LIFE SKILLS THERAPEUTIC WEBINAR SERIES

NUTRITION & MEAL PLANNING

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BENEFITS OF EATING HEALTHY

You are what you eat

- More energy
- Prevent disease
- Boost your mood
- Better sleep
- Maintain healthy weight
- Improve your thinking skills
3 types of food on your plate:

- **Vegetables & Fruit**
- **Protein foods**, with an emphasis on plant-based proteins
- **Whole grain foods**

Focus is on **proportions**, not portions
Thinking about food differently…

…it’s not just about what you eat, but how you eat
1. Be Mindful

- Take your time to eat
- Notice your hunger cues
2. Cook More Often

- Learn new skills
- Limit highly processed foods
- Limit added sodium, sugar and saturated fats
- Save money
3. Enjoy Food

- Try new foods
- Positive eating environment
- Culture & tradition
- Connect with your food
4. Eat Meals with Others

• Enjoy quality time together
• Share food traditions
• Healthier choices
5. Use Food Labels

**Ingredients List**

- Whole grain oat
- Whole grain wheat
- Sugar and/or golden sugar
- Oat and honey clusters (rolled oats, sugar, brown sugar, corn syrup, oat flour, rice flour, honey, salt, calcium carbonate, cinnamon, baking soda, artificial flavour, monoglycerides, BHT), rolled oats, corn syrup, golden syrup, salt, wheat starch, gum acacia, annatto, tocopherols, natural and artificial flavour, high monounsaturated canola oil and/or rice bran oil, BHT, natural almond flavour, stevia leaf extract, vitamins & minerals: niacinamide, calcium pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid, iron.
- Contains almond, wheat and oat ingredients.

**Nutrition Facts Table**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per 1 cup (250 mL)</th>
<th>% Daily Value*</th>
<th>% valeur quotidienne*</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat / Lipides</td>
<td>0 g</td>
<td>0 %</td>
<td>0 %</td>
</tr>
<tr>
<td>Saturated / saturés</td>
<td>0 g</td>
<td>0 %</td>
<td>0 %</td>
</tr>
<tr>
<td>+ Trans / trans</td>
<td>0 g</td>
<td>0 %</td>
<td>0 %</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>26 g</td>
<td>0 %</td>
<td>22 %</td>
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<tr>
<td>Fibre / Fibres</td>
<td>0 g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sugars / Sucres</td>
<td>22 g</td>
<td>22 %</td>
<td></td>
</tr>
<tr>
<td>Protein / Protéines</td>
<td>2 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>0 mg</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>450 mg</td>
<td>10 %</td>
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</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>2 %</td>
<td></td>
</tr>
<tr>
<td>Iron / Fer</td>
<td>0 mg</td>
<td>0 %</td>
<td></td>
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</tbody>
</table>

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup
6. Choose Water

- Healthy, cheap
- Promotes hydration
- Reduces consumption of sugary or alcoholic drinks
• Practice self-compassion
• Add variety
• Keep a meal schedule
• Snack smart
MEAL PLANNING

Why bother?

• Healthier food choices
• Save time
• Lower stress
• Reduce food waste
1. Decide what to eat
   • Get ideas
   • Check flyers
   • Check fridge & pantry
2. Make your grocery list
3. Go shopping
4. Start cooking
Build a balanced plate

- **¼ protein** - fish, eggs, beans, dairy, tofu, meat
- **¼ whole grains** - quinoa, rice, pasta, whole wheat bread
- **½ vegetables & fruits** - choose a variety, frozen/fresh/canned

Use Canada’s Food Guide
MEAL PLANNING
Use Canada’s Food Guide
MEAL PLANNING

Use Canada’s Food Guide
MEAL PLANNING

Things to consider when making your plan

• Your schedule
• Time you have to cook
  • Batch cooking
  • Cook once, eat twice
  • Use leftovers creatively
• How many people
• Recipes with overlapping ingredients
• Fresh ingredients first
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetarian Chili &amp; Whole Wheat Bread</td>
<td>Tacos using leftover Vegetarian Chili</td>
<td>Baked potato with leftover Vegetarian Chili &amp; Broccoli</td>
<td>Roast Chicken Thighs with Quinoa &amp; Salad</td>
<td>Chicken Sandwich on Whole Wheat Bread with Salad</td>
<td>Baked Tofu, Quinoa &amp; Broccoli Bowl</td>
<td>Tofu &amp; Vegetable Stir Fry with Wild Rice</td>
</tr>
</tbody>
</table>
MEAL PLANNING

On a budget

- Cheaper protein sources
- Frozen fruits & vegetables
- Seasonal produce
- Use flyers & coupons
- Buy no-name products
- Buy meat on sale & freeze it
### MEAL PLANNING

**Pantry staples**

#### Shelf-stable foods
- Pasta sauce and/or canned tomato
- Pasta, rice, quinoa and couscous
- Canned beans & legumes (black, pinto, kidney, chickpeas, lentils)
- Cans of tuna or salmon
- Nuts (unsalted)
- Oats
- Flour

#### Durable fruits & vegetables
- Hard squashes (spaghetti squash, butternut, etc.)
- Cabbage
- Carrots
- Onions
- Garlic
- Cauliflower
- Apples
- Citrus fruits
- Sweet potatoes, potatoes
- Seasonings and spices

#### Versatile items
- Eggs
- Dairy: cheese, butter, yogurt
- Condiments: soy sauce, vinegars, mayonnaise, ketchup, Dijon mustard
- Peanut butter
- Olive oil
- Use a shopping list
- Stick to the perimeter of the store
- Be aware of food marketing
- Avoid last-minute items
- Don’t shop on an empty stomach
- Don’t shop on pay day
- Practice good food storage
GROCERY SHOPPING
Staying Safe in the Pandemic

• Keep your distance
• Avoid touching your face
• Know your store’s layout
• Wash your hands after returning home & after putting away food
• Touch only what you plan to buy
• Limit trips to the store
TAKE HOME MESSAGES

• Canada’s Food Guide
  • Look at the **proportions** on your plate
  • Choose **whole, unprocessed foods**
  • Look at **how** you eat, not just **what** you eat
• **Meal planning** can promote healthy eating, save you money, and reduce stress around meal preparation
• **Grocery shop** with a plan, be safe, and keep pantry staples supplied in your kitchen
• **ENJOY YOUR FOOD!**
Questions?

Additional resources can be found on our website: www.jqh.ca/icfp

Tune in to next week’s
Life Skills Webinar: GOAL SETTING