Everyday Foods and Sometimes Foods

All foods can fit when we balance our food choices with active living.

### Everyday Foods

Everyday Foods can be enjoyed most of the time. *Eating Well with Canada’s Food Guide* (CFG) includes examples of Everyday Foods such as carrots, whole wheat bread, lower fat milk, chicken etc. These foods give us the vitamins, minerals and other nutrients we need.

When we choose Everyday Foods regularly and limit foods high in fat, salt (sodium) and sugar (Sometimes Foods) we will:

- Feel and look better
- Have better overall health
- Be more energetic
- Have stronger muscles and bones
- Maximize growth and learning
- Maintain a healthy body weight
- Lower risk of some diseases

### Sometimes Foods

Sometimes Foods can be enjoyed some of the time. *Canada’s Food Guide* recommends limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as:

- cakes and pastries
- chocolate & candies
- cookies
- granola bars
- doughnuts and muffins
- ice cream and frozen desserts
- french fries
- potato chips, nachos and other salty snacks
- alcohol
- fruit flavoured drinks, soft drinks, sports and energy drinks
- sweetened hot or cold drinks
- high fat chicken wings, spareribs, battered fish etc.

### Can a Sometimes Food be included as a Canada’s Food Guide choice?

Sometime Foods should not be considered part of a food group. For example, even though potato chips are made from potatoes, we would not consider deep fried potato chips part of the Vegetables and Fruit food group.

*Health Canada* did not create a Sometimes Foods category in *Canada’s Food Guide* because they recommend we limit these foods so we can:

- **Maintain our health** by eating nutrients we require from the food groups, as determined by science
- **Maintain a healthy body weight** by avoiding excessive energy intake day after day.
How much Sometimes Food can I eat?

The amount of Sometimes Food a person can eat is not exactly defined. It varies and depends on a person’s eating habits and activity level.

Sometimes Foods can be enjoyed and are a part of healthy eating. We want to avoid eating these foods too often, or in large portions. Sometimes Foods can fill our appetite and leave less room for healthier Everyday Foods.

It is suggested that Canadians who are less active should limit Sometimes Foods and follow Canada’s Food Guide recommendations more closely. (Adults are encouraged to be active for at least 30 – 60 minutes a day. Children and youth should be active for at least 90 minutes a day.)

What are some healthier choices?

There are many foods that naturally taste good, are colourful and very nutritious. The following chart provides examples of how we can substitute Sometimes Foods with healthier choices.

<table>
<thead>
<tr>
<th>Sometimes Foods</th>
<th>Healthier Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato chips</td>
<td>Low fat versions</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked in oven instead of fried</td>
</tr>
<tr>
<td>Buttered, salted popcorn</td>
<td>Unsalted popcorn without butter</td>
</tr>
<tr>
<td>Fruit drinks, fruit cocktails</td>
<td>100% pure juice with no added sugar</td>
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<tr>
<td></td>
<td>Water to satisfy thirst</td>
</tr>
<tr>
<td>Creamed vegetables</td>
<td>Vegetables with a small amount of healthy oil</td>
</tr>
<tr>
<td></td>
<td>(canola, olive or soybean) and spices</td>
</tr>
<tr>
<td>Deep Fried foods</td>
<td>Stir fried, steamed or oven baked</td>
</tr>
<tr>
<td>High fat meats such as spare ribs, chicken wings, battered fish</td>
<td>Visible fat and/or skin removed from meat/poultry</td>
</tr>
<tr>
<td>Caesar salad with a lot of dressing, bacon and croutons</td>
<td>Less dressing or a lower fat version, limit bacon, use baked croutons</td>
</tr>
<tr>
<td>Doughnut, croissant, muffin</td>
<td>Bagel with low fat cheese, lower fat muffin</td>
</tr>
<tr>
<td>Sports or energy drinks</td>
<td>Water or water with lemon or lime</td>
</tr>
<tr>
<td>Cakes and cookies</td>
<td>Lower fat cookies, angle food cake with fruit</td>
</tr>
<tr>
<td></td>
<td>Baked apple with cinnamon, low fat berry crisp, etc.</td>
</tr>
<tr>
<td>Frozen desserts</td>
<td>Yogurt with fruit</td>
</tr>
</tbody>
</table>

For more information, please call Region of Peel – Public Health at 905-799-7700. www.healthyeatingpeel.ca

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