



Healthy Eating & Healthy Weight Guide



Government of
Northwest Territories

This guide is meant to provide helpful information and resources to support you in your journey for healthy living. Please share with others in your family and community to support healthy choices.

Choosing Healthy Eating is making the first step!



What do I need to know?

4

- The top ten reasons why people gain weight
- How to choose food and drinks for good health
- Ways to eat better
- Know what to eat and how much
- Reading nutrition facts table
- Meal plans to help you on your healthy weight journey
- Canada's food guide

My Plan for Healthy Eating

15 - 19

- Staying on track with healthy eating and healthy weight plan
- Helpful guide to use in your journal
- Planning to change eating habits
- Tips on how to change eating habits and thoughts
- Knowing what can cause overeating

The Right Mix: Healthy Eating and Physical Activity!

20 - 22

- Recommended physical activity
- Small changes can make big differences
- Overcoming exercise barriers

Recognize Barriers to Success

23

Celebrating Successes

24

Frequently Asked Questions

25 - 26

Additional Resources for you

27

What do I need to know¹?

- ✚ Each person needs a unique individual amount of energy (calories) in order to maintain their body weight; maintaining weight is a balance between what we take in (food and drink) and what we ‘put out’ (activities of daily living or exercise). Small changes in body weight can reduce the risk of chronic disease!
- ✚ We gain weight when we take in more than what we need, either through eating more than what we need, or doing less physical activity.
- ✚ Weight loss is a fight against your body’s natural way to maintain weight and prevent starvation.
- ✚ Getting to a healthy weight can prevent heart disease, stroke, high blood pressure, diabetes, and some types of cancer.
- ✚ The GOOD news is that losing as little as 10 pounds can make a big difference.
- ✚ Taking care of your whole body, mind and spirit helps you, your family and your community.
- ✚ Eating healthy foods and increasing physical activity helps maintain a strong and functioning body. Eating a variety of nutritious foods, like traditional foods, is good for you.

There are benefits to eating healthy foods together with family and friends.



¹ Adapted from Heart and Stroke Foundation of Canada (2013). Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Retrieved from www.heartandstroke.ca

Top 10 Reasons why people gain weight²:

1. Eating more high fat, high sugar foods than you need.
2. Not enough activity to burn off the food you take in.
3. Runs in the family - you are more likely to be heavy if your parents were.
4. Age - unless you keep very active, you lose muscle as you age, and it becomes easier to put on weight.
5. Quitting smoking - smokers can gain up to 10 pounds when they quit (although the health benefits of quitting override any concerns, and this weight gain is usually temporary).
6. Pregnancy - a woman's weight can go up each time she is pregnant if she does not actively try to lose it afterwards.
7. Stress - some people eat because of depression or stress; poor sleep can cause weight gain.
8. Medications such as anti-depressants and steroids can result in weight gain.
9. Illness - inactivity due to illness can cause weight gain.
10. Poor eating habits learned while growing up; maybe food was used as a reward or you had to eat everything off your plate.

So make healthy choices for you...



EAT MORE
FRUITS AND
VEGETABLES
AND LESS PRE-
PACKAGED
FOODS

INCREASE
YOUR DAILY
PHYSICAL
ACTIVITY AND
LIVE AN
ACTIVE
LIFESYLE BY
WALKING
MORE



Have you heard about sugar and how it affects your health?

Too much added sugar contributes to overweight, obesity, chronic diseases (such as diabetes, cancers, heart and dental diseases).

²Adapted from Heart and Stroke Foundation of Canada (2013). Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Retrieved from www.heartandstroke.ca

How to choose food and drinks for good health³

- ✚ It is important to choose healthy foods most often.
- ✚ Making decisions on what you eat and drink is important for your health.

| Food & Drink | Choose most often | Choose sometimes | Choose least often |
|----------------------|---|---|--|
| Vegetables and fruit | 100% fresh, frozen, canned or dried (unsweetened) | Processed: juice, fruit sauce, packaged fruit snack, dried fruit with added sugar | French fries |
| Grains | Whole grain cereal, breads, pasta, quinoa, corn | Crackers, muffin, pancake or waffle, popcorn, bagel | Chips, cookies, sugary cereal, granola bars |
| | Whole grain baked products with fruit and/or vegetables | White bread | Donuts, nachos |
| Milk & alternatives | Skim milk or 1% milk, fortified soy beverage or almond milk | 2% or Flavored milk | Ice cream, pudding, 3% milk |
| | Yogurt, lower fat cheese | Sweetened yogurt | Processed cheese, eg. sliced cheese, cream cheese |
| Meat & alternatives | Traditional meats (moose, ducks, geese, dried meats, fish), traditional meat sausage with no preservatives, and lean meat (Beef, pork, lamb, chicken) | Ham, bacon, non-lean meats | Canned meats, sandwich meats, hot dogs, sausages |
| | Eggs | | |
| | Beans, lentils, tofu, nuts, nut butter | | |
| Drinks | Traditional teas, water, coffee | Fruit juice | Pop, sports and energy drinks, sweetened hot or cold drinks, fruit flavored drinks, cappuccino |

Online tool to check if the food or drink choice is a **choose most often**, **choose sometimes**, or **choose least often**: <http://www.healthyalberta.com/HealthyEating/foodchecker.htm>

³ Adapted from Government of Alberta (2011). Alberta Nutrition Guidelines for Children and Youth. A Childcare, School and Recreation/Community Centre Resource Manual. Retrieved from: www.healthyalberta.com/NutritionGuidelines-Sept2012.pdf

Ways to eat better:

+ Eat Breakfast:

- Eat within an hour of waking up in the morning.
- Eat foods high in fibre (whole grain bread, oatmeal or cream of wheat, high fibre breakfast cereals and fruit).

+ Eat 3 meals a day:

- Eat at least 5 portions of a variety of fruit and vegetables per day; try to include them in every meal.
- Choose lower fat meats, chicken and dairy foods.
- Have at least 2 portions of fish a week, of which one is oily, such as Arctic Char or Trout.

+ Eat regularly:

- Don't skip meals.
- Plan to have healthy snacks.

+ Eat these foods:

- Fruits and vegetables because they are nutritious.
- Protein-rich foods like meat, eggs and milk products can give you a sense of fullness, so include these at every meal.
- Choose whole grain bread, brown rice and pasta.

+ Plan healthy foods for trips when travelling on road trips or on-the-land



✚ **Know what to eat less of:**

- Eat less white starchy foods like white bread, white rice, white pasta, desserts, and sweet foods.
- Use less salt.
- Eat less of food which is high in fat and calories. Nut is a good fat but should be eaten in small amounts only.
- Eat as little as possible of take-away/fast food, fried foods, and drinks or foods with a high amount of added sugars.

✚ **Know what you are eating:**

- It is very easy to overeat without knowing it.
- To keep better track of what you are eating, you can write it down each day in a journal. Keeping track also helps you celebrate a “good” day.



✚ **Think about what you are drinking:**

- Beverages, including alcohol, add calories to daily count, but don't fill you up the same way solid food does.
- Choose water and skim or 1% milk often.
- Diet drinks and coffee or tea should be taken in small amounts.



✚ **Notice your hunger and fullness signals:**

- Plan to eat meals when you are hungry.
- Slow down and enjoy each bite.
- Listen to your body and stop when you feel satisfied but not full.
- Try to avoid using food as a reward or for comfort.

✚ **Don't eat in front of the TV:**

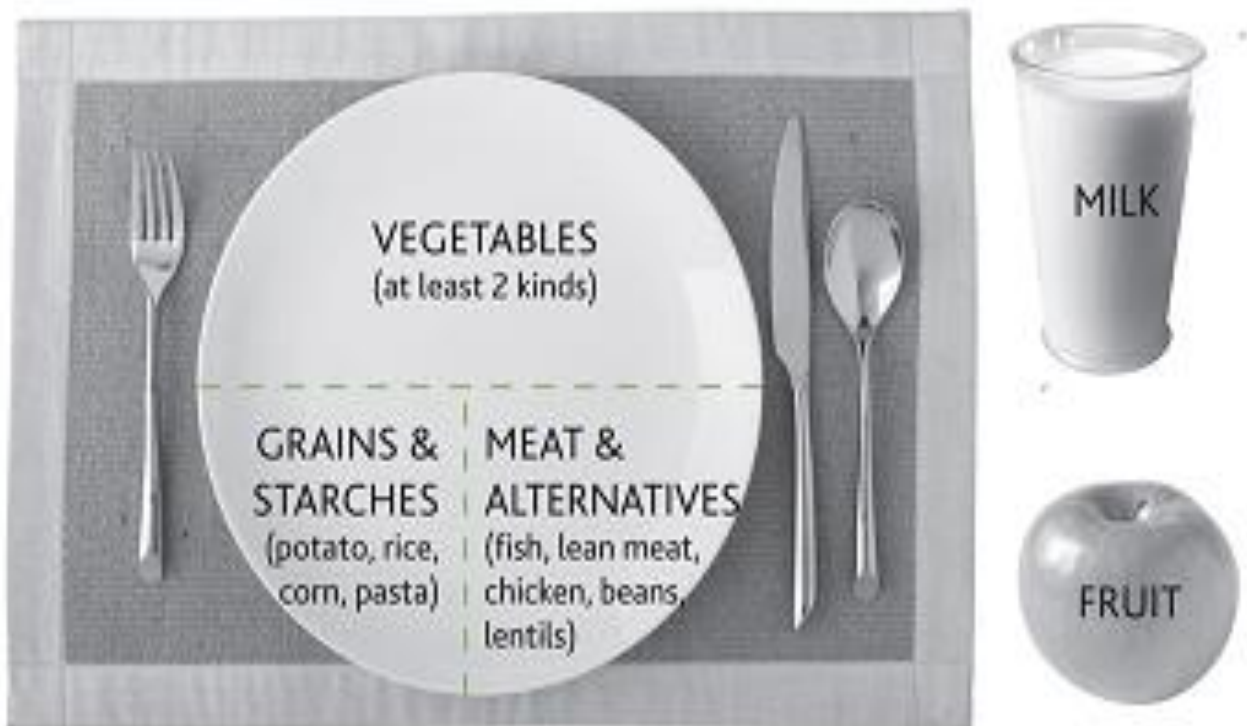
- Eat meals at a table with the TV turned off.

Know what to eat and how much:

- ✚ People who lose weight are careful about the amount of the foods they eat.
- ✚ It is important to know how much one serving size is. Practice by using measuring cups and spoons or your hands as shown.
- ✚ Put food on a plate rather than eating out of the container – it is hard to know how much one serving is if it is not on our plate.
- ✚ Use smaller plate and bowls to prevent eating servings that are too big.

Plan with your plate or plan with your hands:

- 1) Plan with your plate⁴:** Build a healthy meal, imagine the plate separated into three parts
 - fill $\frac{1}{2}$ of the plate with Vegetables and/or Fruit
 - fill $\frac{1}{4}$ of the plate with Meat and Alternatives
 - fill $\frac{1}{4}$ of the plate with Grain Products
 - add one serving of Milk and Alternatives on the side to complete the meal

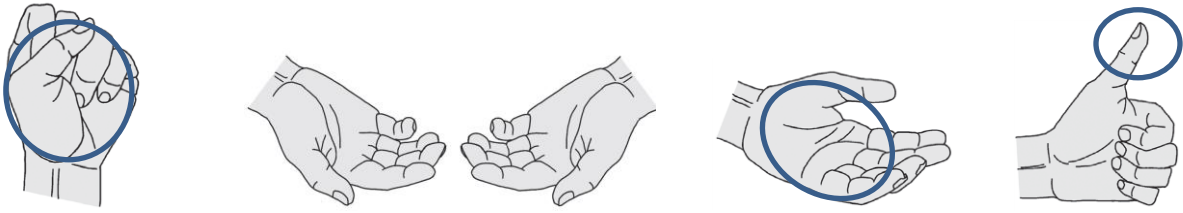


Do you know what happens to the sugar you eat?

Extra calories from sugars are stored as body fat.

⁴ Adapted from Canadian Diabetes Association (2010). Just the basics: Tips for healthy eating, diabetes prevention and management. Retrieved from: http://www.diabetesgps.ca/gps/pdf/Just%20the%20Basics_ENG.pdf

2) **Plan with your hands⁵**: Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide.



| Fruits & Grain products: | Vegetables: | Meat & Alternatives: | Fats: |
|---|--|--|--|
| Choose an amount the size of your fist for each serving fruit and grain product | Choose as much as you can hold in both hands | Choose an amount up to the size of the palm of your hand and the thickness of your little finger | Limit fat to an amount the size of the tip of your thumb |
| Milk & Alternatives: Drink up to 250 ml (8oz) of low-fat milk with a meal or fortified soy beverages | | | |



⁵ Adapted from Canadian Diabetes Association (2010). Just the basics: Tips for healthy eating, diabetes prevention and management. Retrieved from: http://www.diabetesgps.ca/gps/pdf/Just%20the%20Basics_ENG.pdf

Reading nutrition facts table⁶

Different people need to eat different amounts of food based on their age, body size, activity level, whether they are male or female and pregnant or breastfeeding.

- When possible, buy natural, unprocessed foods at the store.
- If you need to buy packaged food you can read the labels on the food packages.
- The nutrition facts table on the food package gives information on: serving size, calories, % daily value and 13 core nutrients.
- The information is based on the serving size found at the top of the Nutrition Facts table.
- You can compare the serving size on the Nutrition Facts table to the amount of food you actually eat.

The **Nutrition Facts** table gives information about the amount of calories and 13 other nutrients in a portion of packaged food.

1. First, look at the serving size. Eating the amount listed will provide the calories and nutrients listed on the table.

* One serving might not be the same size as a serving from Eating Well with Canada's Food Guide, or a portion that a child would eat.

2. Next, look at the calories. This is the amount of energy in one serving of the food

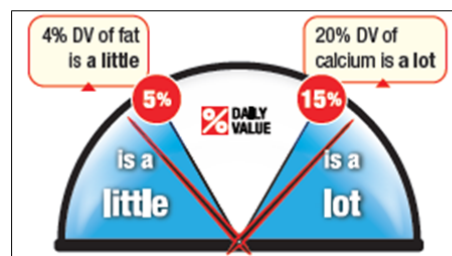
| Nutrition Facts | | % Daily Value |
|---------------------|-------|---------------|
| Per 3/4 cup (175 g) | | |
| Amount | | |
| Calories | 160 | |
| Fat | 2.5 g | 4% |
| Saturated | 1.5 g | 8% |
| + Trans | 0 g | |
| Cholesterol | 10 mg | |
| Sodium | 75 mg | 3% |
| Carbohydrate | 25 g | 8% |
| Fibre | 0 g | 0% |
| Sugars | 24 g | |
| Protein | 8 g | |
| Vitamin A | 2% | Vitamin C 0% |
| Calcium | 20% | Iron 0% |



3. Find the % Daily Value (%D.V.). This tells if there is a little or a lot of a nutrient.

4. Goal is less fat, sugar and sodium

5. Get more fibre, vitamin A & C, calcium and iron







⁶ Adopted from Government of Canada (2014). The Nutrition Facts table. Retrieved from: <http://www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/nutrition-fact-valeur-nutritive-eng.php>

Meal plans to help you on your healthy weight journey:

Each person requires different amounts to be taken in (calories) so please talk to your healthcare provider to make sure that your questions are answered and if needed can refer you to a dietician.

For Women⁷

| Breakfast | Lunch | Supper | One snack a day |
|---|---|--|---|
| <p>1 cup cooked oats ½ cup skim milk 4 tablespoons berries or 4-5 slices banana</p> <p>Coffee, or tea with a little milk at anytime</p> | <p>1 cup of soup with vegetables and fish, or meat (moose, bison, muskox) or birds (duck, goose, chicken, turkey)</p> <p>½ sandwich with 1 slice whole wheat bread or 1 small bannock, 1 teaspoon mayonnaise or margarine, 2 thin slices of meat or fish or 1 egg</p> <p>1 apple or orange Carrot sticks or tomato</p> <p>1 cup skim or 1% milk</p> | <p>Roasted fish or meat or birds, a piece the size of the palm of the hand (moose, bison, duck, goose, chicken turkey)</p> <p>1 small baked or boiled potato or 1 cup rice</p> <p>1 teaspoon butter or margarine</p> <p>1 cup of vegetable (frozen or fresh)</p> | <p>Healthy choices are: 1 slice rye toast with 1 teaspoon peanut butter or 1 ounce cheddar cheese and 4-5 unsalted soda crackers. or 1 fruit or ½ cup low sugar low fat yogurt</p> <p>Vegetables at anytime</p> |
|  |  |  |  |

Did you hear that there are huge benefits when you eat traditional foods and/or unprocessed foods?







Almost all traditional foods have low sugar content.

Unprocessed foods are best for your health because these foods contain vitamins and minerals needed for health whereas added sugars only contribute calories.

⁷Approximately 1400-1500 calories, 30% fat 20% protein. Analysis with “Eatracker” Dietitians of Canada.
<https://www.eatracker.ca/>

For Men⁸

| Breakfast | Lunch | Supper | Two snacks a day |
|--|---|---|--|
| <p>1 cup cooked oats ½ cup skim milk 4 tablespoons berries or 4-5 slices banana</p> <p>1 small bannock or</p> <p>1- 2 thin slices rye or whole wheat toast with 1 teaspoon peanut butter</p> <p>Coffee, or tea with a little milk at anytime</p> | <p>1 cup of soup with Vegetables and fish, or meat (moose, bison, muskox) or birds (duck, goose, chicken, turkey)</p> <p>1 sandwich with 2 slices whole wheat bread or 2 small bannocks, 1 teaspoon mayonnaise or margarine, 2 thin slices of meat or fish or 1 egg</p> <p>1 apple or orange Carrot sticks or tomato</p> <p>1 cup skim or 1% milk</p> | <p>Roasted fish or meat or birds, a piece the size of the palm of the hand (moose, bison, duck, goose, chicken, turkey)</p> <p>1 small baked or boiled potato or 1 cup rice</p> <p>1 teaspoon butter or margarine</p> <p>1 cup of vegetable (frozen or fresh)</p> | <p>Healthy choices are: 1 ounce cheddar cheese and 4-5 unsalted soda crackers.</p> <p>1 slice rye or whole wheat toast with 1 teaspoon peanut butter</p> <p>1 fruit</p> <p>½ cup low sugar low fat yogurt</p> <p>1 mini bag microwave popcorn</p> <p>Vegetables at anytime</p> |
|  |  |  |  |

Do you know that there is a difference in the natural sugars found in raw vegetables and fruits?



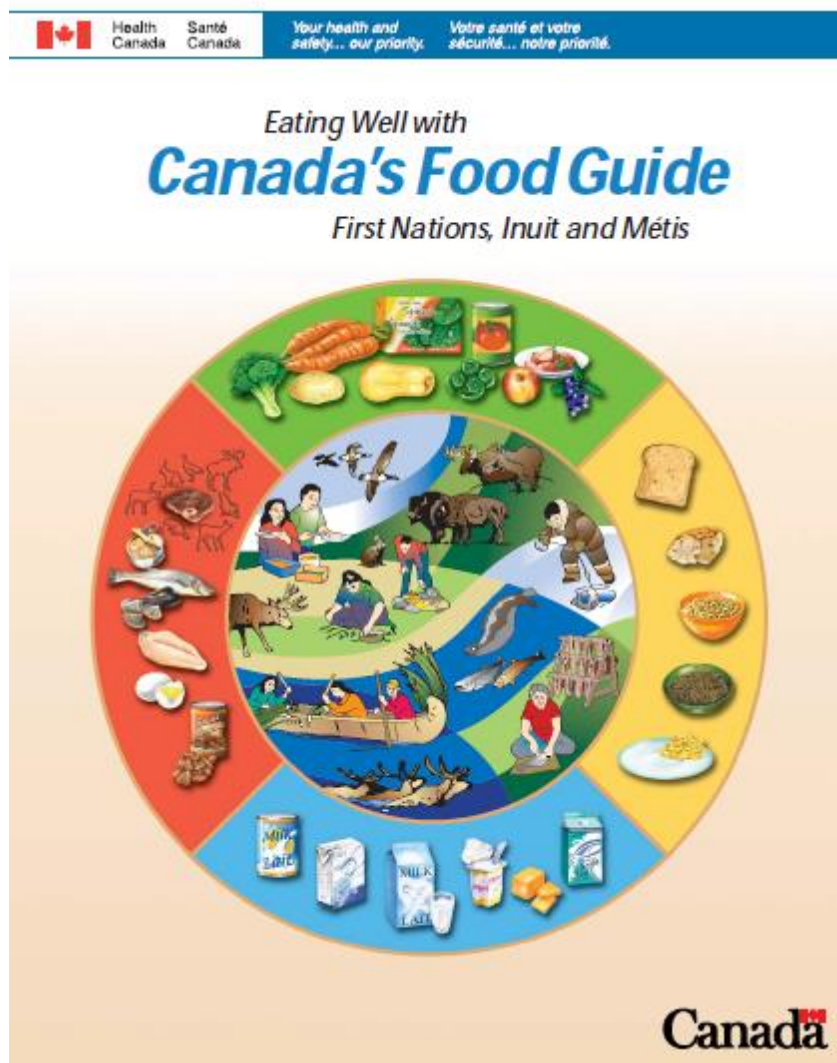
Added sugars from processed foods (such as sweetened beverages, candies, cookies) are more of a public health concern than sugars found in foods such as fruits and vegetables.

⁸ Approximately 1800-2000 calories, 30% fat 20% protein. Analysis with “Eatracker” Dietitians of Canada <https://www.eatracker.ca/>

Canada's Food Guide⁹

Taking steps towards better health and a healthy body weight includes:

- ✚ Eating the recommended amount and types of food each day
- ✚ Limiting foods and beverages high in calories, fat, sugar, and salt
- ✚ Being active every day
- ✚ Use the Canada Food guide to learn how much food you and your family need, what types of foods are better for you, and the importance of physical activity in your day. More information can be found at: <http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php> or ask your health care provider.



⁹ Health Canada (2010). Eating Well with Canada's Food Guide - First Nations, Inuit and Métis. Retrieved from: <http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>

My Plan for Healthy Eating¹⁰

- ✚ Healthy eating is eating well and making healthy food choices most of the time.
- ✚ It is about being flexible and only occasionally eating small amounts of foods that may not be as healthy.
- ✚ Tips for managing how much I eat:
 - Stop eating when I feel full.
 - Eat slowly which allows me to enjoy my food and prevents overeating.
 - Pay attention to what I eat, it is easy to eat a whole bag of chips or cookies without even knowing it.
 - Watch my portions by learning about serving sizes.



Staying on track with healthy eating and healthy weight plan

Keeping a record:

- ✚ Did you know that when people record their daily habits, it increases their rate of success in changing their lifestyles?
- ✚ By tracking your progress each day, you will have a better picture on things you can change.
- ✚ Keeping track of what you eat will help you learn where you need to make changes.
- ✚ Start by writing down daily:
 - What you eat and where you are eating?
 - Why are you eating (are you hungry or just eating because you are bored)?
 - How you feel when eating (your mood or emotions)?
- ✚ Look at what/where/why you are eating and record monthly what you have noticed about your habits.
- ✚ This website provides a tool to help you keep track: <http://www.eatracker.ca/>

¹⁰ Adopted from Lorig, K., et al., (2013). Living a Healthy Life with Chronic conditions, 4th Edition & Canadian Edition. Bull Publishing Company, Boulder, CO, USA.

Helpful Guide to use in your Journal

+Daily record

DATE: _____

| Time | Food or drink | How much? | Where did you eat or drink? Mood/thoughts? | Activity |
|------|--------------------|-----------|---|----------|
| 8AM | Cooked oats | 1 cup | Ate at the table | None |
| | Skim milk | ½ cup | Tired | |
| | Frozen blueberries | ½ cup | | |
| | | | | |

Monthly record of eating habits¹¹

Use this table to check once a month the changes in your eating habits

- ✚ Write down three months in a row and a specific date.
- ✚ For each month think back to your eating habits and on each month answers **yes** or **no**.
- ✚ For each yes you are on your way to success.

| | | Month | | |
|------------------------------|--------|-------|--|--|
| | | | | |
| I eat fruit every day | Yes/No | | | |
| I eat vegetables every day | Yes/No | | | |
| I eat at least every 6 hours | Yes/No | | | |
| I drink water every day | Yes/No | | | |
| I limit sweets | Yes/No | | | |
| I limit high fat food items | Yes/No | | | |
| I choose high-fiber foods | Yes/No | | | |

¹¹ Adopted from Active Living Coalition for Older Adults (2012). Your Personal Passport to Health Living, Physical Activity, Healthy Eating, Mental Health, Beliefs & Attitudes. ISBN# 978-0-9812531-1-4

Planning to change eating habits¹²

- ✚ People who decide on their actions and write them down are more likely to reach their goals. Start here!

My action plan this week is to:

How much or how often will I do it? (It should be reasonable.)

When am I going to do it?

Where am I going to do it?

My confidence for completing this action plan is (Put an X below in the box):

| | | | | | | | | | |
|---------------|---|---|---|---|---|---|---|---|------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not confident | | | | | | | | | Really confident |

Signed _____ Date: _____

¹² Adapted from: Canadian Diabetes Association (2014). Retrieved from: <http://www.diabetes.ca/>

Tips on how to change habits and thoughts¹³

- 1) Make a grocery list and stick to it.
Eat before you go to the store so you don't buy too much or buy unhealthy foods.
- 2) Choose traditional food from the land and spend more time in the bush or on the land.
- 3) Call or email a friend.
- 4) Read – book, magazine, even a healthy recipe book!
- 5) Go for a walk or do some housework.
- 6) Take a bath when you feel like eating.
- 7) Start a scrapbook with good news stories about people who are role models.
- 8) Play a game that causes you to be active!
- 9) Do something you have been putting off doing!
- 10) Dance – any kind will do.
- 11) Look up some recipes that you'd like to try and share them or try some type of recipe makeover.
- 12) Brush your teeth as it can take away the urge to eat when eating out of boredom or habit.
- 13) Use a mouth rinse or chew gum.
- 14) Garden indoors or outdoors.
- 15) Try on clothes as this is a better way to see if you are gaining or losing body fat than a scale.

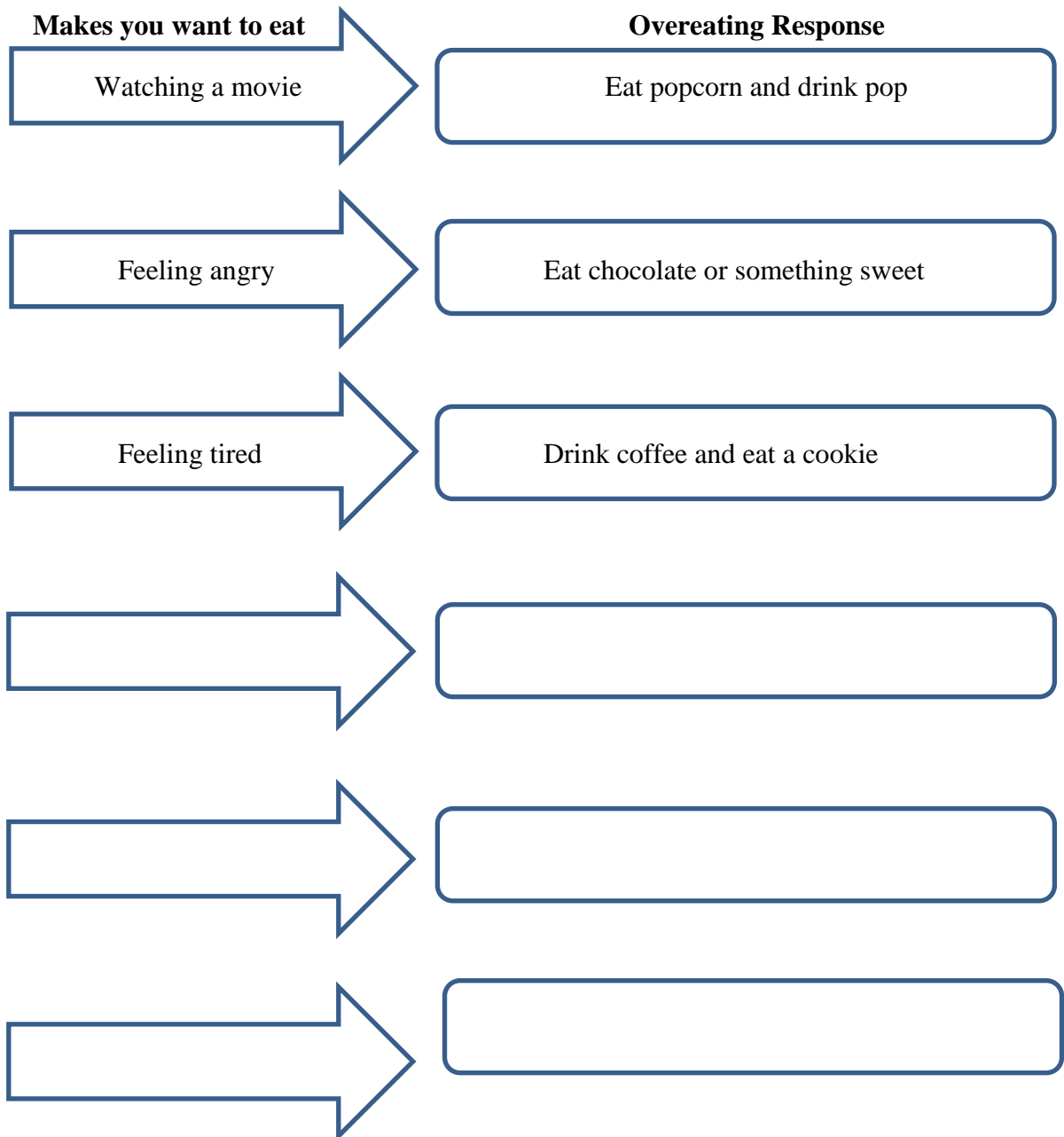


¹³Adapted from: Heart and Stroke Foundation (2014). Retrieved from: <http://www.heartandstroke.com>

Knowing what can cause overeating¹⁴

Become aware of the things that make you want to eat. You can make a checklist of some things that cause you to eat, even when you are not hungry. Identifying these is a first step in dealing with emotions and overeating.

Use these examples to write your checklist:



¹⁴ Adapted from Shah, W & Cannon, C (2008). Craving Change, A How-to Guide for Helping People who Struggle with Their Eating. Facilitator's Manual. Blitzprint Calgary.

The Right Mix: Healthy Eating & Physical Activity¹⁵

- ✚ Being active can help reduce the risk of heart disease, stroke, high blood pressure, type-2 diabetes, being overweight and certain types of cancer.
- ✚ Physical activity provides health benefits; it helps in weight loss and keeping weight off.
- ✚ It is very difficult to lose weight without changing what food you eat.
- ✚ If you are starting a physical activity program it may mean forming a new habit or routine in your life.
- ✚ Start by walking whenever you can, start slowly and build up gradually.

Recommended physical activity¹⁶

- ✚ The main goal is to increase movement and activity.
- ✚ More daily physical activity provides greater health benefits.
- ✚ Adults aged 18-64 years should work towards including all of the following activities into their exercise plan:
 - Exercise at least 150 minutes of a brisk-paced physical activity each week.
 - Strength: Muscle-strengthening exercise using major muscle groups, try for at least 2 days per week.
 - Practice balancing exercise to prevent falls.
- ✚ Activities you choose should be enjoyable.
- ✚ Try not to sit for long periods of time.
- ✚ Build activity into your day such as a walk at lunch time.

Small changes can make big differences!

You'll be surprised! The amount of weight you need to lose is a lot less than you think. A change of only 5% to 10% of your weight can drop your blood pressure, delay diabetes, and lower your cholesterol.¹⁷

Here are some examples of what that looks like:

| If you weigh | 5% loss is | 10% loss is |
|---------------------|-------------------|--------------------|
| 180 pounds | 9 pounds | 18 pounds |
| 200 pounds | 10 pounds | 20 pounds |
| 250 pounds | 12 ½ pounds | 25 pounds |

¹⁵ Adopted from Lorig, K., et al., (2013). Living a Healthy Life with Chronic conditions, 4th Edition & Canadian Edition. Bull Publishing Company, Boulder, CO, USA.

¹⁶ Canadian Society for Exercise Physiology (2014). Canadian Physical Activity Guideline and Canadian Sedentary Behaviour Guidelines. Retrieved from: www.csep.ca/guidelines

¹⁷ Canadian Diabetes Association (2013). Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Retrieved from: <http://guidelines.diabetes.ca/>

Overcoming exercise barriers¹⁸

What can keep you from losing weight?

Here are some common barriers and possible solutions to overcome hurdles that may prevent you from taking the first step towards physical activity:

- ✚ **“I don’t have enough time”** – We all have the same amount of time in a day, it just depends on how we use it. Just 15 minutes a day is a great start. Even try bouts of 10 minute walks three times a day for a total of 30 minutes!
- ✚ **“I’m too old”** – There is no age limit for physical activity. There are many ways to increase your activity no matter you level of fitness or age.
- ✚ **“I’m too tired”** – When you are physically inactive you feel more tired. As you become more active you won’t feel as physically tired. Try taking a short 5 minute walk the next time you are tired and you may be surprised with the energy it gives you.



¹⁸ Adopted from Lorig, K., et al., (2013). Living a Healthy Life with Chronic conditions, 4th Edition & Canadian Edition. Bull Publishing Company, Boulder, CO, USA.

Factors affecting weight loss or gain¹⁹

Here is a table to get you started on identifying your decisions to change your weight:

- ✚ Once you have decided it is the right time for you to focus on weight loss, start by taking small steps.
- ✚ Work on one or two things at a time.
- ✚ Create a plan to overcome a few of your difficulties.

| Things that will enable me to make my desired changes | Things that will make it difficult for me to change |
|--|--|
| <i>Example:</i> I have the support of family and friends | <i>Example:</i> The holidays are coming up, and there are too many gatherings to prepare for |
| | |
| | |
| | |
| | |

For more support on taking the first steps to be physically active talk to your health care provider about the NWT physical activity tool kit.



¹⁹ Adopted from Lorig, K., et al., (2013). Living a Healthy Life with Chronic conditions, 4th Edition & Canadian Edition. Bull Publishing Company, Boulder, CO, USA.

Recognize Barriers to Success

Weight loss is only one phase of weight management. Prevention of weight regain is just as important and sometimes more difficult than weight loss. But don't be discouraged!

Seeing your weight loss level off or remain the same is not a lack of trying.

- ✚ Eating healthy and being physically active have an important role in achieving and maintaining the health benefits of weight loss.
- ✚ A reasonable and achievable weight loss goal is 0.5 to 1 kg (1-2lb) per week.
 - This is about a 5-10% loss in body weight in 6 months.
 - This requires reducing the amount of calories you 'take-in' by approximately 500 to 1000 per day²⁰ (or by the amount of calories you burn by 500 to 1000 per day).
- ✚ Success is different for everyone. Success for you can include a better quality of life, greater self-esteem, higher energy levels, improved overall health, and prevention of further weight gain.

Setbacks

Expect that you may have setbacks but try and try again. Some goals will be harder to achieve than others. The key is to get back to it and try again. You may have to make some adjustments to your timeline, but it will all be worth it in the end.

- ✚ Avoid beating yourself up - remind yourself of your healthy eating habits.
- ✚ Look for variety and be willing to try something new.
- ✚ Don't try to change everything at once.
- ✚ Revisit your healthy eating plan and adjust your short-term and long-term goals.
- ✚ Ask friends and family to practice healthy eating with you.

Who can help you when you need support?

We all need support!

- ✚ Social support can be a comfort and assist you in achieving your goals.
- ✚ Build on the current links that you already have with others to help keep your spirits up when things are tough.
- ✚ Tell your friends, family and colleagues what they can do to support you.
- ✚ Make new links to get the support you need like joining a walking group.

²⁰ Alberta Health Services (2012). Nutrition Guideline Adult Weight Management.

Celebrating Successes

Reward yourself!

- ✚ Celebrating will help you stay on the path of success. It is important to celebrate your achievements. You have put a lot of work into achieving your goals.
- ✚ Give yourself a pat on the back. When you achieve one of your goals, give yourself a reward.
- ✚ Avoid food related rewards. Rather treat yourself to a new CD or a new book or have a hot bath.
- ✚ Enjoy the beauty of each day as you make the changes for a healthier you!



Frequently Asked Questions²¹

These are answers to commonly asked questions about food and nutrition myths.

1. Does eating healthy cost too much?

✚ ANSWER: How much food costs is an important issue for many Northerners. With some planning and wise choices, you can create tasty, healthy and affordable meals. To get the most value, make your meals at home, and use wild meats and fish. Many healthy store foods can be lower-cost like dried beans and lentils, frozen vegetables and fruits. If you eat smaller portions, you will not have to buy as much food, which cuts down on costs.

2. Should you avoid carbohydrates if you want to lose weight?

✚ ANSWER: This may help you lose weight in the short term, especially if you eat bread with a lot of butter or margarine. But you'll miss nutritional benefits of healthy carbohydrates such as whole grains, fruit, starchy vegetable and legumes. All foods can fit into a healthy eating plan – it just depends on how much you eat.

3. Does snacking at night make you gain weight?

✚ ANSWER: Late-night snacking may lead to weight gain, but this is not because of the time of day. The trouble is, snacking at night can lead you to eat more food than your body needs, especially if you're having sugar-sweetened drinks like pop, and eating high fat snacks like chips. Healthy snacks like a piece of fruit, or plain popcorn will not harm your waistline.

4. Can you eat any processed foods when consuming a healthy diet?

✚ ANSWER: Yes. Whole grain pasta, canned light tuna and plain frozen vegetables are healthy choices. But watch out for processed foods that are high in calories, fat, sugar and sodium. These are deep fried foods, salty snacks, packaged baked goods, hot dogs, sausage and canned meats.

5. Are energy drinks the best way to get energized?

✚ ANSWER: No one needs energy drinks. Energy drinks also contain lots of sugar, up to 14 teaspoons! The best way to get energized is to eat well, be active, stay hydrated and get enough sleep.

6. Are frozen and canned fruits or vegetables as nutritious as fresh?

✚ ANSWER: Frozen and canned produce can be just as nutritious since it is usually picked and packed at the peak of ripeness when nutrient levels are highest. They are also sometimes more affordable. Make sure to read the labels and make the healthiest choices with products that contain no added sugar, fat or salt. Rinsing canned vegetables can remove some of the sodium.

²¹ Adapted from Dietitians of Canada (2013). 'Get the real deal on your meal' from dietitians! Retrieved from: <http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2014/Myths.aspx>

7. If food is low in fat or fat-free, is it healthy?

✚ ANSWER: No, fat free or low fat does not mean that the food is healthy. Foods like low fat cookies or lower fat ice cream still have a lot of sugar. Other high sugar foods like candy and sweet drinks have no fat but can cause you to gain weight because of sugar.

8. Does fruit have too much sugar to be healthy?

✚ ANSWER: Fruit is a healthy choice and does contain naturally occurring sugar. But it has lots of vitamins, minerals and fibre that are very important for your health. Choosing more vegetables and fruit, which are naturally sweetened, can help you maintain your weight and reduce your risk of developing chronic diseases.

9. Is the % Daily Value on the Nutrition Facts table useful to make healthier choices?

✚ ANSWER: The % Daily Value (%DV) is useful for anyone wanting to make healthier food choices. You can use the %DV to see if a food has a little or a lot of a nutrient. You can use it to compare products and make a better choice. For example, you might want to choose a product with less fat and sodium, and more fibre, iron, vitamin A and calcium. An easy rule of thumb: 5% DV or less is *a little*, and 15% DV or more is *a lot* for any nutrient.

10. What is the best way to limit your sodium intake?

✚ ANSWER: Stop using the salt shaker! Canadians eat too much sodium, but the salt shaker is not the *biggest* culprit. Over 75 % of the sodium we eat comes from processed foods, packaged and ready-to-eat foods, and restaurant meals. To limit the sodium you eat, choose fewer pre-packaged convenience foods and restaurant meals and enjoy lower sodium foods that you can cook at home.

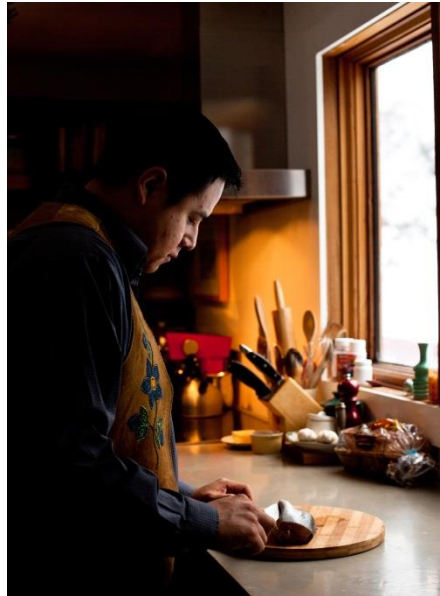
11. You need vitamin and mineral supplements to be healthy.

✚ ANSWER: Vitamin and mineral supplements can't replace the benefits of healthy food or provide nutrients such as fibre, carbohydrates, essential fats and protein. Most healthy people can meet their vitamin and mineral needs by following Canada's Food Guide. Talk to your doctor or registered dietitian about your needs before taking any supplements.



Additional Resources for you

It's natural to have questions about what you need to eat to stay healthy. A registered dietitian can help you with food choices, meal plans and support you on your journey to a healthier lifestyle. Contact your healthcare provider for more information on nutrition and healthy eating; they can direct you to someone in your region as needed.



Useful websites for more information to help you achieve your goals:

- ✚ Healthy Choices: www.choosenwt.com
- ✚ Healthy eating information for northerners: www.nutritionnorthcanada-nwt.ca
- ✚ Dietitians of Canada: www.dietitians.ca
- ✚ Canada's Food Guides: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Useful tools for healthy eating:

- ✚ Healthy U Food Checker: Compare the nutrition criteria from the Nutrition Facts Table
www.healthyalberta.com/HealthyEating/foodchecker.htm
- ✚ Calorie counter application: www.myfitnesspal.com
- ✚ Weight Watches weight loss and management program: www.weightwatchers.ca
- ✚ Learn about what hunger is and how to know when you are hungry:
www.amihungry.com
- ✚ Easy-to-use nutrition information to help you make healthier food choices:
www.eatrightontario.ca
- ✚ Healthy eating tips:
www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/index-eng.php