

PICK ME

**WHY
ACT
NOW**

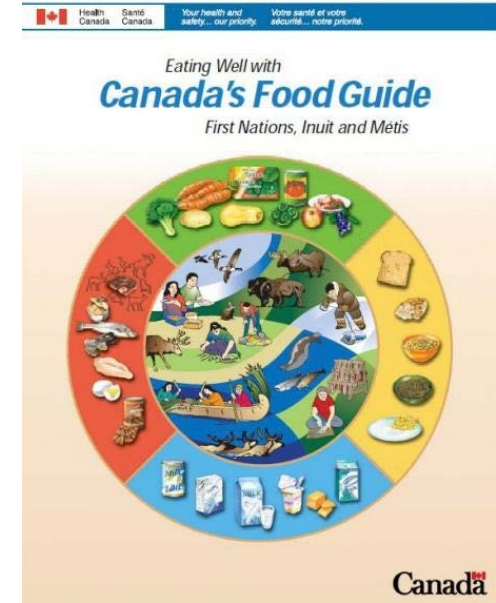
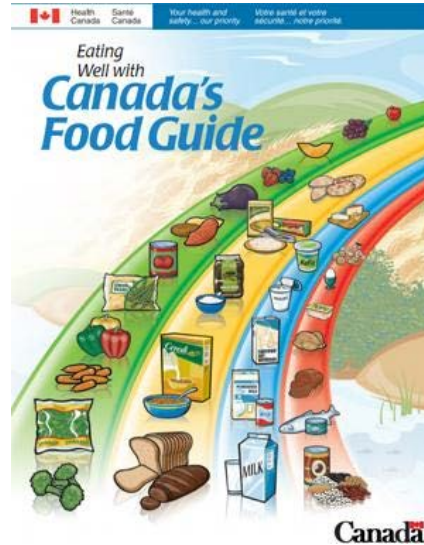
The Healthy Choice

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**WHY
ACT
NOW**

THE HEALTHY CHOICE

Did you know that Canada has a food guide to help YOU make healthy choices?



**WHY
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THE HEALTHY CHOICE

<https://www.youtube.com/watch?v=9TDh5m0YsDg>

**WHY
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THE HEALTHY CHOICE



Think about it is this way, if you choose these items more often...

you will not feel your best!

**WHY
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THE HEALTHY CHOICE



Think of your body like a car.
If you want your car to work, you
have to look after it.

**WHY
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THE HEALTHY CHOICE



To work, you need gas (food)
And you have to check fluids and
change the oil.

Otherwise, the engine won't
perform at it's best.

**WHY
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THE HEALTHY CHOICE

Your body is no different.

What you put in = what you get out.

Make poor choices, you'll feel tired & sluggish and can gain weight.

Eat healthy, you'll feel energized & light and can stabilize your weight.



THE HEALTHY CHOICE

Let's break it down:

- 4 main food groups
- Find age, find numbers
- Meet the numbers

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex		Girls and Boys	Females	Males	Females	Males	Females	Males
<i>Vegetables and Fruit</i>	4	5	6	7	8	7-8	8-10	7	7
<i>Grain Products</i>	3	4	6	6	7	6-7	8	6	7
<i>Milk and Alternatives</i>	2	2	3-4	3-4	3-4	2	2	3	3
<i>Meat and Alternatives</i>	1	1	1-2	2	3	2	3	2	3

THE HEALTHY CHOICE

So you've got your numbers
but what does
that mean?

What counts as 1 serving?

Age in Years Sex	Teens		
	9-13	14-18	
	Females	Males	
Vegetables and Fruit	6	7	8
Grain Products	6	6	7
Milk and Alternatives	3-4	3-4	3-4
Meat and Alternatives	1-2	2	3



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THE HEALTHY CHOICE

The pictures show how much of each food counts as 1 Food Guide Serving!

What is One Food Guide Serving?
Look at the examples below.



THE HEALTHY CHOICE

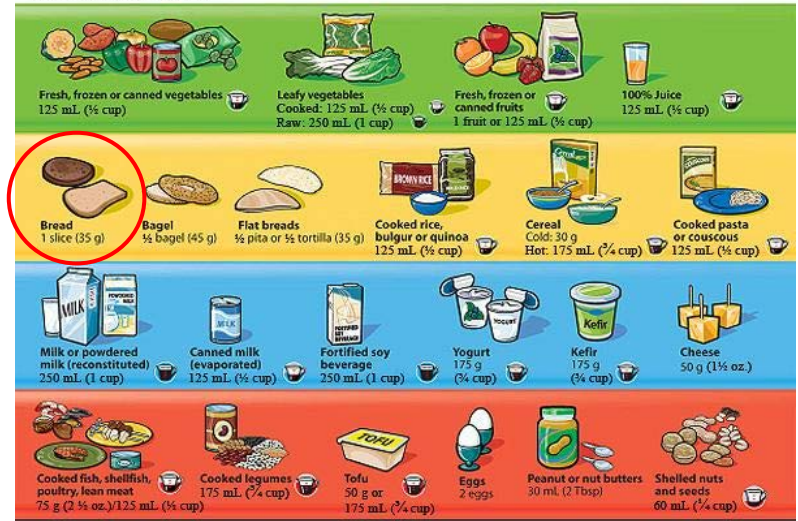
Let's try some examples:
You eat...

2 pieces of toast

=

2 servings of GRAIN

What is One Food Guide Serving? Look at the examples below.



**WHY
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THE HEALTHY CHOICE

You drink...

1 cup of 100% real fruit
orange juice

=

2 servings of
FRUIT

What is One Food Guide Serving? Look at the examples below.



**WHY
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THE HEALTHY CHOICE

You drink...

1 cup of milk

=

1 serving of MILK &
ALTERNATIVES

What is One Food Guide Serving? Look at the examples below.



THE HEALTHY CHOICE

You eat...

2 hard boiled eggs

=

1 serving of MEAT &
ALTERNATIVES

What is One Food Guide Serving? Look at the examples below.



**WHY
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THE HEALTHY CHOICE

OK, now you know how to count servings, but what exactly is **HEALTHY** eating?



THE HEALTHY CHOICE

It's about ***BALANCE***:

- Picking foods from **ALL** the food groups
- Choosing packaged foods like pop, chips, ice cream, chocolate less often



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THE HEALTHY CHOICE

Changing habits takes time...



Did you know... it can take **21 days** to break a habit **or** form a new one?

**WHY
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THE HEALTHY CHOICE

Before you know it, with consistent choices, your body will start craving the healthy food!



THE HEALTHY CHOICE

**So what steps can I take to
improve my health?**

Let's take a look at making healthier
choices at meal times.

THE HEALTHY CHOICE

Breakfast swaps:

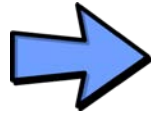
Nothing.....

Sugar Cereal.....

Pop tart.....

Bagel w/cream cheese..

Bacon & eggs.....



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THE HEALTHY CHOICE



2 Poptarts
Calories = 380
Fat = 9g
Sugar = 30g
Sodium = 320mg

vs.



1 Protein Pancake w/yogurt + blueberries
Calories = 176
Fat = 6g
Sugar = 11g
Sodium = 72mg

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THE HEALTHY CHOICE



Bagel w/cream cheese

Calories = 332

Fat = 7g

Sugar = 6g

Sodium = 539mg

vs.



Whole wheat toast + peanut butter + banana

Calories = 213

Fat = 9g

Sugar = 9g

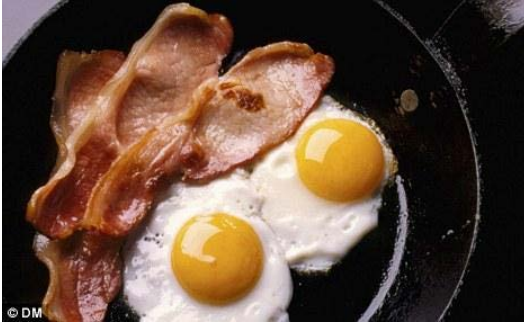
Sodium = 135mg



Good
fat!

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THE HEALTHY CHOICE



3 Bacon slices + 2 eggs

Calories = 338

Fat = 27g

Sugar = 1g

Sodium = 905mg

VS.



2 hard boiled eggs + banana

Calories = 227

Fat = 10g

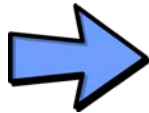
Sugar = 178g

Sodium = 125mg

THE HEALTHY CHOICE

Lunch swaps:

Poutine + chips.....
Big Mac + Fries.....
Arby's Turkey Ranch & Bacon....



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THE HEALTHY CHOICE



vs.



Poutine (2 cups)

Calories = 705

Fat = 48g

Sugar = 0g

Sodium = 1918mg

Tim Hortons's Chili (regular)

Calories = 290

Fat = 16g

Sugar = 5g

Sodium = 1180mg

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THE HEALTHY CHOICE



Burger + Medium Fries

Calories = 870

Fat = 43g

Sugar = 9g

Sodium = 1150mg

vs.



Subway Sweet Onion Chicken Teriyaki 6"

Calories = 360

Fat = 1g

Sugar = 16g

Sodium = 900mg

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Arby's Turkey Bacon Ranch

Calories = 834

Fat = 38g

Sugar = 17g

Sodium = 2258mg

vs.



Tim Horton's Chicken Ranch Wrap x 2

Calories = 380

Fat = 12g

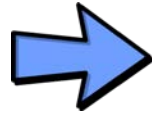
Sugar = 2g

Sodium = 1300mg

THE HEALTHY CHOICE

Dinner swaps:

Chicken fingers + fries.....
3 slices pepperoni pizza.....
Hungry-Man Beef Pot Roast.....



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vs.



Wendy's Homestyle Chicken Strips + Fries

Calories = 820

Fat = 38g

Sugar = 0g

Sodium = 2220mg

Chicken Breast + sweet potato wedges

Calories = 648

Fat = 8g

Sugar = 0g

Sodium = 321mg

**WHY
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THE HEALTHY CHOICE



3 slices Pepperoni Pizza

Calories = 690

Fat = 24g

Sugar = 6g

Sodium = 1140mg

vs.



Pita Pizza w/chicken, cheese, sauce

Calories = 405

Fat = 17g

Sugar = 1g

Sodium = 488mg

**WHY
ACT
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THE HEALTHY CHOICE



Hungry-Man Beef Pot Roast

Calories = 690

Fat = 24g

Sugar = 6g

Sodium = 1140mg

vs.



Whole Wheat pasta w/marina + Tilapia

Calories = 379

Fat = 6g

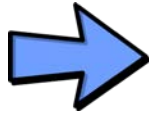
Sugar = 12g

Sodium = 558mg

THE HEALTHY CHOICE

Dessert swaps:

Strawberry Cheesecake Blizzard...
Boston Pizza Brownie Addiction...



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THE HEALTHY CHOICE



vs.



Strawberry Cheesecake Blizzard (med.)

Calories = 690

Fat = 25g

Sugar = 82g

Sodium = 360mg

Strawberry Sundae (med.)

Calories = 360

Fat = 10g

Sugar = 54g

Sodium = 150mg

THE HEALTHY CHOICE



Boston Pizza Brownie Addiction

Calories = 600

Fat = 19g

Sugar = 61g

Sodium = 320mg

VS.



Frozen Yogurt + bite size cookie/brownie

Calories = 378

Fat = 13g

Sugar = 35g

Sodium = 203mg

**WHY
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THE HEALTHY CHOICE

A healthy life is about balance...
Focus on moving every day to balance
the food you eat



THE HEALTHY CHOICE

As a teenager, you need ~2,000 calories a day.
Let's see how much you would be eating if you
chose the common fast food.



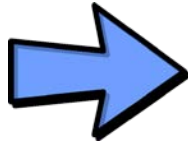
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Recommended Daily Intakes:

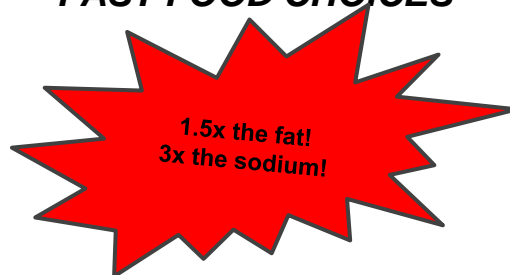
Calories = 2,000
Fat = 65g
Sodium = 1500mg

YOU ATE

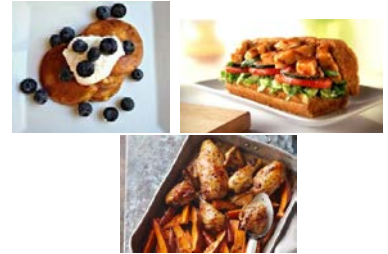


Total Calories = 1857
Fat = 93g
Sodium = 4677mg

FAST FOOD CHOICES



1.5x the fat!
3x the sodium!



Total calories = 1184
Fat = 15g
Sodium = 1293mg

HEALTHIER CHOICES

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THE HEALTHY CHOICE

After just 3 meals, you have eaten
enough for the whole day!

AND we haven't included any vegetables/fruit or
snacks & drinks!



**WHY
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THE HEALTHY CHOICE

If you eat **more** than 2,000 calories daily & are not active....

you can have
excess weight gain

THE HEALTHY CHOICE

HOW?

For example, if you ate:

Monday - 2500 calories

Tuesday - 2500 calories

Wednesday - 2500 calories

Thursday - 2500 calories

Friday - 2500 calories

Sat - 2500 calories

Sun - 2500 calories

Extra 500
calories

Extra 500
calories

Extra 500
calories

Extra 500
calories

Extra 500
calories

Extra 500
calories

Extra 500
calories

3,500 extra calories
in 1 **WEEK**
=
1 pound

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THE HEALTHY CHOICE

If you were not active and ate fast food more often than healthier choices for the entire school year....



you could potentially gain **44 POUNDS**

THE HEALTHY CHOICE

Alberta Health Services has a list of food from restaurants that meet the ‘Choose Most Often’ or ‘Choose Sometimes’ categories from the *Alberta Nutrition Guidelines for Children and Youth*.

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-lunch-restaurant-list.pdf>

THE HEALTHY CHOICE

Where can you eat out and still be making healthy choices?

Booster Juice – smoothies

Extreme Pita, Pita Pit – chicken breast pitas (small)

Quiznos, Subway – grilled chicken sandwiches

Tim Hortons – chicken sandwiches

Pizza Hut – bruschetta pizza

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THE HEALTHY CHOICE

It's time to start caring.

Start with small changes, you only have good things to gain from it.

**WHY
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THE HEALTHY CHOICE

THANK YOU

*Sources: Canada's Food Guide
Healthy Alberta
Alberta Health Services*