



HEART-HEALTHY EATING GUIDE FOR YOUR FAMILY

This booklet includes:

- A helpful meal planner
- Mix and match food group chart
- Kid-friendly recipes

From Heart and Stroke Foundation Dietitians



**HEART &
STROKE**
FOUNDATION

Finding answers. For life.

Healthy eating habits for you and your children – it's all about balance

Healthy food choices are important for you and your children's overall health. Like most parents, you are trying to juggle many things at once. Convincing your children to eat healthy foods every day is only one of them. Healthy eating is about balance. It's making smart decisions to help your family eat healthy most of the time. The **Heart and Stroke Foundation** has created this booklet of simple tips and tools for busy parents. Use it to plan your meals and make healthy choices with your children.

A healthy and balanced diet will give your children the energy to be active all day, every day.

Children form habits at an early age. If your children see that healthy eating and physical activity are priorities in your life, they are also likely to live a lifetime of good health. We hope you enjoy this booklet and encourage you to keep it handy for everyone to use.

Mealtime tips

- **Plan meals around the Four Food Groups** (vegetables and fruit; grains; milk and alternatives; and meat and alternatives).
- **Involve your children in meal preparation** so they feel included and learn about healthy food.
- **Teach your children how to read food labels.** Soon they'll be choosing healthier options.
- **Prepare simple meals;** children like them best. A chicken sandwich with sliced vegetables and dip and fresh fruit can be a healthy meal.
- **Offer a variety of foods.** Over time your children will be willing to try new foods.
- **Be a good role model** by practising healthy eating habits at home and at restaurants.
- **Enjoy eating meals together as a family.** Turn the TV off, close down computers and remove newspapers and magazines from the table.
- Visit heartandstroke.ca for healthy eating tips and heart-healthy recipes including kid-friendly meals. To help you shop for healthy foods, look for the Heart and Stroke Foundation's Health Check™ symbol on packages in grocery stores or on menus in participating restaurants.



Check for Health Check™

Energy in, energy out

As children move through various stages of physical growth, regular activity and healthy eating habits are critical. Help your children find the right balance between the energy they take in from food and drink, and the energy they use to grow and be active. If you and your children eat a balanced diet (energy in) and are physically active on a regular basis (energy out), you will feel healthier.



Daily physical activity helps children maintain a healthy weight, build endurance and strength, and improve their performance at school.

School-age children should build up to at least 90 minutes of physical activity a day. While an organized sport is one way for your children to meet their requirements, it's not the only option. Running, walking the dog, skating, biking, swimming, playing outdoors and dancing all count. The Heart and Stroke Foundation encourages families to follow a lower-fat diet with a variety of foods from the Four Food Groups and to include vegetables, fruit and whole grains at each meal.

Activity tips

- **Create an activity chart.** Have family members list activities and check off those completed at the end of the day. Reward your children with a family outing on the weekend.
- **Balance organized sports with free play** such as riding a bike, throwing a ball or skating.
- **Plan regular outings** such as hiking or sledding.
- **Organize a “walking school bus”** with neighbours to walk children to and from school.
- **Keep snacks handy**, such as chocolate milk, homemade muffins and trail mix.
- Visit our **website at heartandstroke.ca/healthyliving** for more ideas on physical activity for you and your family.

Get your kids involved

The Heart and Stroke Foundation offers two school-based programs – Jump Rope for Heart and Hoops for Heart. These activities are designed to challenge and motivate your children and are offered in about 4,000 participating schools across Canada.

Visit the websites for more information:
jumpropeforheart.ca and **hoopsforheart.ca**

Feeding your children the heart-healthy way

Feeding your children (and let alone yourself) nutritious food can be challenging. But if you follow Canada's Food Guide, your children will get the nutrients that they need for healthy growth and development. The Food Guide now includes appropriate portion sizes and the number of servings you and your children should eat from each of the Four Food Groups, based on age and gender. Refer to the chart below.

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
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The Food Guide also recommends including a small amount (30 to 45 mL or about 2 to 3 tablespoons) of unsaturated fat each day.

To find out more about *Canada's Food Guide* visit heartandstroke.ca/healthyliving

To help determine a serving size, use an adult hand as a guide.

Here's how:

- 1/2 to 1 palm of your hand = serving of chicken, fish or beef (50 g to 100 g)
- 2 thumbs = serving of hard cheese (50 g)
- fist = serving of salad (1 cup/250 mL)
- thumb tip = serving of non-hydrogenated margarine (1 tsp/5 mL)

Weekly meal planning – the first step to nutritious meals every day

Meal planning is one of the most important steps on the road to enjoying nutritious food.

Just think of how stressful last-minute meals are when you haven't planned ahead. The Foundation suggests that you plan your meals for the week to save time and help you meet your family's nutritional needs.



Meal planning tips

- **Keep a shopping list in the kitchen** – and update it regularly.
- **Set aside a specific time each week when you can write down your week's meal plan.** Plan your meals and snacks around the Four Food Groups and make sure to include enough food to meet everyone's nutritional needs.
- **Plan for quick, heart-healthy meals** for those nights when there are after-school or evening activities.
- **Encourage teenagers to make one meal a week.** They are more likely to eat what they have helped to prepare. Suggest ideas such as soups, sandwiches, simple casseroles or pizzas made with flat breads (pita, tortilla) and their favourite toppings.
- **Consider planning 2 to 3 weeks** of menus that you can repeat.
- **Make an extra batch** of your favourite soup or pasta for the freezer so you can defrost, heat and serve.

Make meals a family affair

Your children can learn a lot by being involved in preparing meals and snacks. When they contribute, children feel special and can learn healthy habits for life. It's a perfect time to talk about the Four Food Groups, healthy options and portion sizes.



Breakfast tips

- **Serve a balanced breakfast** to help control your children's appetite for the day and boost their blood sugar level so they can be active and attentive at school. People who eat breakfast tend to have a healthier weight. Be a good role model – eat breakfast, too.
- **Limit foods that are high in fat** and calories, such as doughnuts and sausages.
- **Dedicate a shelf** in the cupboard and refrigerator for nutritious options such as cold whole-grain cereals, nuts, yogurts, 100% fruit juices that children can reach.

Make a breakfast by choosing one option from these three Food Groups:

Grain: slice of whole-wheat toast or whole-grain cereal

Meat and alternatives: egg or peanut butter

Fruit: a banana or orange



Lunch tips

- **Pack a lunch.** Meals made at home tend to be healthier than pre-packaged options.
- **Keep portions small** and easy for younger children to eat.
- **Use a thermos** for leftover pasta or soup.
- **Add a dip** for sliced vegetables and fruit.
- **Vary the outside layer of your children's favourite sandwich** by using pita, bagels, tortilla wraps, whole-wheat bread, naan, bannock bread or rolls.
- **Bake a batch of muffins or oatmeal cookies** for a treat.
- **Pack some water** or 100% fruit juice.
- **Inquire about a school milk program.**

Make a lunch by choosing one option from these Four Food Groups:

Grain: pita bread, naan, tortilla, or half bagel

Meat and alternatives: tuna, salmon or beans

Vegetable: salad or sliced red pepper

Milk and alternatives: glass of milk or soy beverage



Dinner tips

- **Cook extras.** Leftover meats can be used for a delicious fajita meal or mixed with vegetables for stir-fry.
- **Stock up.** Bagged salad, pre-cut or frozen vegetables, frozen whole-grain pizza crust, pasta and pasta sauces can help you make a meal in minutes.
- **Use a slow cooker or crock-pot** to help make meals without much fuss.
- **Plan meals in advance.** This will avoid the need for convenience and fast foods on busy evenings.
- **Try simple and nutritious meal ideas.** Scrambled eggs and a salad or grilled chicken and vegetable sticks can make great quick dinners.
- **Choose foods from all Four Food Groups.** To watch your families portion sizes, fill at least half your plate with vegetables and fruit, one quarter of your plate with whole grains and one quarter with meats and alternatives.

Make a dinner by choosing one option from the Four Food Groups:

Grain: brown rice or whole-wheat pasta

Meat and alternatives: chicken breast or fish fillet

Vegetables: broccoli or bok choy

Milk and alternatives: yogurt drink or glass of milk



Snack tips

- **Have healthy snacks available** such as sliced vegetables and fruit, whole-wheat crackers and breads and lower-fat cheese.
- **Make your own trail mix** from the bulk food section. Include nuts, seeds and whole-grain cereals.
- **Keep 100% fruit juice on hand.** Children can make their own freezer fruit juice pops for a healthy treat.

Make a snack by choosing one option from these two Food Groups:

Grain: one serving of baked tortilla chips or trans-fat free crackers

Vegetables: carrot sticks or celery and salsa

Visit www.hc-sc.gc.ca for a copy of *Canada's Food Guide*.

Visit heartandstroke.ca for more heart-healthy kid-friendly recipes

Play the mix-and-match game

Your children can help decide what they want to eat from this chart by mixing and matching options from the Four Food Groups. Breakfast should include three groups; lunch, four; and dinner, four.

Food Groups	Vegetables and Fruit Look for orange and dark green vegetables and fruit	Grain Products Look for 100% whole grain	Milk and Alternatives Look for lower-fat milk or yogurt (2% M.F. or less)	Meat and Alternatives Look for lean meats (10% fat or less)	Oils and Fats Aim for small amounts of unsaturated oils or soft margarine
Meals Breakfast Choose 3-4 Food Groups	fresh fruit such as orange, banana	cereal	cheese (20% M.F. or less)	egg	
	frozen fruit such as blueberries	bread		peanut or nut butter	
Lunch Choose 4 Food Groups	100% fruit juice	pancakes	milk – skim, 1%, 2%	tuna	non-hydrogenated soft margarine
	dried fruit such as raisins	English muffin, crumpet or bagel	cottage cheese	lower-fat sliced meat (chicken, turkey, ham)	
	vegetables such as baby carrots, broccoli, red pepper, tomatoes	pita		chili	
	fresh fruit such as kiwi, apple, grapes, melon	bread	fortified soy beverage – plain or flavoured	baked beans	salad dressing as a dip
	dried fruit	tortilla		tofu	
	salad	bagel or bun		lentil soup	
	applesauce	naan bread	yogurt – container, tube or drink	hummus	
	fruit cup	rolls		almonds, walnuts	soybean, canola, olive oils
	100% fruit juice	pasta			
	vegetable cocktail	rice			
	crackers				
	muffins				



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Meals					
Snacks Choose 2 Food Groups	100% fruit juice pops cut-up vegetables fresh fruit dried fruit and dried fruit snacks	crackers pita bread sticks cereal	yogurt container, tube or drink milk – skim, 1%, 2% cheese (20% M.F. or less)	almonds, walnuts hummus dry roasted soy beans, almonds	soybean, canola, olive oils
Dinner Choose 4 Food Groups	jarred pasta sauce vegetables such as sweet potato, romaine lettuce, baked potato, bok choy, broccoli dark green-leafy lettuces, wild plants fresh fruit such as mango, papaya, pears, plums frozen vegetables 100% fruit juice vegetable cocktails	rice – brown or wild pasta tortilla naan bread bannock bread frozen pizza crust rice noodles	fortified soy beverage – plain or flavoured ricotta cheese, cottage cheese	meats; beef, veal, wild game poultry; chicken, turkey fish; salmon, sardines, cod, halibut, flounder beans – canned or dried such as chickpeas, kidney beans eggs tofu, tempeh lentils	salad dressing as a dip non-hydrogenated soft margarine

Make sure you drink plenty of water each day.



Navigating the grocery store

Have you noticed the growing amount of nutrition information on food packages in your grocery store? With thousands of products to choose from, finding healthy foods may seem like a challenge.

Here are a few things you can do to make your next trip a little easier.

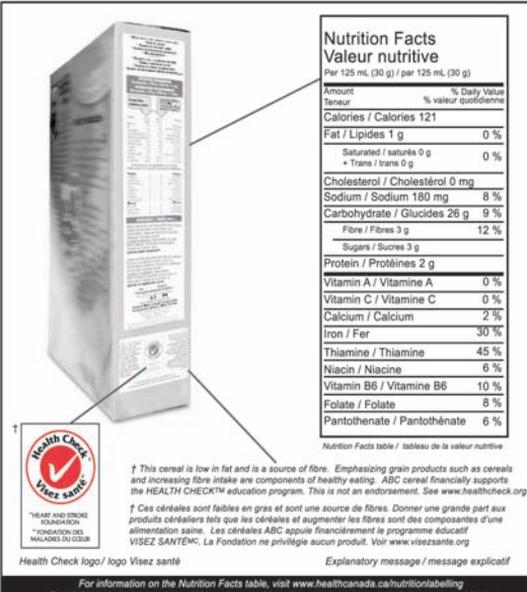
Shopping tips for healthy food

- **Have a meal plan with a shopping list.** This will help you avoid impulse decisions and high-fat, high-salt temptations.
- **Look for the Heart and Stroke Foundation's Health Check™ symbol** on food packages. It's a quick way to let you know a product is a healthy choice. Each product has been checked for the level of fat, sodium, fibre or other important nutrients by Foundation dietitians.
- **Don't go shopping when you're hungry.** You'll be tempted to buy more than you need.
- **Mentally divide up your cart,** filling the largest part with vegetables and fruit and whole grains, and the smaller section with lower-fat dairy products and lean meat and meat alternatives such as beans and fish.
- **Shop the outer aisles first** where you'll find produce, bread, meat and dairy products.
- **Look for time savers** such as bagged salads, ready-to-eat dips and bagged baby carrots.
- **Read the Nutrition Facts Table on food packages.** Choose products lower in saturated and trans fats and lower in total fat and sodium. Aim for products higher in fibre (4 grams or more) and important nutrients such as calcium and iron.
- **Stock up on these healthy staples:** lower-fat dairy products (skim, 1% or 2% milk or yogurt and part skim cheeses), whole-grain cereals and breads, whole-wheat pasta and brown rice, fresh or frozen vegetables and fruit, leaner meats and alternatives.

Judge a food by its label

The ingredient list and the Nutrition Facts Table on a food package can help you make healthy food choices. They help you determine what ingredients are used most and what nutrients the product provides. A quick way to find a healthy choice is to look for the Health Check™ symbol.

Foods with the Health Check™ symbol have been reviewed by Heart and Stroke Foundation dietitians and are part of a healthy diet based on Canada's Food Guide.



Nutrition Facts		Valeur nutritive	
Per 125 mL (30 g) / par 125 mL (30 g)			
Amount		% Daily Value	% valeur quotidienne
Calories / Calories	121		
Fat / Lipides	1 g	0 %	
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g			
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	180 mg	8 %	
Carbohydrate / Glucides	26 g	9 %	
Fibre / Fibres	3 g	12 %	
Sugars / Sucres 3 g			
Protein / Protéines	2 g		
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	2 %		
Iron / Fer	30 %		
Thiamine / Thiamine	45 %		
Niacin / Niacine	6 %		
Vitamin B6 / Vitamine B6	10 %		
Folate / Folate	8 %		
Pantothenate / Panthothénate	6 %		

† This cereal is low in fat and is a source of fibre. Emphasizing grain products such as cereals and increasing fibre intake are components of healthy eating. ABC cereal financially supports the HEALTH CHECK™ education program. This is not an endorsement. See www.healthcheck.org

† Ces céréales sont faibles en gras et sont une source de fibres. Donner une grande part aux produits céréaliers tels que les céréales et augmenter les fibres sont des composantes d'une alimentation saine. Les céréales ABC appuie financièrement le programme éducatif VISEZ SAÏNÉ™. La Fondation ne privilégie aucun produit. Voir www.visezsaïne.org

Health Check logo / logo Visez saïné

For information on the Nutrition Facts table, visit www.healthcanada.ca/nutritionlabelling
Pour informations sur le tableau de la valeur nutritive, voir www.santecanada.ca/etiquetagenutritionnel

Food manufacturers are required to put certain information about their product on the label. The nutrition label gives you a “snapshot” of the food’s nutritional value. It helps you compare similar products and make informed choices about the foods you buy.

Getting information from the package can be easy. Here are a few nutrition labelling tips:

- The ingredient list starts with the ingredient used most in the product.
- The Nutrition Facts table (see example) tells you how many calories and nutrients there are based on the product’s serving size.
- When you compare products, make sure the serving sizes are similar.
- If you eat 2 times the serving size, you will get double the listed calories and nutrients.
- Look for a higher (25% or more) % Daily Value for nutrients such as fibre, vitamin A and C, calcium and iron.
- Look for a lower (10% or less) % Daily Value for fat, saturated and trans fat, cholesterol and sodium.
- Limit the amount of saturated and trans fat you consume.
- When you compare products, look for foods with the lower % Daily Value of fat.
- Choose foods with 2 grams or more of fibre per serving. Diets high in fibre can lower your risk of heart disease.

Simple solutions to everyday challenges

“I don’t have time to cook.”

- Do some food preparation ahead of time. Slice onions, dice peppers, cook noodles and marinate meat so that they’re ready to use.
- Take short cuts. Use pre-cut vegetables, bagged salads, pre-sliced meat and pre-grated cheese.
- Make double batches of your favourite recipes on weekends (or when you have some extra time) and freeze them. Simply defrost, heat and serve for an instant supper during the busy week.
- Use multi-purpose dishes that are safe in the microwave, oven, fridge and dishwasher. The fewer dishes you have to wash, the more time you’ll have for other things.
- Plan your meals for the next few days. Look for one-pot recipes or recipes with a short list of ingredients.
- Turn tonight’s leftovers into tomorrow’s supper. Extra rice, noodles, veggies and meat can be used in a soup, salad, stir-fry or sandwich.
- Post the menus and recipes on the fridge so that whoever gets home first can start cooking. Younger children can help set the table and wash simple ingredients. Older kids and teens can help with the peeling and cutting.

“How can I get my picky child to eat?”

- Respect your child’s changing appetite. He or she may eat a lot today and very little tomorrow. Children have internal cues that tell them when they are full, so don’t force your child to eat.
- Try to cook one meal for the whole family that includes a selection of nutritious foods.
- Make food fun to eat. Cut sandwiches into interesting shapes with cookie cutters. Serve foods with dips and sauces such as ketchup or plum sauce. Make mini pizzas and design a face with grated cheese, green pepper strips and pineapple tidbits.
- Offer healthy snacks every couple of hours.
- Be patient when your child only wants to eat the same thing again and again. It won’t last forever.
- Keep your cool. It can take up to 10 tries before a child will accept a new food.
- Be a good role model by practising healthy eating habits.

“With our busy family schedule, we don’t have much time to enjoy a meal together.”

- Plan supper around the day’s schedule. Supper may usually be at 6 p.m., but on activity nights, your family may not eat until 7:30 p.m. On those nights, plan a simple meal such as a casserole that you cooked on the weekend, or a pasta meal using fresh ravioli (that takes about 4 minutes to cook in boiling water) and a jar of pasta sauce.
- Set menu themes to encourage everyone to be home for the meal. How about pizza on Friday nights or pancake breakfasts on Sundays?
- Have lots of nutritious snacks ready, especially for nights when dinner will be served later.
- Let each member of the family take turns choosing their favourite recipe for dinner.
- Cook stews, soups and casseroles in a crockpot. The food will stay heated and be ready to eat as different family members arrive home.
- Plan family picnics and outings where you can sit down and eat together. Take this opportunity to catch up on the day’s events and news with the whole family.

If you would like more information to help you develop heart-healthy habits in your children, subscribe to our free He@lthline for Parents e-newsletter at heartandstroke.ca/subscribe. You will receive expert nutrition advice, get-active tips and kid-friendly recipes created by the Foundation’s dietitians.

What the Heart and Stroke Foundation is doing for you

Healthy eating plays a vital role in the prevention of heart disease and stroke. That’s why the Heart and Stroke Foundation established Health Check™, a food information program that helps Canadians identify healthy choices in grocery stores and restaurants. Foods with the Health Check symbol have been reviewed by Foundation dietitians and are part of a healthy diet. The Foundation also acted as a consultant on the latest edition of *Canada’s Food Guide* and we are a partner in the *5 to 10 a Day* campaign to promote daily consumption of vegetables and fruit. The Foundation helped determine guidelines for health claims on packaged food and co-chaired a national task force with Health Canada to remove unhealthy trans fats from our food supply. These are just a few of the many ways the Foundation is working to help Canadians build and maintain healthy eating habits.



Kid-friendly recipes

For great family cooking and foods your kids will love, try these kid-friendly recipes from the Foundation's recipe section. For more fabulous recipe ideas, visit heartandstroke.ca/recipes.

Bowtie pasta with chicken, veggie and tomato sauce

Makes 8 servings

This meal will provide energy for your active kids. Don't worry about them not liking the vegetables in this recipe. They won't know they are even there because they are diced and in the tomato sauce. Frozen veggies are great in sauces because they are quick to prepare and low in salt. This recipe has two portions of vegetables per serving.

Ingredients

- 4 cups (1 L) whole-wheat bow tie pasta
- 1 tsp (5 mL) olive oil
- 2 raw chicken breasts, diced
- 2 cups (500 mL) frozen mixed vegetables
- 2 cups (500 mL) pasta sauce
- 1 cup (250 mL) part skim mozzarella cheese, grated

Directions

1. Cook pasta according to the directions on the package.
2. Meanwhile, heat oil over medium heat. Add diced chicken and cook until no longer pink inside. About 5 minutes.
3. Add vegetables and cook 1 minute, until heated.
4. Add sauce and simmer 10 minutes.
5. Toss pasta with sauce and serve into bowls. Top with cheese.
6. Freeze the leftovers.

Nutritional information per serving (1 cup/250mL)

Calories:	224
Protein:	18 g
Fat:	6 g
Saturated fat:	3 g
Dietary cholesterol:	0 mg
Carbohydrates:	27 g
Dietary fibre:	3 g
Sodium:	325 mg
Potassium:	443 mg



Developed by Nadine Day, RD.
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Mini zucchini chocolate chip muffins

Makes 24 mini muffins or 12 regular muffins

Kids love all things mini and these muffins are sure to please your kids because you'll be providing them with a serving of vegetables in a way that they can enjoy. You can peel the zucchini if you think your little ones won't like the green flecks.



Ingredients

- 1 cup (250 mL) quick oats
- 1 cup (250 mL) whole wheat flour
- 1 tbsp (15 mL) baking powder
- 1/2 tsp (2 mL) cinnamon
- 1/3 cup (75 mL) sugar
- 1 cup (250 mL) shredded zucchini, packed
- 2 tbsp (25 mL) canola oil
- 1 egg, lightly beaten
- 3/4 cup (175 mL) skim milk
- 1/2 cup (125 mL) chocolate chips

Nutritional information per serving (2 mini muffins or 1 regular muffin)

Calories:	78
Protein:	2 g
Fat:	3 g
Saturated fat:	1 g
Dietary cholesterol:	8 mg
Carbohydrates:	12 g
Dietary fibre:	1 g
Sodium:	40 mg
Potassium:	95 mg

Directions

1. Preheat oven to 400° F (200° C).
Line a mini muffin pan with muffin cups or spray with canola oil cooking spray.
 2. In a large bowl stir together flour, baking powder, cinnamon, and sugar. Set aside.
 3. In a medium bowl combine zucchini, canola oil, egg and milk.
 4. Add wet ingredients to the dry ingredients and stir until just moist. Add in chocolate chips.
 5. Spoon batter into the muffin tin and bake for 15 minutes.
- * If making regular sized muffins increase cooking time to 20 minutes.

Recipe developed by Nadine Day, R.D. ©The Heart and Stroke Foundation.



Thank you to the millions of Canadians who put their hearts into supporting our vital work.

Because of you, the Foundation has helped reduce the mortality rate from heart disease and stroke by 70% over the past 50 years. Sadly, still one in three Canadians deaths are due to heart disease and stroke every year – and millions remain at risk.

More answers are needed to facilitate further medical advances, effect social change and provide public and professional health education that save lives – today and for generations to come.

The Heart and Stroke Foundation website offers a wealth of information and tools to help you and your family prevent and manage heart disease and stroke. On our website you will find:

- Delicious heart-healthy recipes
- Tips to get and stay active for life
- Current heart disease and stroke patient information
- Breaking news on Foundation funded research
- Free newsletters, Heart&Stroke He@lthline and He@lthline for Parents
- How to get involved and make a difference in your community

PUT YOUR HEART INTO IT.™

Learn more at
www.heartandstroke.ca
or call
1-888-HSF-INFO
(1-888-473-4636)