

- ...walk your dog
- ...martial arts program
- ...swimming or skating program
- ...baseball, basketball or soccer
- ...gardening
- ...hiking, biking or walking
- ...dancing
- ...playing in the park

We have included an activity pyramid below. You can use this example to create your own activity pyramid with your family. Just fill it in with the things you like to do.



## Did You Know?



**"Calories"** is a term used to describe the energy content of foods. Our bodies require a constant production of energy to help us walk, talk and play. The energy comes from the food we eat.

If too many **calories** are consumed, and not used to produce energy, they are converted into fat, which is stored in the body.

Physical activity burns calories, strengthens muscles and helps maintain a healthy weight.

**The key is to balance your food intake with your physical activity**