



## SELF MANAGEMENT PROGRAM

Central West Self Management  
Newsletter

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### A Formula For Healthy Meals

We all know that an eating plan that is low in fat and high in fibre is healthy for everyone. Still, many of us find it difficult to put this into practice when planning and preparing meals. Here is an easy-to-follow formula that will help us plan and prepare healthier meals:

- Fill 1/4th of your plate with protein rich foods (the size of a deck of cards): lean meats, skinless chicken, fish, eggs, low-fat milk, tofu, or lentils
- Fill 1/2 of your plate with one or more portions of vegetables: leafy greens like kale, spinach, and broccoli, tomatoes, cucumbers etc.
- Fill the remaining 1/4th of your plate, with of whole grain products: whole wheat breads, brown rice, pasta, legumes, corn, potatoes, crackers, etc.
- You can also have one portion of fruit or fruit juice: choose fruit more often than juice

Tip: Watch your weight the 200 calorie a day way!

You can burn 200 calories a day by walking for 1/2 hour a day you burn 100 calories and by forgoing eating one cookie you can burn another 100 calories.

\*There is further information in Chapter 13 of your Living a Healthy Life Book



### Some Useful Links for Healthy Eating!

1. Canada's Food Guide: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
2. Dietitians of Canada: <http://www.dietitians.ca/>
3. Eat Right Ontario: <http://www.eatrightontario.ca>

You can also connect with the Registered Dietitian on your healthcare team for more information!

#### Contact Information:

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