



# Educational poster

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## Eat well. Live well.

### **Eat a variety of healthy foods each day**

Have plenty of vegetables and fruits

Choose whole grain foods

Eat protein foods

Make water your drink of choice

### **Healthy eating is more than the foods you eat**

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Limit foods high in sodium, sugars or saturated fat

Be aware of food marketing

**Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.**

**Be mindful of your eating habits**

- Take time to eat
- Notice when you are hungry and when you are full

**Cook more often**

- Plan what you eat
- Involve others in planning and preparing meals

**Enjoy your food**

- Culture and food traditions can be a part of healthy eating

**Eat meals with others**

**Make it a habit to eat a variety of healthy foods each day.**

**Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.**

- Choose foods with healthy fats instead of saturated fat

**Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.**

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

**Make water your drink of choice**

- Replace sugary drinks with water

**Use food labels**

**Be aware that food marketing can influence your choices**

# Activity Station:

## Cereal Slayer

### Instructions:

- Check the ingredient lists on cereal boxes to find those that are made with whole grains.
- Next look at the Nutrition Facts table.
  - Look for the total grams of fibre per serving for each cereal.
  - Look for the total grams of sugar per serving for each cereal.
- Record this information on the worksheet.
- Consider what makes a 'healthier' choice.

***Hint:*** Look at the '***Choose Whole Grains***' and '***Label Reading the Healthy Way***' handouts to help you complete the worksheet.

# Bran Pops

<b>Nutrition Facts</b>	
Per 1/3 cup (28 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories 70</b>	
<b>Fat 1 g</b>	<b>2 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol 0 mg</b>	
<b>Sodium 170 mg</b>	<b>7 %</b>
<b>Carbohydrate 22 g</b>	<b>7 %</b>
Fibre 11 g	<b>44 %</b>
Sugars 7 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 25 %



## INGREDIENTS

WHEAT BRAN, SUGAR, PSYLLIUM SEED HUSK, SALT, BAKING SODA, COLOUR, BHT.

CONTAINS WHEAT INGREDIENTS.

# Corn Bran Stamps

<b>Nutrition Facts</b>	
Per 1 cup (30 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 120	
<b>Fat</b> 1.5 g	<b>2 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 250 mg	<b>10 %</b>
<b>Carbohydrate</b> 25 g	<b>8 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 5 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 30 %



## INGREDIENTS

CORN FLOUR, CORN BRAN FLOUR, SUGAR, WHOLE GRAIN OATS, COCONUT OIL, SALT, SODIUM BICARBONATE, COLOUR.

CONTAINS OAT INGREDIENTS. MAY CONTAIN WHEAT.



# Corn Puff Crunch

<b>Nutrition Facts</b>	
Per 1 cup (32 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 120	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 180 mg	<b>8 %</b>
<b>Carbohydrate</b> 29 g	<b>10 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 12 g	
<b>Protein</b> 1 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 0 %	Iron 30 %



## INGREDIENTS

CORN MEAL, SUGAR, CORN BRAN, CORN SYRUP, SALT, FANCY MOLASSES, WHOLE GRAIN OAT FLOUR, BAKING SODA, COLOUR, BHT.

CONTAINS OAT INGREDIENTS. MAY CONTAIN SOY.

# Fruity RainbO's

<b>Nutrition Facts</b>	
Per 3/4 cup (27 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 110	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 105 mg	<b>4 %</b>
<b>Carbohydrate</b> 24 g	<b>8 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 12 g	
<b>Protein</b> 1 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 25 %



## INGREDIENTS

SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT HULL FIBRE, CORN BRAN, HYDROGENATED COCONUT AND VEGETABLE OIL, SALT, COLOUR, NATURAL FRUIT FLAVOURING, BHT.

CONTAINS WHEAT AND OAT INGREDIENTS. MAY CONTAIN SOY.



# Lucky Grains Porridge

<b>Nutrition Facts</b>	
Per 1/4 cup dry (41 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 140	
<b>Fat</b> 2.5 g	<b>4 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate</b> 29 g	<b>10 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 1 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %



## INGREDIENTS

OATS, BROWN RICE, CORN, SOYBEANS, MILLET, SORGHUM, OAT BRAN, SUNFLOWER SEEDS AND FLAXSEED.

MANUFACTURED IN A FACILITY THAT USES TREE NUTS, SOY, WHEAT, AND MILK.

# Mini-Gold Wheat Bites

<b>Nutrition Facts</b>	
Per 20 biscuits (54 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 190	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0.2 g + Trans 0 g	<b>1 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate</b> 46 g	<b>15 %</b>
Fibre 6 g	<b>24 %</b>
Sugars 11 g	
<b>Protein</b> 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 50 %



## INGREDIENTS

WHOLE GRAIN WHEAT, SUGAR, GLYCERIN, BLACKSTRAP MOLASSES, GELATIN, COLOUR, BHT.

CONTAINS WHEAT INGREDIENTS.

# Multigrain Hot Cereal

<b>Nutrition Facts</b>	
Per 1 cup dry (40 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 140	
<b>Fat</b> 2.5 g	<b>4 %</b>
Saturated 0.2 g + Trans 0 g	<b>1 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 2 mg	<b>0 %</b>
<b>Carbohydrate</b> 27 g	<b>9 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 0 g	
<b>Protein</b> 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %



## INGREDIENTS

STEEL CUT WHOLE WHEAT, STEEL CUT WHOLE RYE, CRACKED AND WHOLE FLAX.

MAY CONTAIN BARLEY, MUSTARD, OAT, SESAME SEED, SOYBEAN, AND TRITICALE INGREDIENTS.

# Quick Oats

<b>Nutrition Facts</b>			
Per 1/3 cup (30 g)			
<b>Amount</b>	<b>% Daily Value</b>		
<b>Calories</b> 120			
<b>Fat</b> 2 g		<b>3</b> %	
Saturated 0.4 g		<b>2</b> %	
+ Trans 0 g			
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 0 mg		<b>0</b> %	
<b>Carbohydrate</b> 20 g		<b>7</b> %	
Fibre 3 g		<b>12</b> %	
Sugars 0 g			
<b>Protein</b> 4 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 8 %		



## INGREDIENTS

100% ROLLED OATS, NATURALLY CONTAINS OAT BRAN.

CONTAINS OAT INGREDIENTS. MAY CONTAIN WHEAT.

# Raisin Bran

<b>Nutrition Facts</b>	
Per 1 cup (55 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 180	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0.2 g + Trans 0 g	<b>1 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 240 mg	<b>10 %</b>
<b>Carbohydrate</b> 44 g	<b>15 %</b>
Fibre 6 g	<b>24 %</b>
Sugars 15 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 50 %



## INGREDIENTS

WHOLE GRAIN WHEAT, RAISINS (RAISINS, SUGAR, MODIFIED PALM OIL), WHEAT BRAN, SUGAR, CORN AND BARLEY MALT EXTRACT, SALT.

CONTAINS WHEAT AND BARLEY INGREDIENTS.

# Rice Crisps

Nutrition Facts	
Per 1 cup (28 g)	
Amount	% Daily Value
<b>Calories</b> 110	
<b>Fat</b> 0 g	<b>0</b> %
Saturated 0 g	<b>0</b> %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 190 mg	<b>8</b> %
<b>Carbohydrate</b> 25 g	<b>8</b> %
Fibre 0 g	<b>0</b> %
Sugars 3 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 25 %



## INGREDIENTS

RICE, SUGAR, SALT, MALT (CORN AND BARLEY MALT EXTRACT), BHT.

CONTAINS BARLEY INGREDIENTS.



# Bran Flakes

<b>Nutrition Facts</b>	
Per 1 cup (34 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 120	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 210 mg	<b>9 %</b>
<b>Carbohydrate</b> 28 g	<b>9 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 5 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 30 %



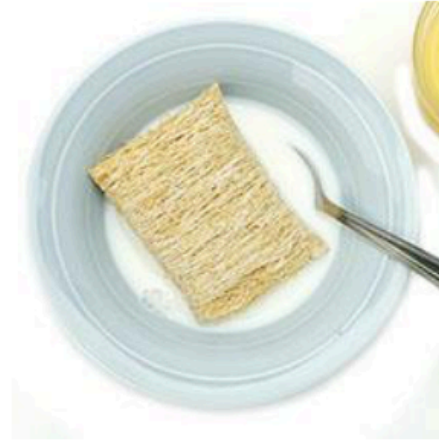
## INGREDIENTS

WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, CORN AND BARLEY MALT EXTRACT, SALT.

CONTAINS WHEAT AND BARLEY INGREDIENTS.

# Wheat Bites

<b>Nutrition Facts</b>	
Per 1 cup (49 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 190	
<b>Fat</b> 1 g	<b>2 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate</b> 38 g	<b>13 %</b>
Fibre 6 g	<b>24 %</b>
Sugars 2 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %



<b>INGREDIENTS</b>	
ORGANIC WHOLE GRAIN WHEAT, NATURAL VITAMIN E.	
CONTAINS WHEAT.	

# Toasted Oats

<b>Nutrition Facts</b>	
Per 1 cup (27 g)	
Amount	% Daily Value
<b>Calories</b> 100	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0.4 g + Trans 0 g	<b>2 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 170 mg	<b>7 %</b>
<b>Carbohydrate</b> 20 g	<b>7 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 1 g	
<b>Protein</b> 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 30 %



## INGREDIENTS

WHOLE GRAIN GLUTEN-FREE OATS, CORN STARCH, SUGAR, SALT, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, MONOGLYCERIDES, TOCOPHEROLS.