





The North West Company (NWC) is a leading retailer of food, family apparel and general merchandise in northern Canada. We are a proud corporate citizen, known for actively supporting events and initiatives that enrich the lives of community members.

Nutrition and health are at the forefront of causes important to NWC. Our Healthy Eating program is directed by a corporate dietitian and presents a healthier nutrition environment. The program encourages our customers in their food choices, with the aim of improving overall health.

Regular programming includes distributing First Nations, Inuit and Métis-specific health resources, displaying in-store signs that highlight healthier food alternatives and, monthly, providing easy-to-prepare recipes and food ideas.

Health educators across Canada are welcome to use Healthy Eating material for:

- School lesson planning
- Displays at workshops, health fairs, health centres and council offices
- Grocery store guides
- Food preparation sessions
- Prenatal, diabetes and other health program group sessions
- Food safety presentations for food handlers



For more information on the Healthy Eating program, feel free to contact NWC's dietitian by phone (1-800-782-0391, extension 1672) or email ([nutrition@northwest.ca](mailto:nutrition@northwest.ca)).

[northernstores.ca/recipes.asp](http://northernstores.ca/recipes.asp)  
[northmart.ca/recipes.asp](http://northmart.ca/recipes.asp)

Follow the Healthy Eating signs to help you pick a rainbow of healthy foods.

HEALTHY EATING COLOUR LEGEND:

- Vegetables & Fruit
- Grain Products
- Meat & Alternatives
- Milk & Alternatives
- Other\*

\*Other foods do not belong to a food group but can be part of a balanced diet





# Vegetables & Fruit



## Why are vegetables and fruit healthy?

**Vitamin A** helps eyes stay healthy.

**Vitamin C** helps keep skin healthy and helps your body heal.

**Fibre** is good for your gut and for heart-health.

## How many servings a day?

Kids 2 - 3 years old	4
Kids 4 - 13 years old	5 - 6
Women	7 - 8
Men	7 - 10

## What is 1 serving?

1 cup vegetables



2 handfuls

1 medium fruit



Size of a tennis ball

1/2 cup berries, canned fruit or unsweetened applesauce



1/2 cup or size of 2 golf balls



Apple cinnamon oatmeal

Unsweetened applesauce is a healthy choice when fresh fruit is hard to find. Try mixing unsweetened applesauce and a touch of cinnamon to oatmeal for a breakfast treat.



Unsweetened canned fruit cocktail

Unsweetened fruit cocktail is an easy snack. Try draining the juice away and just eating the fruit.



Tomato vegetable stir fry

Tomato vegetable stir fry can be easily made by throwing 1 chopped onion and 2 handfuls of frozen or fresh chopped vegetables in a saucepan with 1 can of tomato sauce. Cook covered for 20 minutes. Try adding a teaspoon of dried oregano or basil for extra flavour.



Traditional and country foods feed your body and soul. Try picking wild berries when they are in season. Store some in the freezer to use throughout the winter.

# Grain Products

## Spaghetti supper



Spaghetti can be made with vegetables and meat. Spaghetti noodles are in the yellow group. Try picking brown or whole wheat noodles.

## Barley soup



Soup can be made with barley or rice, vegetables and meat. Barley and rice are in the yellow group. Try picking brown rice.

## Sandwich



Sandwiches are made with bread, vegetables, meat and cheese. Bread is in the yellow group. Try picking brown 100% whole wheat bread.

For energy!



## Why are grain products healthy?

**Carbohydrates** are your brain's favourite source of energy.

**Fibre** gives grain products their brown colour. Fibre is good for your gut and for heart-health.

**B Vitamins** help your body use energy from the food you eat.

## How many servings a day?

Kids 2 - 3 years old	3
Kids 4 - 13 years old	4 - 6
Women	6 - 7
Men	7 - 8

## What is 1 serving?

1 piece of bannock



Size of 4 dice

1 slice of bread or 1 pancake



Size of a CD case

1 cup of pasta or noodles or 30 grams of cold cereal



Size of a bar of soap



Traditional and country foods from this group feed your body and soul. Try using brown rice and whole wheat flour in your traditional recipes.





# Milk & Alternatives



## Why are milk & alternatives healthy?

**Calcium** helps build strong bones and teeth.

**Vitamin D** works with calcium to keep bones and teeth healthy, and it can help prevent infections.

## How many servings a day?

Kids 2 - 3 years old	2	Women	2 - 3
Kids 4 - 13 years old	2 - 4	Men	2 - 3
Teens 14 - 18 years old	3 - 4		

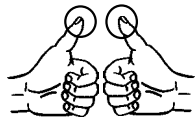
## What is 1 serving?

1 cup of milk, soy beverage or lactose-free milk



1 cup

1 piece of cheese



Size of 2 thumbs together

3/4 cup of yogurt



Size of a baseball



Calcium from traditional and country foods usually come from animal or fish bones. Try using these when making soup and stews.

## Yogurt parfait



Yogurt parfait is made by layering fruit, high fibre cereal and yogurt. Yogurt is in the blue group. Try using unsweetened frozen fruit; it's just as healthy as fresh.

## Creamy broccoli soup



Broccoli soup can be made with frozen broccoli and canned milk. Canned milk is in the blue group. Try using canned milk in coffee instead of cream; it has less fat and more nutrients.

## Cereal



Hot or cold cereal is great with milk. Milk is in the blue group. If regular milk upsets your gut, try soy beverage or lactose-free milk instead.

# Meat & Alternatives

## Spinach scramble



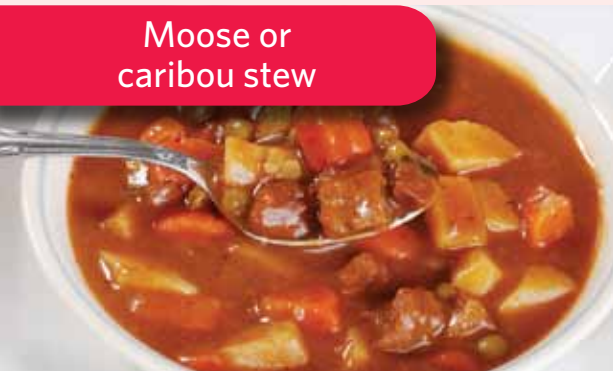
Frozen or drained canned spinach can easily be added to scrambled eggs. Eggs are in the red group. Try adding vegetables to scrambled eggs more often.

## Tomato beans on toast



Beans in tomato sauce can be spread on toast for a healthy lunch. Beans are in the red group. Try adding beans to soups, stews and even tomato sauce.

## Moose or caribou stew



Moose or caribou stew can be made with carrots, potatoes and canned tomatoes. The meat is in the red group. Try making a big pot of stew so there are leftovers.

For strength!



## Why are meat & alternatives healthy?

**Iron** helps make your blood strong and healthy.

**Vitamin B12** helps provide energy to muscles so they can move fast.

**Protein** in food helps muscles to grow and stay strong.

## How many servings a day?

Kids 2 - 3 years old	1
Kids 4 - 13 years old	1 - 2
Women	2
Men	3

## What is 1 serving?

1 piece of cooked meat or fish



Size of a deck of cards

2 tablespoons of peanut butter



3/4 cup cooked beans



Traditional and country foods feed your body and soul. Try eating wild or country meats regularly.

# Fats



## Why are fats healthy?

**Fats** help the body absorb nutrients from food.

## Did you know...

Choose **soft fats** more often. Soft fats are unsaturated and heart-healthy. Examples of soft fats are: oils like canola and olive oil, non-hydrogenated margarine, and fat from fish and sea animals.

Choose **hard fats** less often. Hard fats can build up and block blood from flowing in the body. Examples of hard fats are: butter, lard, shortening, mayonnaise and drippings from roasting animals.

## How much to eat?

2 to 3 tablespoons



# Fluids



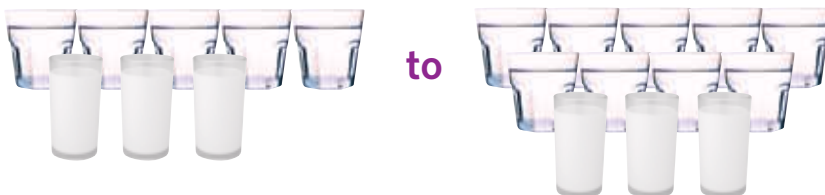
## Why are fluids healthy?

**Fluids** help your body cool off, especially in hot weather and when exercising.

## Did you know...

Always make milk or water your first choice. Try drinking a glass of water or milk with meals. Most other drinks are high in sugar and low in nutrition.

## How much to drink a day?



# Other Foods

## Canola & plant oils



## Non-hydrogenated margarine



## Fish oil



- When buying margarine, look at the nutrition facts table for one with 2 grams or less of saturated and trans fats combined.
- In recipes, use oil or soft margarine instead of shortening, butter, stick (hard) margarine, lard or beef tallow.
- Instead of buttering toast or bread, try it dry and let the flavours of the food stand out.
- Use a tablespoon to measure out oil when cooking.
- Bake or roast foods instead of deep frying in oil.



# Food Group Guessing Game

Circle the foods that belong in the green vegetables & fruit group.



peas



Answers:  
1) peas, carrots, potatoes  
2) green beans, tomatoes

Circle the foods that belong in the yellow grain products group.



Answers:  
1) bread  
2) barley

Circle the foods that belong in the blue milk & alternatives group.



Answers:  
1) cheese slices  
2) yogurt

Circle the foods that belong in the red meat & alternatives group.



Answers:  
1) meat chunks  
2) beans

# Better Bites Game

Match up healthier foods with better choices



Answers: 1D, 2F, 3B, 4H, 5G, 6E, 7C, 8A