



Welcome to our
Hillcrest Community Night on
Nutrition

Please help yourself to pizza & drinks.
Daycare will be provided from 5-6 in
Room 111.



Introductions & Outline

Welcome families and thank you to Laura Lavery for attending

1. Public Health Nurse presentation on nutrition guidelines
2. Reading food labels
3. Cost analysis
4. Let's pack some lunches as a community!



Laura Laverty,
Public Health Nurse



Reading Food Labels

Making an informed decision



Focus on the Facts

How to use Serving Size and % Daily Value



START with Serving Size

You can find the Serving Size under the header 'Nutrition Facts'. Information in the Nutrition Facts table is based on this quantity of food.



USE % Daily Value

You can find the % Daily Value on the right side of the Nutrition Facts table. Use the % Daily Value to see if the Serving Size has a little or a lot of a nutrient.



LOOK at a Nutrient

Choose packaged food that has more of the nutrients you want and less of the nutrients you don't want.



MAKE an Informed food choice



5% Daily Value or less is a little
15% Daily Value or more is a lot

When making an informed food choice here are some nutrients you may want...

a little of

- Saturated and trans fats
- Sodium

a lot of

- Fibre
- Vitamin A
- Calcium
- Iron


This applies to all nutrients with a % Daily Value

Look for:



Which one is a better choice?





**Food Labels also
give you
information on the
13 core nutrients:**

- fat
- saturated and trans fats
- cholesterol
- sodium
- carbohydrate
- fibre
- sugars
- protein
- vitamin A
- vitamin C
- calcium
- iron



Fats....good or bad?

Fat is an important nutrient for your body. It:

- gives you energy
- helps your body grow and develop
- helps your body absorb vitamins A, D, E and K

BUT there are 2 kinds of fats, Trans or saturated fats and unsaturated fats.



Fats

Trans/ Saturated Fats

Contributes to obesity, heart disease

You want to limit:

- higher fat dairy products, such as cheese, cream, ice cream and sour cream
- fast foods
- French fries
- potato chips
- baked goods

Unsaturated Fats

These are the "Healthier fats"

Examples of these foods are:

- nuts and seeds
- fatty fish, such as herring, mackerel, salmon and trout
- vegetable oils, such as canola, corn, flaxseed, soybean and sunflower



Anyone here struggling with:

- Behaviour
- Sleep routines
- Temper tantrums
- Attention span
- Unexplained mood swings

Your child's sugar intake may have a huge impact in these areas of their development and behaviour



Sugar

Sugars are a type of carbohydrate.

Sugars are found in foods such as fruit, fruit juices, milk and vegetables.

Sugars can also be added to foods. Many prepackaged foods contain added sugars, such as baked goods, candy and soft drinks.

Children should consume approximately 15-20 grams a sugar a day

Adults should consume approximately 25-37 grams a day

Lets take a look!



What can we do to make a change?

- ▶ Juices and pop contain a large amount of added sugar.
- ▶ Milk also has added sugars

So what can we drink?

WATER

Send your child to school with a refillable water bottle



Ways to shop healthy:

- **Plan healthy meals and snacks**. Writing a grocery list before going to the store will save you time and money and help you shop only for the foods you need.
- **Fill your cart with the healthiest choices** from the four food groups. Add more colour and crunch to your cart in the produce section.
- Read the Nutrition Facts table and use the Percent Daily Value (% DV) to choose products that are lower in calories, fat, and sodium.
- **Look at the ingredient list**. Try to buy products with ingredients you recognize. Limit foods that list fat, sugar, and sodium near the beginning of the list.



Tips to save money on groceries:

- 1. Eat before you shop.** You're less likely to make impulse purchases when you're not hungry.
- 2. Shop for sales.** Check out flyers, coupons, and websites for deals. Create your meal plan and shopping list around these foods.
- 3. Stock up on lower-sodium canned goods** when they are on sale.
- 4. Buy only what you will use.** Buying in bulk may lead to waste. Freeze meat, poultry, fish, and bread to extend their shelf life.
- 5. Compare prices.** Compare the unit price on the label to know what product is less expensive. Also, use flyers to price match products on sale in grocery stores where price-matching is available.



Tips to save money on groceries:

- 6. Buy fresh vegetables and fruit when they are in season**-they're usually less expensive at this time. Freeze extras for later.
- 7. Choose frozen vegetables and fruit** when fresh produce isn't in season. They are affordable and nutritious options.
- 8. Use beans, lentils, and other legumes often** instead of meat.
- 9. Limit foods and beverages high in calories, fat, and sugar** like cookies, pastries, salty snacks, pop, and other high-calorie drinks. They are low in nutrients and will add to your grocery bill.
- 10. Pay with cash.** You're more likely to stick to your budget.



Grocery shopping with kids:

1. Ask your kids to help write the grocery list.
2. Make it a scavenger hunt. Ask your kids to find ingredients and pick out produce.
3. Try a new fruit or veggie. Later, find out how and where it grows.
4. Young children can count the number of fruit and veggies being added to the shopping cart.
5. Older children can read the [Nutrition Facts table](#) and help choose healthier foods.



Thank you for attending!

Our next session will be on Homework Help on
November 22nd.

We hope to see you there!

Lets make lunches
together!

