

Is my diet healthy?

Nutrition and Exercise for Peak Performance

IS YOUR DIET A HEALTHY ONE? Take this quiz and find out!

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Does your eating plan allow you to eat enough food to avoid severe hunger pains? | <input type="checkbox"/> | <input type="checkbox"/> |
| ★ Not only does feeling hungry make you dangerous to be around, but it leads to a break down of muscle mass that your body use for energy. Rapid weight loss and this loss of muscle mass leads to a slow down of your metabolism and weight loss becomes even more difficult! | | |
| ★ A healthy weight loss rate is ½ lbs. a week. | | |
| ★ A woman needs no less than 1200 calories/day and a man needs no less than 1500 calories/day . | | |
| 2. Does your diet provide at least 5 servings of grain products (50% of your total calories/100g carbohydrates)? | <input type="checkbox"/> | <input type="checkbox"/> |
| ★ Eating whole grain breads, cereals, pasta give you carbohydrates to keep you energized for your physical activity , and fiber to prevent constipation, and decrease your risk of intestinal problems such as diverticulitis, colon cancer. | | |
| 3. Does your diet provide you with a minimum of 5 vegetables and fruits? | <input type="checkbox"/> | <input type="checkbox"/> |
| ★ Meeting your minimum requirements of fruits and vegetables will provide you with essential vitamins and fiber that will decrease your risk of cancer and heart disease. | | |
| 4. Does your diet provide at least 2 servings of meat and meat alternatives (20-25% of your total calories)? | <input type="checkbox"/> | <input type="checkbox"/> |
| ★ Protein is needed for repairing and maintaining tissues of your body. Too much protein, however, can lead to many health problems such as heart disease, osteoporosis, dehydration and kidney problem. | | |
| 5. Does your diet provide 20-30% of your total calories from fat and limit your saturated fat intake? | <input type="checkbox"/> | <input type="checkbox"/> |
| ★ Saturated fats are found mostly in animal sources such as fatty cuts of meats and high fat milk products. Choosing meat alternatives such as legumes (chick peas, kidney beans, navy beans) more often, choosing lean meats and low fat milk products will decrease your risk of cancer and heart disease. | | |
| 7. Does your diet plan encourage daily physical activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| ★ An active lifestyle is the key to a successful weight loss! | | |



- ✓ If you answered **YES** to all these questions, you're meeting Canada's Food Guide guidelines and you're on your way to a healthy weight loss!
- ✓ If you answered **NO** to any of these questions, your health may be at risk AND your weight loss will not be permanent!

EAT, BE ACTIVE and FEEL GREAT!

Eating Smart

Sample menu for a smaller appetite 1500 calories

BREAKFAST

- ¾ cup bran cereal
- 1 cup low fat milk
- ½ large banana
- ½ cup orange juice

SNACK

- ¾ cup low fat fruit yoghurt

LUNCH

Tuna sandwich

- 2 slices of bread
- 1/3 can, canned in water
- Low-cal mayonnaise (1 Tbsp)

Carrot sticks (1 carrot)

Canned pears, no sugar added (1/2 cup)

SNACK

Fig cookies (2)

1/2 cup 1% chocolate milk

SUPPER

Stir-fry meal- lean beef (90g)

Oil (10-15 mL)

Vegetables: mushrooms, zucchini, bean

Sprouts (250 mL)

Enriched pasta (175 mL)

Unsweetened applesauce (175 mL) with Cinnamon



© 1998 Randy Glasbergen.
www.glasbergen.com
"When you deprive your body by dieting, it may interpret this as starvation and adapt as necessary to survive."

Sample menu for a bigger appetite 2500 calories

BREAKFAST

- 1 package flavoured instant oatmeal
- 1 cup 1% milk, 1 small banana
- 1 small whole wheat bagel
- 1 Tbsp. Peanut butter + 1 Tbsp. jam
- 1 cup orange juice

SNACK

- 1cup fruit salad canned in light syrup

LUNCH

Chicken sandwich

- 3-oz roasted boneless chicken
- 2 slices tomato
- 1 Tbsp. Mustard

1 peach

SNACK

1cup low fat lemon yoghurt

½ cup dried apricots

SUPPER

3-oz baked sole

1 cup cooked brown rice

1 cup steamed sliced carrots

1 whole-wheat roll

1 tsp. margarine

1 cup 1% milk

1 oatmeal cookie

SNACK

½ cup 1% chocolate milk

HOW DO THESE MENUS COMPARE TO CANADA'S FOOD GUIDE?

	<u>1500 calorie menu</u>	<u>2500 calorie menu</u>	<u>Canada's Food Guide Rec'ds.</u>
Grain products	5	10	5-12
Veggies & Fruits	7	9	5-10
Milk Products	2.5	4	2-4
Meat & Alternatives	2	2.5	2-3