



LIVING WELL

Tips for nourishing your body, mind and spirit



Food is Medicine

- Fuel yourself regularly. Eat three meals and two small snacks every day.
- Listen to your bodies hunger cues – eat when you are hungry, stop when you are full
- Turn off your TV/computer/cell phone and enjoy meals with family and friends.

Eat Colourful Foods

- Eat foods close to their natural form and in a variety of colours.
- Eat 7-12 servings of fruits and vegetables every day. Enjoy your traditional foods.



Include Protein Foods

- At meals and snacks try to include seafood, meats, peanut butter, eggs, beans, nuts, seeds, cheese or plain yogurt.

Drink More Water

- Hydrate and clean your body out with water and herbal teas. Flavour unsweetened water with sliced lemon, lime, cucumber, berries and more.

Flavour Foods with Herbs and Seasoning

- To decrease the amount of salt you are consuming try flavouring your fresh foods with pepper, chili powder, cinnamon, Italian seasoning, ginger, garlic/onion powder and more.
- Be mindful of how much salt is in the canned goods you eat such as tomatoes, broths and soups - check the label for low sodium.

Eat More Healthy Fats

- You'll find healthy fats in fish, seafood, unsalted nuts/seeds, avocado, peanut butter, oolichans, sardines, flax/hemp seeds and olive/grape seed.

Eat Less Unhealthy Fats

- Unhealthy fats are found in junk foods, fried foods, snack foods (like chips and popcorn), fast foods, dressings/sauces, noodles, desserts, donuts, red meats, sausages and bacon.

Limit Added Sugars

- Cut down on sugar, candy, pop, sugary drinks, juice, cereals, desserts and alcohol.

Be Active, Sleep Well and Be Smoke Free

- Find something active that is fun and that you enjoy. Aim to move for seven hours per week, or one hour over the course of a day.
- Make sleep a priority and take steps to let your body, mind and spirit restore and recharge.
- Be smoke free!



EAT OFTEN & EAT LESS



FOODS YOU ENJOY DAILY

Fruits and Vegetables

- Berries
- Apples
- Oranges
- Bananas
- Peaches
- Pears
- Dried fruit
- Beans
- Salad
- Broccoli
- Cauliflower
- Carrots
- Nettles
- Seaweed

Whole Grains

- Whole grain pasta noodles
- Wild or brown rice
- Old Fashioned Oatmeal
- Cream of wheat
- Potatoes with skin
- Quinoa
- Steel cut oatmeal
- Whole grain breads
- Bran
- Oat bran
- Barley

Protein

- Salmon and Seafood
- Chicken/turkey
- Clams/oysters
- Crabs
- Fish soup
- Halibut
- Lean meats
- Oolichans
- Skinless meats
- Nuts, Seeds
- Eggs
- Peanut butter
- Beans

Drinks

- Bubbly water
- Herbal teas
- Lemon water
- Water

FOODS YOU EAT SOMETIMES

Fatty Foods

- Bacon or sausage
- Blizzards®
- Bologna
- Buttery breads
- Buttery popcorn
- Cheese
- Chips
- Chocolate bars
- Cream
- Cream sauces
- Cream (whipped)
- Creamed soups
- Deli meats
- Donuts
- Fast foods
- French fries
- Fried bread
- Fried eggs
- Fried fish
- Fried/oily meats
- Gravy or mayo
- Hash browns
- Homo milk
- Ice cream
- Milkshakes
- Parties, pie, cakes
- Pizza
- Rice, noodles, bread or potato (a lot of)
- Wieners

Sugary Foods

- Pop
- Slurpee's®
- Sports drinks
- Energy drinks
- Vitamin drinks
- Juice and crystals
- Cake, pastries, donuts
- Cookies
- Desserts
- Candy
- Freezes®
- Sugary coffee

- White foods
- Sugar
- French fries
- Buns
- Chips, Cheezies®
- Corn chips
- Chow mein
- Sweet & sour
- Fast foods
- Pizza
- Alcohol
- Caffeine
- Vitamin drinks
- Juice and crystals

Salty Foods

- Canned meats, soups and foods
- Packaged foods
- Salt shaker
- Junk/fast foods
- Chips
- Bologna
- Sandwich meats
- Pizza
- Crackers
- Popcorn
- Bacon
- French fries
- Chinese noodles
- Mr. Noodle®
- Kraft Dinner®
- Sports drinks
- Premade frozen meals
- Cheese

*** Look for traditional foods from Mother Earth. Best prepared fresh, steamed, baked or boiled.**

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