

# FOOD FOR THOUGHT



Learn more at  
[LiveWellPEI.ca/EatWell](https://LiveWellPEI.ca/EatWell)

Choosing water, eating more fruits and vegetables and eating less processed foods can help Islanders meet their nutritional needs and reduce their risk of chronic diseases such as obesity, diabetes and heart disease. A food label is a tool that can be used to help make better informed nutrition choices, and good nutrition is important to support your mental health and overall well-being.



## CHOOSE WATER

Sodas, energy drinks, and juice are high in sugar and are best to limit or avoid. To make it easier to choose water as your drink of choice, try some of these tips:

- ask for water with your food when eating out
- carry a reusable water bottle when you're out
- mix it up, try a fruit infused or carbonated water
- drink water during & after physical activity or sports
- keep a pitcher of water in the fridge for easy access



## EAT MORE FRUITS & VEGETABLES

Try to include plenty of vegetables and fruits in your meals and snacks, with a goal of making them half your plate. A few tips:

- switch it up, try out some new choices each season
- eat dark green vegetables every day
- eat orange vegetables a few times a week
- try canned and frozen fruit and veggies



## EAT LESS PROCESSED FOODS

Highly processed foods are foods with high amounts of added salt, sugar, and/or saturated fat. A few ways to eat fewer highly processed foods:

- make homemade versions (e.g., sauces, dressings, baked goods)
- keep high fiber or protein snacks on hand (e.g., nuts, yogurt, fruits, veggies)
- plan meals in advance to help prevent the unplanned 'grab and go' options



## READ THE LABEL

The nutrition facts label has information on:

- serving size, calories, vitamin and mineral content
- % daily values (DV) - (5% DV or less is a little, 15% DV or more is a lot)
- ingredient lists (ingredients listed by weight)

Other helpful information on food and drink packages include:

- health claims such as "high in sodium"
- if it includes common allergens such as nuts or eggs
- "best before" dates that tell us when a food may have lost its taste, freshness, or nutrients
- "expiry" dates that tell us when a food or drink is unsafe



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For additional information, see Canada's Food Guide at [food-guide.canada.ca](https://food-guide.canada.ca)

# IT'S YOUR MOVE!



Moving more, sleeping well, sitting less, and limiting screen time are good for your body, mind and quality of life. Making improvements in any or all these areas can lower your risk of various chronic diseases such as heart disease, diabetes and cancer and improve your physical and mental health.



## MOVE MORE

It is recommended to include 150 minutes per week of moderate to high intensity aerobic activity, also known as 'cardio', and muscle strengthening activities at least twice a week. Remember: All movement counts. Activities you could try to include:

- taking the dog for a walk or playing outside with your kids
- gardening or yard work
- biking, running, rollerblading, skating, or snowshoeing
- swimming



## SLEEP WELL

Tips for getting a good night's sleep:

- keep a routine - go to sleep at or around the same time each night and wake up at or around the same time each morning (including weekends)
- create a sleep friendly environment - this may include adjusting the temperature, limiting light and noise, and turning off screens
- aim to get 7-9 hours of sleep



## SIT LESS

Recommendations for sitting less:

- while awake, aim to be inactive for no more than 8 hours
- break up long periods of inactivity as much as you can by going for a quick walk, stretching or doing mobility exercises
- if possible, try standing rather than sitting at your desk or take calls while on a stroll



## LIMIT SCREEN TIME

For children under 2 years of age, it is recommended that screen time be avoided and children aged 2-5 should have less than 1 hour per day. Recreational screen time for youth aged 5-17 should be limited to less than 2 hours per day, while adults should get no more than 3 hours per day.

Some activities to try instead of screen time include:

- reading a book
- playing a board game with friends
- cooking with family



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Learn more at  
[LiveWellPEI.ca/MoveWell](https://LiveWellPEI.ca/MoveWell)

For additional information, see Canada's 24-Hour Movement Guidelines at [csepguidelines.ca](https://csepguidelines.ca)