

Time to Eat Well: 10 minutes to change your life

There are lots of things you can do to eat better and live better. The foods you eat can lower your risk of heart disease and stroke.

You're in control - take ten minutes every day for a week to make small changes to your lifestyle and you could change your life.

A healthy diet can:

- ✓ Lower your cholesterol levels
- ✓ Reduce your blood pressure
- ✓ Keep your weight at a healthy level
- ✓ Control your blood sugar

All of these things can reduce your risk of heart disease and stroke.

Here are two simple things that you can do about your health:

1. Eat a healthy balanced diet.
2. Prepare more of your meals at home

Eat a healthy balanced diet

What that means for you and your family is to think about your overall food choices, and not focus on one food or ingredient like fat, sugar, salt or carbohydrates.

- ✓ Eat natural, whole foods at every meal
- ✓ Fill half your plate with fruits and vegetables
- ✓ #cutthecrap – eat less sugar, salt and fat
- ✓ Look for protein in new places – beans, lentils, lower-fat dairy products, lean meats, poultry and fish
- ✓ Drink water when you are thirsty, not sugary drinks
- ✓ Get to know what a portion size really looks like – they are probably smaller than you think

Eat more of your meals at home

Eating at home will help you #cutthecrap.

- ✓ Try cooking classes, or find a friend who can help you to get comfortable with kitchen basics
- ✓ Use natural, whole food in your meals. Avoid processed foods like burgers, deli meats, frozen entrees, white rice, bread and pasta, crackers and cookies
- ✓ Keep sugar, salt and solid fat out of your cooking
- ✓ If you do eat out, choose a restaurant that serves freshly prepared foods. Look for dishes that are steamed, broiled, boiled, grilled, baked, roasted or poached. Avoid fast food, fried foods and cream sauces. Ask the server to skip the fries and have vegetables, salad or rice instead.

Next Steps:

Try to do the *10 minute challenge* next week. If you like it, try it again the week after!

The Heart and Stroke Foundation needs generous public donations to continue to produce materials like this, and to fund the research that helps thousands of people each year. To donate, go to heartandstroke.ca/donate

For more information on other 10 Minute Challenges to reduce your risk of heart disease and stroke, visit our website at heartandstroke.ca.

Time to eat well: Your 10 minute challenge

Take ten minutes every day for a week to track if you're eating enough fruit and vegetables and see if the foods you're eating are high in salt, sugar or saturated fat.

You're in control – by taking the time to make small changes to your lifestyle, you can help keep your heart healthy – and lower your risk of heart disease and stroke.

Day	How many servings of vegetables and fruit did you eat?	How many glasses of water did you drink?	How many of your meals did you prepare at home?	How many unhealthy foods did you eat?
1				
2				
3				
4				
5				
6				
7				

A healthy diet is for life. Look back over the past week – what changes can you make and stick to?

#cutthecrap

Set yourself a goal that helps you move towards a healthier heart. Put a number to it and choose a date to complete your goal.

Example: I will eat 5 servings of vegetables and fruit every day for the next week.

Target Date: ___/___/___