

Balancing Act

By Lindy Kennedy, Registered Dietitian

Not so long ago, many of us made New Years resolutions to be healthier. Did you know that 80% of us give up on our fitness goals because we get frustrated that we aren't seeing results fast enough? Getting off the couch and moving is a good start, but we will not be successful at reaching our goals if we don't watch what we eat and how much. Nutrition and exercise go hand-in-hand and are the keys to weight management and healthier living. You must focus on and balance both.

How do you get nutrition information? You can start by checking out Canada's new and improved Food Guide (visit Health Canada's web site at www.hc-sc.gc.ca).

March is Nutrition Month and this years theme is *Cooking it Up Healthy*. Healthy eating doesn't have to be boring. Creative food preparation will keep the nutrients in and your mouth watering.

Along with proper nutrition balance and following Canada's Food Guide, it is also important to keep your portions balanced with your overall expenditure. Here is a quick way to remember what a portion size looks like...

Food Group	Specific Food	Portion Size	Looks Like
Grain Products	Pasta, Rice	125 mL (1/2 cup)	½ baseball
	Bagel	½ small	1 hockey puck
Vegetables and Fruit	Fresh Fruit (such as apple or orange)	1 medium piece	1 baseball
	Dried Fruit	60 mL (1/4 cup)	1 golf ball
	Baked Potato	1 medium	Computer mouse
Meats and Alternatives	Meat, Poultry, Fish	50-100 g cooked	Deck of cards
	Cooked Kidney Beans	125-250 mL (1/2-1 cup)	½-1 baseball
	Nuts (such as peanuts or almonds)	75 mL (1/3 cup)	Cupped palm of hand
Milk Products	Yogurt	175 g (3/4 cup)	175 g yogurt container
	Cheese	50 g (2 oz)	3 dominoes