

# Eating for Energy and Enjoyment

Sobeys Dietitians Have a  
World of Healthy Ideas for You

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## 5 Steps

1. Eat Often
2. Always Balance
3. Eat Enough
4. Listen to Hunger Cues
5. Watch Empty Calories



# Step 1: Eat Often

- Eat often so you don't get too hungry and overeat
- Feed your body every 3-4 hrs
- Have meals and snacks
- Memorize times



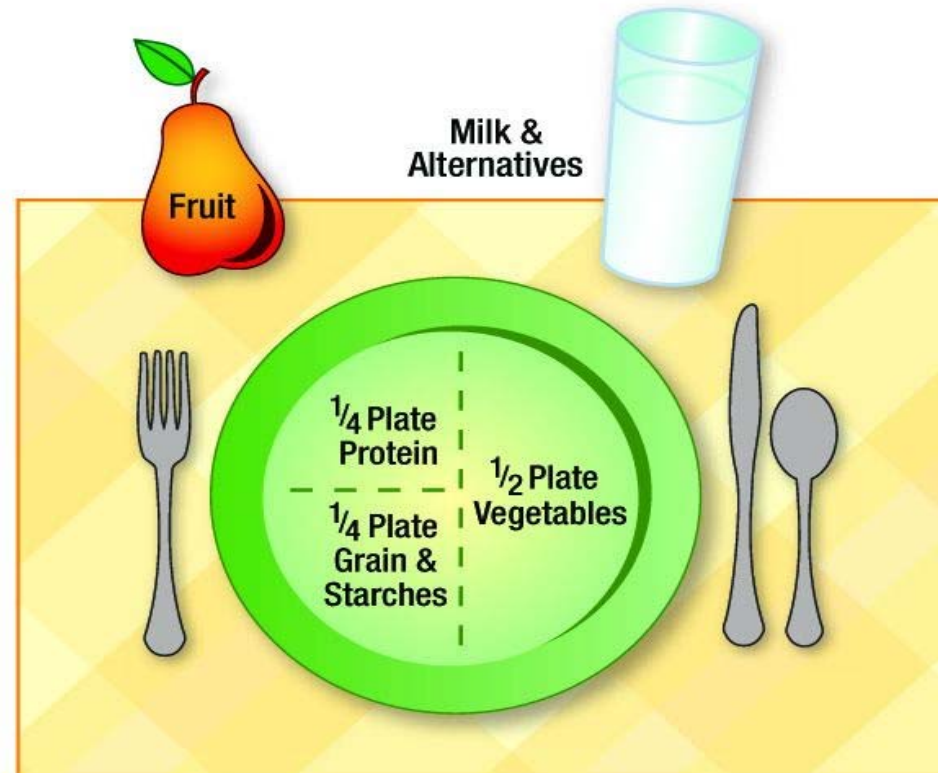
## Step 2: Always Balance

- Balance macronutrients
- Follow Canada's Food Guide



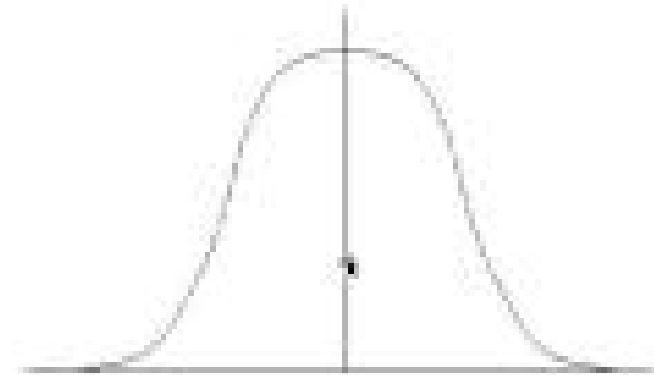
# The Healthy Plate

3-4 Food Groups per meal



# Balancing Energy Nutrients

- Carbohydrate raises blood sugars
- Insulin brings blood sugars back down
- Lows = hunger, low energy, dizziness
- Fibre and fat slow the rise
- Protein helps with satiety, may have less room for carbohydrate



# Snack Attacks

- Snacks prevent over-eating
- Eat small snacks between meals (1-2 food groups)
- Limit empty calorie snacks



## Step 3: Eat Enough

- At least 1500 calories
- Speed up metabolism
- Body will hoard food





## Step 4: Hunger Cues

- Pay attention
- 20 minute signal
- Slow down



# Step 5: Watch Empty Calories

source: Tim Horton's 2006

## Cream *single-single*

<b>Small</b> <b>8oz</b>	55 cal	3 g fat
<b>Med</b> <b>10oz</b>	75 cal	3.5 g fat
<b>Large</b> <b>14oz</b>	115 cal	6 g fat

## Milk *single-single*

<b>Small</b> <b>8oz</b>	35 cal	0.5 g fat
<b>Med</b> <b>10oz</b>	55 cal	1g fat
<b>Large</b> <b>14oz</b>	75 cal	1g fat



Questions?

