



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

10 TIPS

FOR HEALTHY EATING

1



Cook at home more often.

Cooking at home gives you more control over what you eat. It can be as simple as scrambled eggs, whole grain toast, tomato and cucumber slices.

2



How you eat is as important as what you eat.

Enjoy meal times and the food you eat! Try to avoid distractions like your phone or TV while you eat. Sit down and enjoy a meal at the table.

3



Eat at regular times.

Eat breakfast within 1 to 2 hours after waking up. Try to eat every 4-6 hours. Plan snacks if you need them.

4



Listen to your body.

Pay attention to when you feel hungry or full.

5



Eat a variety of vegetables and fruit at every meal.

Enjoy brightly coloured whole vegetables and fruit. Fresh or frozen, try them in different ways - raw, roasted, steamed or sautéed.

6



Eat whole grains more often.

Switch to whole wheat pasta, whole grain or dark rye bread or wild rice. Try something new in your soup, salad or casserole like quinoa, bulgur or barley.

7



Include legumes like beans, chickpeas, lentils, nuts and seeds more often. Add them to salads, soups and grain dishes. Legumes can replace meat in your meals. Try a vegetarian chili.

8



Don't be afraid of fat. You need fat for good health and it adds flavour to your cooking. Use plant-based fats such as olive or canola oil.

9



Choose water to drink. Choose water or bubbly water to drink instead of juice, pop and other sugar sweetened beverages.

10



Add flavor to your food using herbs, spices, vinegars and lemon juice.

Choose and prepare foods with little or no salt.