



Pathways to Well-Being



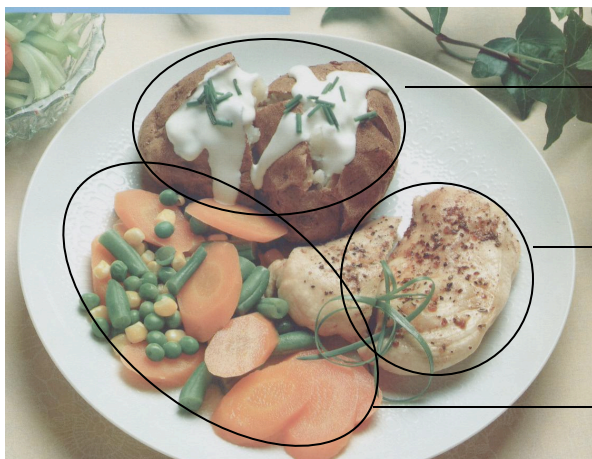
Published by 'Pathways', Quesnel Aboriginal Chronic Disease Prevention Program

Eating for Energy

1. Eat 3 Meals a Day. Start with Breakfast



2. Try to eat at least 3 of the 4 Food Groups each meal



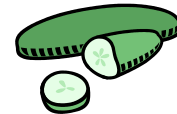
→ 1/4 plate of starch - potatoes, rice, pasta or bread

→ 1/4 plate of meat, beans or eggs

→ 1/2 plate of vegetables

Photo source: *Canada's Diabetes Meals for Good Health* (Robert Rose) by Karen Graham

3. Try to have more Vegetables and Fruit.



4. Bright colored vegetables and fruit give us more energy.

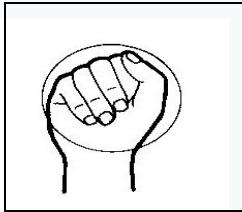


5. Drink more Water.

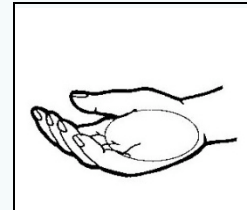


Hand Jive Your Meal Size!

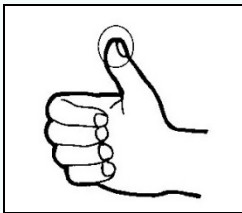
Have 1 fist of **Cereals, Pasta, Rice.**



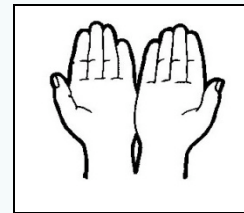
Have **Meat** that fits in the Palm of your Hand and has no fat around it.



Have no more **Fat** than 1 tip of a thumb.
(Butter, Margarine, Oil or Lard)



Have as much **Vegetables** you can hold in Both Hands.



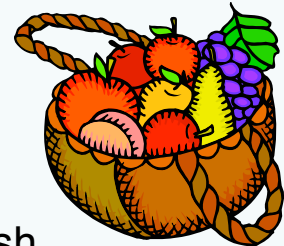
Source: *Canada's Diabetes Meals for Good Health* (Robert Rose) by Karen Graham

Snack Smarts

Choose low fat and low sugar snacks like:



- ✓ Low fat yogurt
- ✓ Nuts
- ✓ Cheese & crackers
- ✓ Popcorn
- ✓ Veggies & dip
- ✓ Fruit is Nature's Fast Food – dried or fresh



If your Aboriginal group is interested in Health Presentations, please contact:

Irene, Nurse Educator and Chantal, Nutritionist

Quesnel Native Friendship Centre,

Phone: (250) 992-8347 Fax: (250) 992-5708 (Tuesday – Thursday, 8:30-4:00)

This program is funded by the Northern Health Authority