



# Good food is good medicine!

## Do

- Eat fruits and/or vegetables several times a day
- Eat protein-rich foods (e.g., eggs, meat, poultry, fish, nuts, tofu, beans or dairy) several times a day
- Choose healthy fats such as extra virgin olive oil, nuts, seeds, avocado, or fish more often than unhealthy fats such as fatty meats or high fat dairy products
- Eat whole grain foods (e.g., quinoa, rolled oats, brown rice, whole grain pasta or bread) several times a day
- Drink water instead of juices or carbonated drinks
- Choose whole foods more often than processed foods, which are often high in chemicals, sugars, salts, and unhealthy fats

## Know

- When you are hungry and when you are full
- Healthy eating recommendations from Canada's Food Guide

## Ask

- Your care team to assess whether you are at risk for under nutrition
- Your care team how you can improve your diet to optimize your health and independence

## Tell

- Your care team if you have noticed recent changes in your weight
- Your care team if you have noticed changes in your appetite

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