



# INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

*Eating  
Right*















There are many little ways to help maintain a healthier diet. Here are some fast facts and healthy eating tips to keep your household *Eating Right*.



Lethbridge Center Mall: #160  
5th Street S  
(403) 388-6675

-Lifestyle based programs: Healthy Eating and General Nutrition, Physical Activity, Self-Management!  
-Free individual counseling and group education classes.

A Serving of this...	Looks like this...
 BREAD	 CASSETTE TAPE
 PASTA	 TENNIS BALL
 POTATO	 SMALL FIST
 GREEN SALAD	 BASEBALL
 GRAPES	 LIGHT BULB
 FRESH FRUIT	 SMALL FIST

### Examples of Healthy Breakfasts:

-Vegetable and cheese omelet

-Whole wheat toast with peanut butter

-Cottage cheese & fruit toppings

-Oatmeal with cinnamon & fruit toppings

-Fruit smoothies with non-fat milk and yogurt

Life stage	Energy
	Calories/day
Child 1-3	1300
Child 4-6	1700
Child 7-9	2100
Male 10-12	2600
Female 10-12	2300
Male 13-15	3000-3300
Male 16-20	3200-3700
Female 13-15	2600-2800
Female 16-20	2500-2700
Males 21-64 sedentary work	2400-2600
Males 21-64 yr, moderate work	2800-3200
Males 21-64 yr, hard work	4000-4500
Female 21-59 yr, sedentary work	2100-2300
Females 21-59 yr, moderate work	2400-2800
Females 21-59 yr, hard work	2900-3200
Males 65-75 yr	2300
Males > 75 yr	2100
Female 65-75 yr	2200
Females > 75 yr	2000

- ❖ Fast food restaurants use yellow, red, and orange because those are the colors that stimulate hunger.
- ❖ Red or pink grapefruit is higher in vitamin C than white grapefruit.
- ❖ One-third pound stalk of broccoli contains more vitamin C than 204 apples.
- ❖ The eight most popular foods to cause food allergies are: milk, eggs, wheat, peanuts, soy, tree nuts, fish, and shellfish.
- ❖ Carrots were first grown as a medicine.
- ❖ Chocolate contains the same chemical, phenyl-ethylamine - that your brain produces when you fall in love.
- ❖ Blueberries have more antioxidants than any other fruit or vegetables.
- ❖ Childhood obesity has increased 370% over the past 30 years.

**DID YOU KNOW?**

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[www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)

#### Hours of Operation:

9:30AM-11:45AM, Monday - Friday  
1:00PM-3:30PM, Monday - Thursday



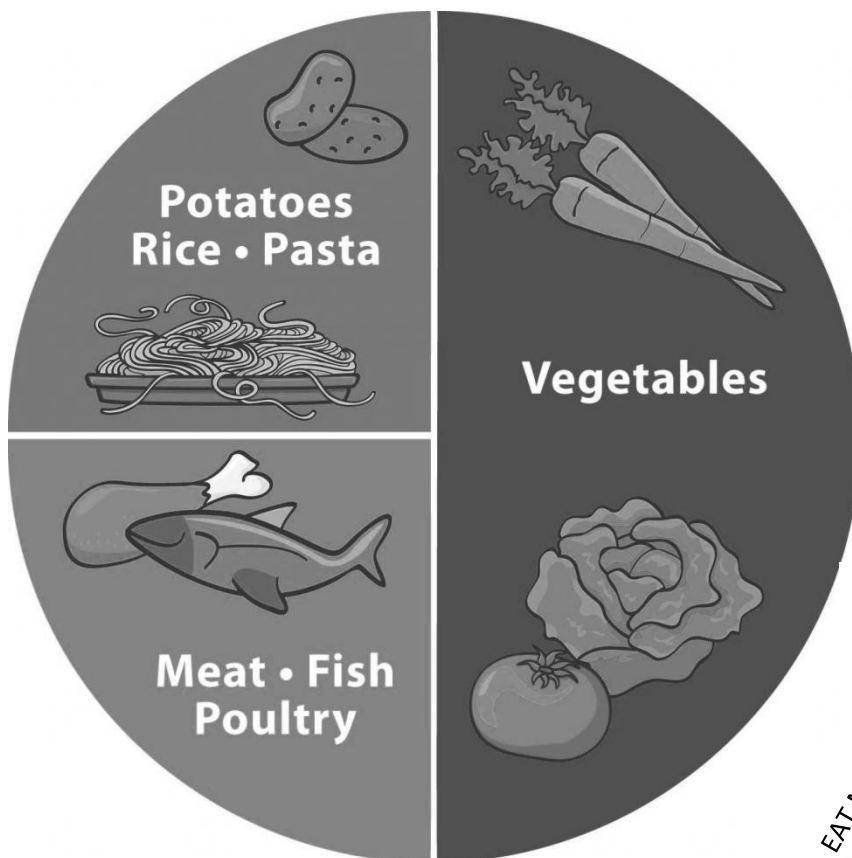
**FACT:**  
 Replacing one (1) sugar drink a day with a bottle of water saves 50,000 calories a year!

## Make Healthy Food FUN for Kids:

### WHY WATER?

- It composes 75% of your brain and muscles.
- Composes 83% of your blood.
- Water helps convert food to energy.
- Water helps your body absorb nutrients.

### What a Healthy Plate Looks Like:



**Smoothie creations-** Blend yogurt, fruit, milk and ice!

**Delicious Dippers-** Kids love to dip their food! Whip up a dip using yogurt and spices!

**Caterpillar kabobs-** Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob.

**Personalized pizzas-** Use whole-wheat English muffins, bagels, or pita bread as the crust- lots of veggie options for toppings!

**Fruity peanut butterfly-** Carrot sticks or celery for the body. Attach wings made of sliced apples with peanut butter- decorate with grapes or dried fruit.

**Bugs on a log-** use celery, cucumber, or carrot sticks as the log-add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries.

**Potato person-** decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face

