

Video Transcript- Let's Talk Food Literacy: Foods to Feel Well

Luisa Magalhaes, Registered Dietitian, appears on the screen and places a variety of foods from all three food groupings onto the kitchen counter. As she does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'.

Hi! I'm Luisa, a Registered Dietitian.

What we eat affects how we feel. We all want to feel well, so what can we eat to get there?

An image of Canada's food guide is shared on the screen. Half the plate contains vegetables and fruits, one quarter contains whole grain foods, and the last quarter includes protein foods. A glass of water is also in the image with the words 'make water your drink of choice'. On the bottom of the screen, a link to Canada's food guide is shared: food-guide.canada.ca. Next, we go back to Luisa speaking from the kitchen.

Enter Canada's food guide. It takes complex scientific nutrition information and turns it into an easier-to-use tool. We can use this tool to make food choices to improve our health—both physical and mental.

Luisa shares an example of the Canadian food guide plate using food from her kitchen, with the same spread of food groupings as the food guide image.

The latest Canada's food guide is a plate with 3 food groupings and showcases Canadian grown foods:

- Vegetables and Fruits
- Whole grains foods, and
- Protein foods

Of course, everyone's plate looks different. We all have unique cultural and individual needs that are reflected in the foods we choose to eat. Luckily, a variety of foods fit into this plate.

So what are some ways you can boost your nutrition?

We see a visual of a variety of vegetables and fruits. Text appears in the foreground: 'make half your plate vegetables and fruits'. Then Luisa shares some examples of vegetables and fruits that can be added to our meals and snacks, including sliced apples, peas, and spinach leaves.

Consider making half of what you eat vegetables and fruit. Does that seem too big an ask? No problem, start small and with something you think you can manage. Maybe it's a couple of apple slices with your cereal, or just a handful of peas with snack, or a few leaves of spinach in your sandwich. It all helps.

Vegetables and fruits have lots of fibre, vitamins and minerals. These are important ingredients that lower our risk for heart disease and some cancers. Aim for a variety of colors—they each have different nutrients we need for health.

The text 'choose whole grain foods' appears in the foreground as Luisa speaks. She shows us a tray with a variety of whole grain foods including oatmeal, whole grain bread, whole grain pasta, whole grain naan, whole grain bread, whole grain crackers, and quinoa.

When choosing grains for your meal, why not make it whole grains? These include oatmeal, whole grain bread and pasta, brown rice, wild rice, barley, quinoa. Whole grains have more nutrition, including fibre, than refined grains because they include all parts of the grain. Refined choices, like white bread and enriched pasta, have parts of the grain removed during processing, stripping away some of their goodness. Look on the ingredient list for “whole” as part of the first ingredient: “whole grain, whole wheat, whole oats”. An added bonus—the healthier options often cost the same.

Luisa shares some examples of protein foods including soy milk, milk, salmon, sole, black beans, kidney beans, lentils, hummus, walnuts, flax seeds. The text ‘choose plant-based protein more often’ appears on the screen.

On the remaining $\frac{1}{4}$ of your plate, choose some protein foods. Protein helps the body build and repair itself, and also helps us to feel satisfied, or full, for longer after eating. Protein options include meat, milk products, fish, and also, plant-based proteins like nuts, seeds, beans, and lentils. We are encouraged to eat these (plant-based) options more often. They are higher in fibre, and lower in saturated fats. Plus, they often produce less greenhouse gases, and require less land and water to produce than animal products.

Think about your next snack or meal: what changes will you try?

Eat well. Live well.

The video ends with an image of a puzzle piece with the words ‘Eat well. Live well’ on the left-hand side, with food-guide.canada.ca below it. An acknowledgement logo for Food Literacy for Life, foodliteracy.ca, appears on the right-hand side along with ‘created by Peterborough Public Health’ (logo shown). A visual of the food literacy framework, from foodliteracy.ca appears on the left-hand side of the screen, with ‘Food Literacy’ pictured in the center of a circle. The following colourful puzzle pieces surround it: ‘Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.’
