

# 🍌 An Easy Guide to Eating Well!

Here are four simple and practical tips that will help you make more healthy eating choices:

- 1. Eat 5 to 10 portions of fresh fruits and vegetables every day:** Because fruits and vegetables provide the vitamins and minerals we need to stay healthy!
- 2. Eat local and fresh foods:** Choose foods that are grown as locally as possible (in Quebec), because they are more fresh and better for the environment (shorter food transportation distances means less pollution). Also, choose foods that have undergone as little processing as possible; they are more natural and will contain less sugar, fat, salt and additives. For example, why not replace your apple juice with a fresh apple?
- 3. Eat a diversity of fresh fruits and vegetables:** Try to have the most colours of the rainbow on your plate as possible. The more colour there is on your plate, the better it is for your health, because not all vegetables contain the same vitamins or minerals. Make sure to eat lots of dark green and orange vegetables:

Examples of **orange vegetables grown in Quebec:** carrots, pumpkins, squash, yellow beans, turnip, orange cauliflower.

Example of **dark green vegetables grown in Quebec:** broccoli, spinach, rapini, kale, Savoy cabbage, Brussels Sprouts, asparagus, Swiss chard, green beans, seaweed, edamame, bok choy, okra (gumbo), fiddlehead, rocket, mustard leaves, watercress, Romaine lettuce, zucchini, chicory, green pepper.

- 4. Eat more natural foods:** Avoid eating foods with a long list of ingredients and opt for organic foods when possible (this is better for your health and for the environment). Make sure that the following ingredients are not at the beginning of the ingredient list of the food that you eat:

- Fats: shortening, oil, fat, butter, suet (animal fat), esters, glycerides, glycerol.
- Salts: monosodium glutamate, baking powder, sodium bicarbonate (baking soda), brine.
- Sweeteners: sugar, fructose, sucrose, maltose, lactose, honey, syrup, dextrose, maltitol, lactitol, sorbitol, mannitol.
- Food additives: \*
  - Antioxidants: BHA, BHT, propyl gallate.
  - Whitening agent: sulfite.
  - Conservation agents: monosodium glutamate (MSG), nitrite, nitrate.
  - Artificial colouring: caramel, sunset yellow, colorant 5.
  - Artificial sweeteners: acesulfame K, saccharine, aspartame.

\* **Food additives** are most commonly found in foods that claim to be low in calories, as well as sweets, cookies, soft drinks, cereals, dried fruits, cold cuts, etc.

