

# Choosing Healthy Snacks

Some people eat small meals and several snacks each day. Here are some things to think about when you choose a snack.

## How do I know if the snack is healthy for me?

Canada's Food Guide to Healthy Eating tells us to eat many different foods from each of the four food groups. Here are some examples of snack foods from each group:



## Here are some different food groups

### Grain Products:

We need 5 to 12 servings each day.

### How much is one serving?

1 slice of bread  
1 tortilla  
1 roti  
1 pita  
1 muffin  
3 or 4 crackers  
1/2 bagel

### Vegetables and Fruit:

We need 5 to 10 servings each day.

### How much is one serving?

1 medium-sized vegetable or fruit  
1/2 cup canned fruit  
1/2 cup juice

### Milk Products:

We need 2 to 4 servings each day.

### How much is one serving?

1 cup milk  
a piece of cheese (3" x 1" x 1")  
3/4 cup yogurt

### Meat and Alternatives:

We need 2 to 3 servings each day.

### How much is one serving?

1/4 cup nuts  
3 strips beef jerky  
1-2 eggs  
2 tablespoons of peanut butter



## Will this snack give me fibre?

Foods made from whole grains give you lots of fibre. This includes foods like: whole wheat, rye or barley, quinoa, wheat bran and oat bran.

Other foods that include lots of fibre are: vegetables, fruits, and beans. If you aren't used to a lot of fibre, add these foods to your diet slowly. Be sure to drink more fluids if you eat more fibre.

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# Choosing Healthy Snacks

## Does my snack have a lot of salt?

As we get older, we may not taste foods like we used to. This usually means we add more salt than is good for us. Try adding herbs and spices instead of salt to bring out flavour. Cut down on the amount of salty snacks you eat.

## Is my snack mostly fat?

A small snack can have more fat than a regular meal. Read the label. A low fat snack has less than 5% of your Daily Value (3g or less) of total fat. Try to choose more of these than high fat snacks.

## Use this guide to help you choose healthy snacks.

### Anytime snacks:

These snacks are healthy and low in fat. You can eat them any time.

- fresh fruit
- canned fruit in its own juice
- dried fruit (raisins, dried apricots)
- fresh vegetables, like carrots and celery sticks
- fruit juice
- whole wheat bagel
- crackers
- digestive cookie
- low fat cheese
- milk
- yogurt
- homemade pudding
- low fat or homemade whole grain muffin with fruit
- popcorn with no butter, or microwave popcorn
- hummus with pita bread

### Sometime snacks:

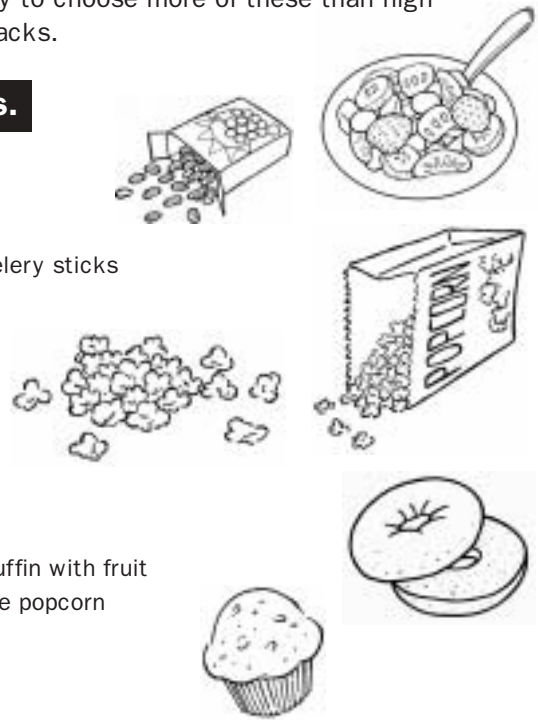
These are nutritious but higher in fat or salt than the anytime snacks. You should only eat them sometimes.

- buttered popcorn
- peanuts, nuts and seeds
- ice cream
- muffins you buy at a coffee shop
- granola bars
- regular cheese or processed cheese
- beef jerky

### Rare snacks:

These foods are much higher in fat, salt and/or sugar. Have these snacks only once and a while.

- breath mints, candy and chocolate bars
- fudge
- deep fried foods (like French fries)
- doughnuts
- dipped granola bars
- ice cream bars
- fruit drinks
- instant soups
- potato chips
- sweet rolls



## TIP

Enjoy eating well, being active and feeling good about yourself.

# Cooking for One or Two

## Here are some ways to make it easier.

Cooking for one or two people can be difficult.

### Plan ahead

- Decide what you're going to eat for the next few days or week.
- Use your meal plan to make a shopping list.
- Put your shopping list on the fridge or some place easy to see. Add foods to your list as you think of them.

### Make meals to eat later

- Keep an extra meal in the fridge.
- Freeze what you don't eat in small containers or freezer bags.
- Cook lots freeze smaller amounts. Some meals that freeze well are stews, casseroles, curries, spaghetti sauce, Swiss steak, cabbage rolls, and perogies.
- Make meat loaf in muffin tins. You can freeze these and take one out at a time.
- Make your own hamburger patties. Put wax paper between each patty. Freeze them in a bag or container.



### If you freeze foods

- Write the date on containers.
- Make sure you can see your containers in the freezer.
- Reheat meals in the microwave, oven, or on the stove.

### Other ideas

- Look in the library for recipe books like "Cooking for One or Two".
- Rearrange your kitchen to make cooking easier.
- Think about getting a microwave oven. They make cooking quick and easy.
- Share meals with a friend.
- Get together to cook with friends and family.
- Eat with others at a senior centre, apartment meal program or restaurant.
- Order groceries over the phone and have them delivered.



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# Cooking for One or Two

## Some ideas to make cooking easier

### Make one-pot meals

Use a skillet, electric fry pan, wok or casserole dish to make and serve the whole meal.

Use the same pot to cook two things for the same meal.

For example, add vegetables to pasta or potatoes when they are almost cooked.

### Frozen foods

Keep frozen fruits and vegetables on hand in case you run out of fresh. Cook just enough frozen vegetables for one meal.

### Dry goods and dried foods

Always have dry goods in your kitchen, like pasta, rice cereals, pancake and biscuit mixes, and crackers.

If you run out of fresh foods, use:

- dried spices, like dehydrated onion and parsley, or garlic and onion powder
- skim milk powder
- instant mashed potatoes
- instant pudding mixes - Divide pudding or Jell-o mixes in four. Cook one serving at a time.

### Foods in cans and jars

Keep canned food for quick meals. For example:

- canned fish and meat,
- canned soups and stews,
- canned beans and lentils
- canned fruits, vegetables and juices
- canned milk
- canned puddings
- peanut butter or tahini
- jams and jellies



## TIP

Cook just enough frozen vegetables for one meal.

# Cooking for One or Two

## Think small! Some suggestions

### Shopping

To cut down on waste:

- Buy only what you need for one or two meals.
- Buy small bags of salads and cut vegetables. Whole vegetables like lettuce or cauliflower might go to waste.

Use one food in different meals. Try this: Cut a steak in two. Cook one half for supper. Cut the other half into cubes or strips and freeze them. Later, add to soup or stew.

Buy single servings of salads and cooked dishes at the deli counter.

Buy single pieces of meat, if that is all you want.

Ask the butcher to cut large pieces of meat into smaller pieces.

Buy refrigerator cookie dough. Slice off and bake just enough for one day or two days. Keep the rest in the fridge. Use it up within a week.

Buy single servings of packaged foods like hot cocoa, instant breakfast, dried soups, noodle packages, and instant hot cereal.

### Storing Food

Store your bread and rolls in the freezer. Each day, take out what you will need.

Freeze muffins, cup cakes and slices of cake in small containers.

Keep nuts and seeds in sealed bags or containers in the freezer. Take just out what you need.

Wrap small pieces of hard cheese in plastic wrap. Freeze them.



## TIP

Buy only what you need for one or two meals.

# Cooking for One or Two

# Eating Less Salt

## How much salt is too much?

People need to eat less salt for different reasons. Some people have high blood pressure. Others retain water and have swollen feet or water on their lungs. Some people should stop using salt. Other people should use less salt.

## What about blood pressure?

A number of lifestyle changes can help reduce blood pressure. These include:

- eat less salt;
- start walking or walk more;
- lose weight if you are overweight;
- cut down or stop smoking;
- learn to relax; and
- work with your doctor to find the right blood pressure pills.

## How much salt is right for me?

Talk to your doctor or a registered dietitian about how much salt you can use.

Ask things like:

- Do I really need to use less salt?
- Should I stop using salt when I cook?
- Should I stop eating packaged and processed foods?
- Should I cut salt out of my diet?



## Here are some ways to eat less salt

### At the table:

- Take your salt shaker off the table.
- Stop using all kinds of salt. This includes table salt, sea salt, garlic salt, onion salt, celery salt, lemon pepper, monosodium glutamate (MSG), soy sauce, teriyaki sauce.

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# Eating Less Salt

## Here are some ways to eat less salt (cont'd)

### When you are shopping:

- Buy fresh foods. Processed meat and canned food have salt in them. Choose fresh meat instead of processed meat. Buy fruits and vegetables fresh instead of canned.
- Buy unsalted foods. Choose unsalted crackers and nuts. Look for foods that are marked "salt reduced" or "low salt".
- Read the labels. Most packaged food has salt added. If salt or sodium is listed as the first, second or third ingredient it is probably too salty for you. If the % Daily Value (DV) for sodium on the Nutrition Facts table is 5% or less (120 mg or less), the food is low in sodium.

### When you are cooking:

- Cook pasta, rice and potatoes without salt. When you bake cookies or muffins, use less salt than the recipe suggests.
- Cook with less or no salt. Try making soups, stews, casseroles and desserts with less salt. Bookstores and libraries have lots of low-salt cookbooks.

### When you drink water, choose:

- Tap water, spring water or distilled water
- Bottled waters (check the label)  
(Water treated with softeners is salty. There is also sodium in club soda.)

## How can I add more taste without salt?

### Use spices and herbs for extra flavour:

- Use lots of onions, garlic, ginger, parsley and other fresh herbs.
- Sprinkle lemon juice, lime juice or vinegar on vegetables, fish or chicken.
- Make your own salad dressings from oil, vinegar, herbs and spices.
- Use wine to flavour stews.



## TIP

People with high blood pressure may need to make a number of lifestyle changes.

# Eating Less Salt

## How can I add more taste without salt? (cont'd)

Here is a low salt spice mix you can make.

Put it in your salt shaker instead of salt.

Mix together:

1 tablespoon each of:

- dried mustard
- paprika
- onion powder
- pepper

1 teaspoon each of:

- basil
- thyme



## What foods should I avoid?

Some of the things on this list might be your favourite foods. You can eat them, but don't eat too much.

Try to have no more than one salty food at a meal.

### Packaged foods and instant foods.

These include: mixes; canned food; packaged food; instant food; and frozen dinners.

### Deli meats.

### Processed foods.

These include: canned meats and fish; processed cheese or cheese spreads; smoked fish and kippers; and sausages.

### Pickled foods.

## TIP

Check the label. Many processed foods contain a lot of salt.

# Eating Less Salt

## What foods should I avoid? (cont'd)

### Condiments or gravies.

These include: ketchup or steak sauce; mustard, relish or horseradish; Worcestershire sauce or soy sauce; salad dressings; packaged gravy or sauces; and bouillon.

### Snack foods.

These include: potato chips, pretzels and salted crackers; salted nuts or sunflower seeds; and microwave popcorn.

### Some desserts.

For example, commercial pies and desserts; and pudding mixes.

### Some drinks.

These include: tomato juice and vegetable juice; sports drinks; soda water; and some mineral waters.



## What about salt substitutes?

Look for salt substitutes that are made from herbs, spices and citrus peel. Some salt substitutes are made of potassium instead of sodium. If you have kidney disease or you are taking blood pressure pills you may not be able to use these. Ask your doctor if these salt substitutes are safe for you.



**TIP**  
Some salt substitutes are made of potassium instead of sodium.

# Eating Soft Foods

**If you are having problems with your teeth, gums or dentures, you should see your dentist or denturist as soon as you can.**

If you find it hard to chew, change what you eat or how you make it. Try grinding your meals in a grinder or food processor. Some foods like stewing meat, vegetables and grains like rice and pasta become softer if cooked a little longer. Stewing meat rather than broiling or frying makes the meat more tender. Try making stew or a hearty soup with pieces of dark chicken or fish and lots of vegetables. Try finding softer foods to eat.



## Here are some different kinds of soft foods

### Milk Products

- milk or milkshake
- yogurt
- frozen yogurt or ice cream
- pudding
- cheese or cheese sauce

### Meat

- thin slices of beef, pork, or chicken
- ground beef, pork or chicken
- pot roast or stew
- meat loaf or meatballs

### Instead of meat, you can eat:

- poached, scrambled, or boiled eggs
- omelettes
- smooth peanut butter
- beans, lentils and dried peas
- tofu
- canned, fresh or frozen fish

### Vegetables and Fruit

- cooked vegetables
- cooked fruit, like applesauce
- mashed or pureed fruits and vegetables
- grated raw fruits and vegetables
- soft fruits like pears, bananas, and peaches
- fruit and vegetable juices

### Grains

- bread or rolls with soft crusts
- muffins
- breakfast cereal with lots of milk
- cooked cereals like oatmeal or cornmeal
- bread and crackers dipped in milk or soup
- couscous
- well cooked rice or noodles

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# Eating Soft Foods



You can change some or all of your meals to soft foods.  
Here are two menus that use soft foods:

## Sample Menu #1

### Breakfast:

- poached egg
- bread
- yogurt
- apple juice

### Snack:

- pear

### Lunch:

- macaroni and cheese
- canned tomatoes
- glass of milk
- fruit cocktail

### Snack:

- banana bread

### Supper:

- meatloaf
- mashed potatoes
- cooked carrots
- rice pudding
- glass of milk

### Snack:

- cereal with milk

## Sample Menu #2

### Breakfast:

- peanut butter on bread
- sliced banana with milk
- glass of milk

### Snack:

- muffin
- fruit juice

### Lunch:

- vegetable soup
- baked beans
- soft roll
- chocolate pudding

### Snack:

- ice cream

### Supper:

- tuna casserole with rice and peas
- glass of milk
- applesauce

### Snack:

- blueberry yogurt



**TIP**  
There are soft food choices in every food group.

# The Emergency Shelf

## You might not be able to go to the store if

- you are sick
- the weather is bad, or
- there is an emergency.

Set up an "emergency shelf" of foods that won't go bad.  
If you have space, store some emergency food in the freezer.

## Here are some foods that can be stored for a long time.

### Milk Products

Skim milk powder  
Canned evaporated milk  
UHT milk  
Processed cheese slices

### Meat and Meat Substitutes

Canned fish or meat  
Dried and /or canned lentils and beans  
Peanut butter  
Frozen meat, poultry, fish

### Fruits and Vegetables

Canned peas, green beans, corn, tomatoes and other vegetables  
Canned vegetable soups  
Canned fruit  
Dried fruits  
Canned or frozen juices  
Frozen vegetables and fruits

### Grain Products

Dry whole grain and enriched cereals  
Crackers, melba toast, crispbreads  
Pasta or rice noodles  
Rice  
Biscuit mix  
Hot cereals (eg. oatmeal, cream of wheat)  
Frozen bread, rolls or muffins

### Other Foods:

Coffee and tea  
Jam and jelly  
Vegetable oil to use when you cook



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# Eggs for the Young at Heart

## Eggs are perfect for the young at heart. They have a lot of nutrients:

- Vitamin D and phosphorus are good for our bones.
- Choline helps our brain and memory. One egg has half the amount of choline you need every day.
- Folate and vitamin B12 help prevent heart disease.
- Zinc helps strengthen the immune system.
- Antioxidants like vitamin A, vitamin B6 and folate help prevent cancer. They are good for your vision. Antioxidants help prevent age-related blindness and cataracts, and may slow down aging. One of the antioxidants in eggs slows down early heart disease.
- Eggs are an excellent way to get protein. Protein helps skin stay supple and keeps muscles strong. One large egg contains 6 grams of protein.
- Omega-3 fats improve blood cholesterol, reduce the risk of Alzheimer's and help maintain good vision. Omega-3 eggs are the same as regular eggs but have more omega-3 polyunsaturated fats.



## Egg-cellent nutrition

### One large egg (50g) gives you:

|              |         |
|--------------|---------|
| Energy       | 71 Cal  |
| Protein      | 6 grams |
| Fat          | 5 grams |
| Cholesterol  | 190 mg  |
| Carbohydrate | 0 grams |

### Percentage of Recommended

#### Daily Intake:

|             |     |
|-------------|-----|
| Vitamin A   | 8%  |
| Vitamin E   | 6%  |
| Vitamin D   | 2%  |
| Folate      | 15% |
| Vitamin B12 | 30% |
| Thiamin     | 2%  |
| Niacin      | 6%  |
| Riboflavin  | 15% |
| Iron        | 2%  |
| Zinc        | 5%  |
| Phosphorus  | 6%  |

One or two eggs is the same as one Meat and Alternatives serving in Canada's Food Guide.

## What about cholesterol?

Some people stopped eating eggs because they worried about cholesterol and heart disease. But eating less cholesterol does not prevent heart disease. It might even cause other health problems. Why? Eating less cholesterol sometimes means we don't get all the nutrients we should. New research shows that it's okay for adults to eat one egg every day.

If you're worried about your cholesterol, eat less saturated and trans fat. They are found in baked goods, pastries, processed foods and whipped toppings. Hydrogenated oils are a kind of trans fat. Try not to eat too many foods that contain hydrogenated oils. Be sure to read the labels on food.

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# Eggs for the Young at Heart

## Buying and Storing Eggs

### Buying eggs:

When you buy eggs, make sure they are

- refrigerated
- clean
- not cracked
- grade A

The "best before" date on the carton tells you how long the eggs stay grade A quality. This is usually about 28 to 35 days from when they were packed. After this date you can still use the eggs for baking, hard cooking or scrambling but they won't be as good for poaching or frying.

### Storing eggs:

Eggs stay fresh in their carton in your refrigerator. The carton stops the eggs from absorbing flavours and odours from other foods. It will also remind you of the "best before" date.

You can freeze raw eggs. Whisk them and put them in an airtight container. When you are ready to use them, thaw them in the refrigerator. Use thawed eggs in dishes that will be cooked completely. Three tablespoons (45mL) of thawed whole egg are the same as one large egg.

### Cooked eggs:

You should eat eggs as soon as you cook them. The same is true for foods with lots of eggs in them. If you won't eat the eggs immediately, keep them in the refrigerator. Make sure you completely reheat leftover egg dishes.

### Storing Eggs (in the refrigerator)

Fresh eggs in the shell  
Leftover yolks or whites  
Hard-cooked eggs  
Prepared egg dishes  
Pickled eggs  
Frozen whole eggs (blended)

### How long will they keep?

by the "best before" date  
within 2 to 4 days  
within 1 week  
within 3 to 4 days  
within 1 month  
within 4 months



## TIP

New research shows that it's okay for adults to eat one egg every day.

# Eggs for the Young at Heart

## Egg Recipes

### Microwaved Eggs (1 serving)

Preparation: 1 minute

Cooking: 45 seconds

Standing: 1 minute



Melt 1/2 tsp (2mL) of butter in a small bowl or mug. This should take 15 seconds on high in the microwave. Move the bowl around to get butter on all sides. Break an egg into the bowl. Poke the yolk with toothpick or fork. Cover the bowl with plastic wrap but leave a small space for steam to escape. Microwave on medium-high for 45 seconds to 1 minute or until they are done the way you like them. Let the eggs sit for 1-2 minutes with the plastic wrap still on.

For a complete meal, serve with whole wheat toast, cheese and orange juice.

### Pickled Eggs

Preparation: 5 minutes

Cooking: 12 minutes

Standing: 2 days



Boil one dozen eggs until they are hard cooked. Peel the eggs and divide them between two 1 quart or 1 litre jars with lids. In a small saucepan mix together 1 cup (250 mL) white vinegar, 1 cup (250 mL) water, 1 tbsp (15 mL) sugar, 2 tsp (10 mL) pickling spices and 1 tsp (5 mL) salt. Cover and bring to a boil. Reduce the heat to low and simmer for 10 minutes. You can strain the liquid through a cheesecloth if you like. Pour half of the hot vinegar mixture into each jar and cover with the lid. Let them stand in the refrigerator for two days. Pickled eggs will keep for one month in the fridge. To make quick pickled eggs, put hard-cooked eggs in pickle juice or pickled beet juice. Leave them in the refrigerator for 2 days before you eat them.



**TIP**  
Store raw or cooked eggs in the refrigerator.

# Eggs for the Young at Heart

## Egg Recipes

### Frittata (4 servings)

Preparation: 8 minutes

Cooking: 13 minutes



Whisk 8 eggs with 1/2 cup (125 mL) water or broth. Add salt and pepper and 2 cups (500 mL) chopped cooked vegetables, meat, chicken or seafood. Melt 2 tbsp (30 mL) butter in a 10-inch (25 cm) ovenproof skillet over medium heat. Pour the egg mixture into the skillet. Cook over low to medium heat. Keep lifting the edges so that uncooked egg can run to the bottom of the pan. The frittata is done when it is almost set but still moist on top. This usually takes 10 to 15 minutes. Sprinkle top with 1/2 cup (125 mL) grated cheese. Put under the broiler about 3 minutes, until the cheese melts. Cut into wedges to serve.

For a complete meal, serve frittata with a tossed salad and a roll, then a piece of fruit.



### Egg Burger (1 serving)

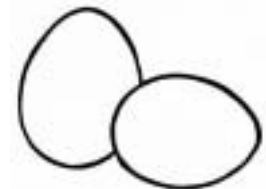
Preparation: 2 minutes

Cooking: 2 minutes



Fry or microwave an egg. Put it on a warmed hamburger bun. Add a slice of cheese. Add lettuce and sliced tomato, if you want.

For a complete meal, eat the egg burger with a glass of milk, then fruit salad for dessert.



## TIP

Eggs are an excellent way to get a protein.



# Healthy Eating Checklist

## What changes could help improve your eating habits?

This checklist can help you decide.

### I eat at least three meals a day at regular times.

**YES NO**

You need to eat a variety of foods from all four food groups. This will give your body all the protein, vitamins, minerals and energy you need. Regular meals and healthy snacks help keep your energy up. Regular meals help make sure you eat enough.



### I eat 5 or more servings of grains each day. At least 3 servings are whole grains.

**YES NO**

Grains give us carbohydrates for energy. They also give us B vitamins and iron for healthy blood. Whole grain breads, cereals and bran have a lot of fibre. Fibre and healthy fluids like water, juice and milk help prevent constipation.

### I eat 5 or more servings of vegetables and fruit each day.

**YES NO**

Vegetables and fruit give us many vitamins and minerals. They also give us fibre. Be sure to eat dark green and orange vegetables and orange fruits for vitamins A and C.

### I eat 2 or more servings of milk products each day.

**YES NO**

Milk products are a great source of calcium. Calcium helps keep our bones strong.

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# Healthy Eating Checklist

## What changes could help improve your eating habits? (cont'd)

**I drink at least 6 to 8 glasses of liquid each day, not counting coffee or tea.**

**YES NO**

Liquids help prevent constipation and dehydration.

**I try not to have too much salt, alcohol, coffee and tea.**

**YES NO**

Most people get more salt than they need. Cut down on salt by eating less salty foods, and using less salt at the table and when you cook. Most adults should not have more than one alcoholic drink a day. Heavy drinking is bad for your health. Coffee and tea keep your body from getting iron and calcium from foods. Drink less than 2 to 4 cups of coffee and tea each day.

**I check with my doctor, a dietitian or nutritionist before I take any vitamin and mineral pills.**

**YES NO**

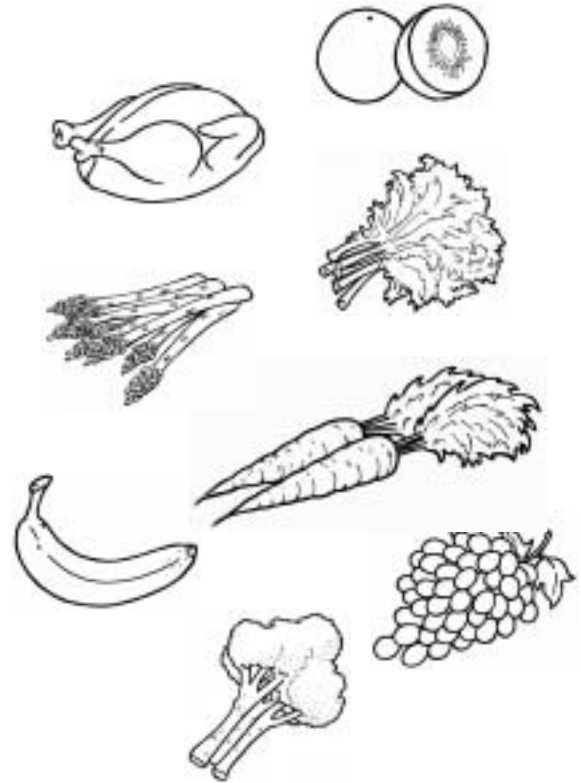
Taking vitamins and minerals can help but they can never replace a healthy diet. High doses are bad for you. Your doctor, registered dietitian, or a pharmacist can help you decide what is right for you. Other drugs can affect the way your body uses nutrients.

**I enjoy regular activity.**

**YES NO**

Regular physical activity helps give you a good appetite. It also burns energy. This means you eat more and get more of the vitamins, minerals and protein your body needs.

Did you answer **YES** to all of the boxes? Congratulations!  
If you answered **NO**, you may need help to change your diet.



## TIP

Improving your eating habits is good for your health.

# Non-Dairy Sources of Calcium

## What is calcium?

Calcium is one of many minerals we need to stay healthy. Calcium makes our bones and teeth healthy and strong. It also helps muscles and nerves work properly.

## Why choose non-dairy sources of calcium?

Some people don't drink milk or eat yogurt and cheese. They may:

- have an allergy to dairy products;
- not be able to digest the lactose in dairy products;
- not like dairy products; or
- not use dairy products for ethical or religious reasons.

If you do not use dairy products, you need to get calcium from other foods.



## How much calcium do you need?

| Age              | Calcium you need each day |
|------------------|---------------------------|
| 19-50 years old  | 1000 mg                   |
| 51-70+ years old | 1200 mg                   |

## Why is vitamin D important?

Vitamin D helps your body absorb calcium. There are only a few non-dairy foods that give us vitamin D:

- Egg yolks
- Fish
- Liver
- Fortified foods and beverages have vitamin D added to them. For example, non-dairy margarine and fortified soy drinks.

If you don't eat many of these foods, think about taking a supplement. If you take a multi-vitamin, it may contain vitamin D. Read the label to find out. Vitamin D can also be obtained from small exposures to sunshine.

## How much vitamin D do you need?

| Age             | Vitamin D you need each day |
|-----------------|-----------------------------|
| 0-50 years old  | 200 IU                      |
| 50-70 years old | 400 IU                      |
| 71+ years old   | 600 IU                      |










## How can you get enough calcium from non-dairy sources?

Choose your food carefully. Turn this sheet over to see a list of foods that include calcium. If you do not eat enough of these foods, you might need to take a calcium supplement.

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# Non-Dairy Sources of Calcium

To compare, 1 cup of 2% cow's milk has about 300 mg of calcium.

|                                   | Size of one serving | Amount of Calcium in each serving (mg) |   |
|-----------------------------------|---------------------|--|---|
| <b>Legumes</b>                    |                     |  |   |
| Tofu (made with calcium)          | 100 g (1/3 cup)     | 100                                    |    |
| Tofu (made with nigari)           | 100 g (1/3 cup)     | 105                                    |   |
| Soybeans, cooked                  | 1/2 cup             | 90                                     |    |
| White beans, cooked               | 1/2 cup             | 65                                     |   |
| Hummus                            | 1/2 cup             | 60                                     |    |
| Navy beans, cooked                | 1/2 cup             | 60                                     |   |
| Pinto beans or chick peas, cooked | 1/2 cup             | 40                                     |   |
| <b>Nuts and Seeds</b>             |                     |  |   |
| Whole sesame seeds                | 2 Tablespoons       | 175                                    |    |
| Tahini                            | 2 Tablespoons       | 125                                    |   |
| Almonds, dry roasted              | 1/4 cup             | 90                                     |    |
| Almond butter                     | 2 Tablespoons       | 85                                     |   |
| Brazil or hazelnuts               | 1/4 cup             | 65                                     |   |
| <b>Vegetables</b>                 |                     |  |   |
| Kale, cooked                      | 1/2 cup             | 100                                    |    |
| Turnip greens, cooked             | 1/2 cup             | 95                                     |   |
| Beet greens, cooked               | 1/2 cup             | 85                                     |    |
| Bok choy, cooked                  | 1/2 cup             | 75                                     |   |
| Okra, frozen, cooked              | 1/2 cup             | 75                                     |  |
| Dandelion greens                  | 1/2 cup             | 55                                     |   |
| Yellow, green, or waxed beans     | 1/2 cup             | 55                                     |  |
| Mustard greens, cooked            | 1/2 cup             | 50                                     |   |
| Rutabaga, cooked                  | 1/2 cup             | 40                                     |   |
| Broccoli, cooked                  | 1/2 cup             | 35                                     |   |
| Tomatoes, canned                  | 1/2 cup             | 35                                     |   |
| Parsnips, cooked                  | 1/2 cup             | 30                                     |   |
| <b>Fish</b>                       |                     |  |   |
| Sockeye salmon, canned with bones | 100 g               | 230                                    |   |
| Pink salmon, canned with bones    | 100 g               | 210                                    |   |
| Sardines                          | 11 small            | 210                                    |   |
| Oysters                           | 1/2 cup             | 120                                    |   |
| Scallops, steamed                 | 7 scallops          | 105                                    |   |
| Shrimp, canned                    | 1/2 cup             | 75                                     |   |
| <b>Fruit</b>                      |                     |  |   |
| Orange                            | 1 medium            | 55                                     |   |
| Dried figs                        | 2 medium            | 30                                     |   |
| <b>Non-Dairy Drink</b>            |                     |  |   |
| Fortified rice or soy beverage    | 1 cup               | 300                                    |   |
| <b>Grains</b>                     |                     |  |   |
| Amaranth, boiled                  | 1/2 cup             | 150                                    |   |
| Whole wheat flour                 | 1 cup               | 40                                     |   |
| <b>Other foods</b>                |                     |  |   |
| Blackstrap molasses               | 1 Tablespoon        | 145                                    |   |
| Regular molasses                  | 1 Tablespoon        | 40                                     |   |

**TIP**  
Calcium makes our bones and teeth healthy and strong.

# Preventing Constipation

## **Constipation means having painful or difficult bowel movements.**

Many older adults have this problem. Constipation can be more than just uncomfortable. Serious constipation could put you in the hospital. Trying to stay regular and choosing healthy habits are worth the effort.

## **What you can do to prevent constipation**

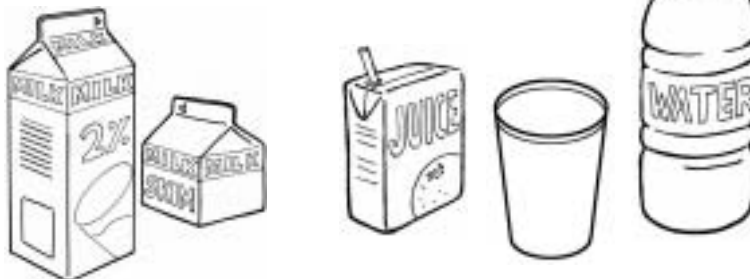
If you decide to make any of these changes, give yourself time. Your body might need several days to adjust.

### **Keep a regular routine:**

- Try to go to the bathroom as soon as you feel the urge to have a bowel movement.
- If you have been constipated, take time for a bowel movement at the same time each day. Soon after a meal is usually best.
- Remember that everyone's body is different and needs its own routine.

### **Drink at least 6 to 8 cups of liquid each day:**

- Fluids help make bowel movements easier.
- Water, juice, milk and soups are good choices.
- Regular coffee, tea, and cola soft drinks are not as good. The caffeine in these drinks takes fluid out of your body.
- Some people like to add fruit juice to their water. This gives flavour. Try lemon, orange, or cranberry juice.
- When the weather is hot, drink an extra glass of fluid each day.
- If you have heart, blood vessel, or kidney problems talk to your doctor before you change how much fluid you drink.



**HEALTHY  
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# Preventing Constipation

## What you can do to prevent constipation (cont'd)

### Eat foods with fibre every day. Fibre helps waste move through your digestive system.

- Eat lots of whole grain breads and cereals.
- Eat fruits and vegetables.
- Eat prunes and prune juice. Prunes contain a natural laxative, as well as fibre.
- Bran has lots of fibre. An easy way to eat bran is to sprinkle it on soups, casseroles, yogurt or hot cereal. This can help if chewing is difficult for you.
- When you want to add fibre to your diet, slowly increase the amount you eat. Take 2 to 3 weeks, adding a little more each day. This will prevent you from bloating and having gas.
- Here are some good sources of fibre: natural bran; bran cereals; bran muffins; flour made from whole grains; breads made from whole grains; lentils, split peas and beans; whole grain cereals like Red River™, Shredded Wheat™, and Grapenut Flakes™; nuts; seeds; vegetables; and fruit.

### Enjoy being active every day:

- Exercise helps prevent constipation. This includes walking, stretching, housework, swimming and riding a bicycle.
- Find some activities that you enjoy. You're more likely stay active if you have fun while you exercise.

### Don't use too many laxatives:

- Use laxatives for a short time and only when you need them. If you have been using them for a long time, talk to your doctor.
- Using laxatives for a long time can cause constipation or make it worse. Your bowels might eventually need laxatives to work.



**TIP**  
Physical activity helps prevent constipation. Get active.

# Water is good for you!

## **Our bodies need water to stay healthy.**

Make a habit of drinking water every day. You should drink 6 to 8 cups of liquids. At least 3 or 4 of those cups should be water.

### **You will not always feel thirsty when you need more water. Here are some ways your body signals that you need more liquids:**

- You have a dry tongue and mouth
- You feel confused and tired
- You have less urine, and it is darker and has a strong smell
- You feel light-headed or dizzy when you get up from bed or a chair
- You feel constipated

### **You should drink water when:**

- Your home is hot, or you are outside in hot weather
- You are exercising
- You are taking fluid pills
- You have a fever, are vomiting or have diarrhea
- Your blood sugar is high
- You are eating a lot of fibre

### **How to drink more water**

- Start gradually. Drink a little more than usual each day. It will take time for your body to get used to the extra water.
- Drink hot, warm or cold water. If you like cold water, keep a bottle or jug of water in the fridge.
- Try to remind yourself to drink water. Keep a water glass on your table where it is easy to reach.
- Drink water when you get up in the morning. We are naturally thirsty when we first wake up.
- Make a habit of drinking at least one glass with your meals and snacks. Try to take small sips between each bite.
- Try using a straw. Or try drinking from a sports bottle with a straw.
- Clean your straws, bottles and glasses every day. Wash your drinking glass a few times during the day.
- Add flavour to your water. Try adding a slice of lemon.



**HEALTHY  
Eating  
FOR  
HEALTHY  
Aging**

# Water is good for you!

## Our bodies need water to stay healthy. (cont'd)

### Other things you can drink:

- fruit juices
  - milk
  - soy or rice drinks
  - soft drinks
  - herbal tea
  - decaffeinated coffee or tea
- You can also eat soup, popsicles and Jell-o. They are mostly liquid.



### What if I am diabetic or overweight?

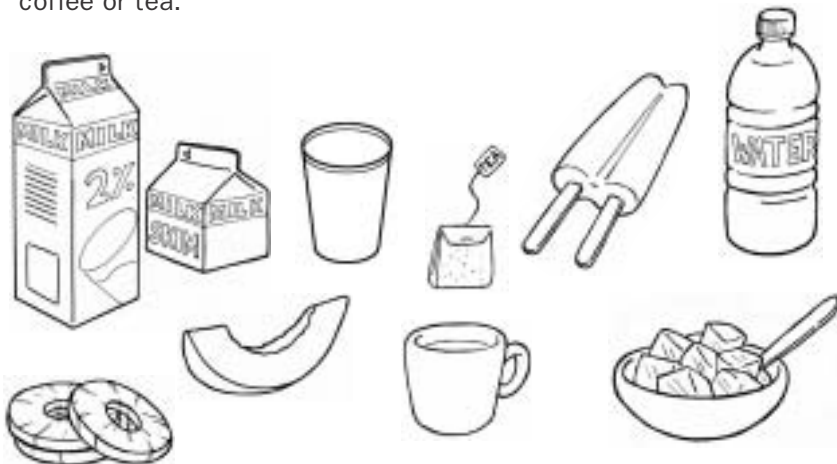
- Choose sugar-free drinks
- Switch from juice or regular drinks to diet drinks and sugar-free popsicles.

### What about alcohol?

- Limit the amount of alcohol you drink.
- Ask your doctor if it is safe for you to drink alcohol.

### What about coffee and tea?

- Don't drink more than 3 or 4 cups of coffee and tea with caffeine each day. Caffeine draws water out of your body. If you drink regular coffee or tea, you need to drink more water.
- You can drink more herbal teas and decaffeinated coffee or tea.



## TIP

Make a habit of drinking water every day. Drink 6 to 8 cups of liquid.