

THE SCOOP ON NUTRITION

SHORE UP'S QUARTERLY NEWSLETTER

WHAT SHOULD I EAT?

A guide for adults and children

"The Scoop on Nutrition" is a quarterly newsletter designed by SHORE UP! Inc. It's goal is to provide you, children and adults, with information to equip you with the knowledge needed that will allow the maintenance of a healthy lifestyle. This newsletter will focus on the types of nutrients children and adults should receive, the benefits of healthy eating and much more. Some of this information may be a reminder for you, but let's start with the basics. Just remember to practice this for your optimal well-being.

First, what should you eat? Considering that it is the start of a New Year, many adults are focused on healthy nutrition and losing weight. Additionally, with the advent of COVID, kids are less active and need even more of a focus on health and nutrition.

It is important to choose foods low in fat and cholesterol. Leafy greens will do the trick. Examples include kale, spinach, romaine lettuce and collard greens. If you don't like these items solely by themselves, try spicing them up with herbs and veggies, or add them to a smoothie.



**Need more veggies? Add them to your breakfast.
It also helps to prep your meals.**

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Canada's food guide also offers healthy eating patterns. Use your plate as a guide, filling half with fruits and veggies, a quarter with whole grain foods, and a quarter with protein foods. Whole wheat, brown rice and whole grain pasta are examples of whole grains. Proteins are derived from poultry, seafood, eggs, nuts and seeds, for example.

Remember, not all fats are bad. Good fats include foods like nuts, seeds and fish.

What should we avoid? Foods with lots of calories but not enough nutrients. Examples include chips, soda, baked goods, and an all-time favorite for kids-candy.

It is recommended that we limit red meat, like beef and pork, and avoid processed meats. Examples are hotdogs, sausage, bacon and deli meats.

When it comes to what we should drink, water is always the best option.



**Yogurt, oatmeal and cheese
are healthy snacks your kids
will love.**