



## ‘NUTRITIONAL TIPS’

### Guideline No. 1 Enjoy a Variety of Foods

*This first guideline urges you to include lots of different kinds of foods in your diet; to prepare them in different ways; to mix and match foods in ways you haven't tried before; to avoid eating the same old things, week in and week out.*

#### Why Variety is Important?

it increases your chances of getting all of the nutrients needed for good health, in the right amounts.

it stacks your diet with protective factors that may disarm would-be cancer causing substances. Protective factors include both nutrients (vitamins and minerals) and non-nutritive substances present in food.

it helps to keep your intake of substances like fat, salt, caffeine and alcohol at moderate and healthy levels.

#### How do you get Variety?

Getting variety in your diet is really quite simple.

The most basic way to ensure that you eat a variety of foods is to plan your da's meals around the major food groupings: Grain products; Vegetables and Fruit; Milk products; Meat and Alternatives.

Take advantage of the marvelous range of foods available in Canada. When fruits and vegetables are in season, buy locally grown foods. But when winter sets in, enjoy frozen or canned produce or choose from the wide range of produce that comes from all parts of the world.

Enjoy ethnic foods and cooking; try the different fruits, vegetables and grains that you find in the ethnic markets and grocery stores

## **SATISFACTION GUARANTEED**

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