

TRANSITION 101 – ARISE AND EAT

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THE BIBLE TELLS ME SO

- Meets physical, emotional, spiritual needs
- Nourishes for the journey ahead (studies, ministry, work, play)
- Reminds us of Jesus, the living bread and water that satisfies forever (Jn 6:35)
- Can be a way God provides, encourages, renews, and shows His love for us

SCIENCE TELLS ME SO TOO

- Provides energy
- Promotes health and well-being
- Improves academic performance
 - Memory
 - Concentration
- Is enjoyable
- Enhances community

For Everyone:

- Choose low saturated fats, sodium/salt, sugar options, if possible (reduce flavourings, sauces)
- Remember Canada's Food Guide plate: balanced meals and snacks

Canada's food guide

Eat well. Live well.

Healthy eating is more than the foods you eat

<p>Be mindful of your eating habits</p>	<p>Cook more often</p>	
<p>Enjoy your food</p>	<p>Eat meals with others</p>	
<p>Use food labels</p>	<p>Limit foods high in sodium, sugars or saturated fat</p>	<p>Be aware of food marketing</p>

Discover your food guide at Canada.ca/FoodGuide

Canada

Take Away Tips (On/Off-Meal Plan)

Fruits & Vegetables	Protein	Whole Grain
<ul style="list-style-type: none"> • Eat large variety with many colours (red apples, sweet potato, yellow pepper, green spinach, blueberries, purple cabbage) • Choose water over juice, and whole fruits/veg over juice 	<ul style="list-style-type: none"> • Choose plant-based sources more often (nuts, seeds, lentils, legumes, fortified soy) • Choose lean animal-based sources (chicken, turkey, seafood, pork) • Choose low sugar dairy products 	<ul style="list-style-type: none"> • Choose “whole grain” version of bread, pastas, crackers, etc. • Try different whole grains (e.g. quinoa, buckwheat, etc.)

Buying/Preparing

- Make your own meal plan
- Shop the perimeters of the store
- Plan meals around sales (read flyers and shop in season)
- Compare unit prices (eg. Cost per unit)
- Buy in bulk on sale if possible and freeze extras



- Fruits & Veg: frozen or canned (sometimes) more affordable, more convenient.
- Protein foods: plant-based proteins can be purchased dried or canned at low cost, longer shelf life.
- Whole Grain foods: read ingredient lists to ensure “whole grain” status, and compare fibre amounts.
- Choose water over sugar-sweetened beverages.
- Prepare several meals at once, and freeze.