

# EAT WELL FOR YOUR HEALTH AND THE PLANET

Although many factors affect our food choices, what we eat has a big impact on our health and the planet. Here are some actions we can take that have big benefits for both.

Start with  
one small change and  
try to stick with it.

## EAT MORE PLANT-BASED PROTEINS



### GOOD FOR OUR HEALTH:

Plant-based proteins, like lentils, beans, nuts, seeds, and tofu, are good for heart health.

Diets high in red and processed meats are linked to an increased risk of cancer and other chronic diseases.



### TIPS:

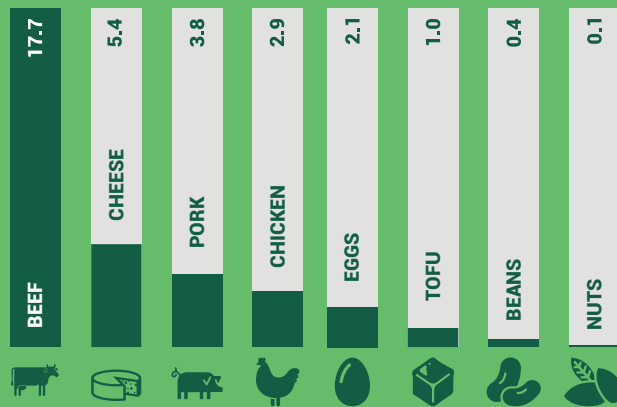
- Use half lentils and half ground beef in recipes like shepherd's pie, tacos, or spaghetti sauce.
- Switch from beef to chicken in your recipe.
- Use any marinade, sauce or seasoning you normally use on meat, on tofu!



### GOOD FOR THE PLANET:

Among protein foods, beef creates the most greenhouse gas emissions, while nuts, beans, and lentils create the least.

The average greenhouse gas impact (in kilograms of carbon dioxide from 50 grams of protein):



## DRINK TAP WATER



### GOOD FOR OUR HEALTH:

Water is the best way to hydrate. Drinking less sugary drinks reduces the risk of type 2 diabetes and tooth decay.



### TIPS:

- Carry a reusable water bottle.
- Instead of buying bottled water, ask a restaurant or shop to refill your bottle from the tap, or ask for a glass of tap water.



### GOOD FOR THE PLANET:

Tap water is our most sustainable source of hydration. It creates less plastic waste and greenhouse gas emissions than bottled water.



Only  
**9%** of plastic waste  
in Canada is recycled.

# MEAL PLAN AND COOK FROM SCRATCH



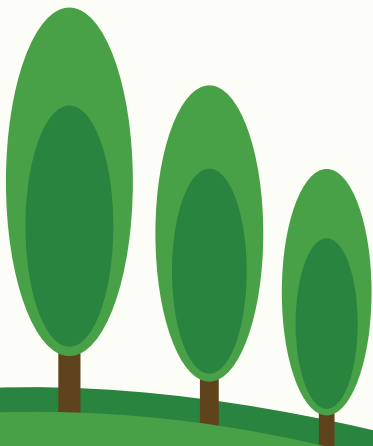
## GOOD FOR OUR HEALTH:

Cooking from scratch reduces reliance on highly processed foods, which are higher in sodium, sugar, and/or saturated fat.



## GOOD FOR THE PLANET:

Highly processed foods have a greater environmental impact than unprocessed foods.



Planning meals can help reduce food waste. When food is wasted, the land, soil, and water needed to produce that food is also wasted. Wasted food in landfills produces methane, a potent greenhouse gas.

Wasted food costs an average Canadian household



## TIPS:

- Make a meal plan and try to stick to it. Planning ahead helps to reduce food waste.
- Save leftovers! Pack them up for tomorrow's work or school lunch for a quick and healthy meal.

# EAT MORE VEGETABLES AND FRUIT



## GOOD FOR OUR HEALTH:

Vegetables and fruit are rich in vitamins, minerals, and fibre.

Eating more vegetables and fruit can reduce the risk of heart disease and cancer.



## GOOD FOR THE PLANET:

Plant-based foods have the lowest environmental impact, in terms of land and water use and greenhouse gas emissions.



## TIPS:

- Fill half your plate with vegetables and fruit.
- Visit a farmers' market or local farm to learn which vegetables and fruit are in season.

70% of adults in our district do not eat enough vegetables and fruit.



## Everyone's situation is unique. It is important to note:



Many First Nation communities do not have safe drinking water.



Buying healthy food is not always possible for households without enough money for all their costs of living.



Our society does not make it easy to eat well for our health and the planet.

These problems need attention from our governments.  
Speak up and talk to your local politicians.



North Bay Parry Sound District  
Health Unit