

A GUY'S GUIDE TO EATING HEALTHY

VOLUME
2

In This Guide

Serving Size Per Guy

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***IMPORTANT:** If you have food allergies, medical conditions or family health history that impacts your diet, speak to a registered dietitian to tailor recipes or nutrition information to your unique needs.



DONT
CHANGE
MUCH.ca



Increase healthy
years



Reduce risk of 14
types of cancer



Set an
example



Reduce risk of
type 2 diabetes



IN A NUTSHELL



Boost
confidence



Reduce risk of
heart disease



Improve mental
health



Slow a receding
hairline



Strengthen
immunity

When you have a lot on your plate,
eating healthier might feel like an
impossible task. Start small with
the simple changes in this guide
and watch the benefits grow.



Improve
sleep



Boost energy
levels



Improve
gut health



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FOOD FOR THOUGHT

by TELUS Health Registered
Dietitian, Caitlin Boudreau

Eating healthier doesn't have to be all-or-nothing. Focusing on one or two small changes at a time is the best way to build healthy habits that stick.



HEALTHY
EATING
HABITS



SIMPLE TIPS FOR EATING OUT

- Swap fries for salad every other time
- Eat baked or grilled vs fried food
- Read menu in advance to avoid impulse decisions
- Start with a small soup or salad to prevent overeating
- Have a healthy snack before to curb cravings, save money
- Meal plan and shop weekly
- Batch cook meals and store or freeze
- Eat slower—it takes 20 mins to feel full
- Plan healthy snacks to manage hunger
- Add plant-based protein (beans, lentils)
- Keep a water bottle at work, in the car
- Follow less healthy meals with healthy ones—balance!
- Eat with others, put away devices to avoid overeating
- Pre-chop produce to cut prep time later and make easy snacks
- Stock up on frozen produce and bulk foods to save time and money
- Aim for minimally processed foods like veggies, fruits, grains, and lean meats

ALCOHOL & NUTRITION

There's no sugar-coating it. If you want to eat and feel healthier, alcohol can hinder your progress.

Motivation: Alcohol negatively impacts sleep quality and energy levels, lowering motivation to eat or cook healthier meals.

Control: Alcohol lowers inhibitions, can trigger an increase in appetite, and lead to less healthy choices.

Cravings: Alcohol lowers blood sugar levels which can increase cravings for salty and sugary foods.

Nutrients: Alcohol is high in calories, promotes weight gain and lacks important nutrients and minerals needed for optimal health.

Read the new [Canadian Guidelines](#) for recommended weekly alcohol intake.



SIMPLE TIPS TO DRINK LESS

- Plan for alcohol-free days every week
- Try a non-alcoholic or mocktail option
- Drink water before and between alcoholic drinks
- Eat first, avoid drinking on an empty stomach
- Measure your drinks and use an app to track your intake

GET MORE TIPS TO DRINK LESS



THE SLOPPIEST OF JOES

WITH SWEET & SOUR ONIONS



BY CMHF Champion & Renowned Canadian Chef Ned Bell

INGREDIENTS

Serves 4-6

Sweet & Sour Onions (prepare ahead)

- 1 large red onion, thinly sliced
- 1 cup red wine vinegar
- ¼ cup sugar
- 2 tbsp salt
- 2 bay leaves
- 10 black peppercorns

Sloppy Joe

- 2 cups Yves vegetable ground plant-based protein OR ground turkey
- 1 pkg (300g) Big Mountain Foods cauliflower crumble
- ⅓ cup vegetable oil
- 2 tbsp butter
- 1.5 cup finely diced onions
- 2 cups thinly sliced brown mushrooms
- 1 cup grape Concerto tomatoes, cut in half
- 3 tbsp chopped garlic
- 1 tsp salt (to taste)
- 1 tsp chili powder
- 2 cups vegetable broth
- 1.5 cup carrots, grated
- 2 cups chopped cauliflower (steamed or blanched until tender, cooled)
- 2 cups frozen green peas (thawed)
- 5 tbsp thinly sliced green onion or chives
- Windset Farms® Butter Lettuce
- Large dinner roll/bun of your choice

METHOD

Sweet & Sour Onions

- Add vinegar, salt, sugar, bay leaves, peppercorns and ½ cup of water to small pot, boil until dissolved
- Add onions to heat-safe bowl, pour liquid over, cool and refrigerate overnight

Sloppy Joe | Cook time: 20 minutes

In a large shallow pot over medium/high heat:

- Add oil, sauté onions for 5 mins
- Add garlic, cook for 2 mins
- Add butter, mushrooms, cook for 2 mins
- Add tomatoes, cook for 1 min
- Add 1 tsp salt, to taste
- Add carrots, vegetable ground (or ground turkey), cauliflower crumble, vegetable broth, stir, reduce heat to medium, cook for 10 mins
- Add green peas, stir, remove from heat
- Add green onions or chives

To Serve

Butter and toast your favourite bun, or large dinner roll. Serve a large spoonful on each bun, place the sweet and sour red onions on top, add the butter lettuce and enjoy!



SHEET PAN CHICKEN FAJITAS

BY Windset Farms®

INGREDIENTS

Serves 3-4

- 2 Maestro® Bell Peppers (your choice of colours)
- 2 cups sliced red or yellow onion
- 1 lb boneless, skinless chicken breasts
- 2 tbsp extra-virgin olive oil
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp garlic powder
- ¾ tsp salt
- 1 tbsp lime juice
- 8 tortillas, warmed
- Lime wedges, cilantro, sour cream, avocado, and/or pico de gallo for serving

METHOD

- Preheat oven to 400°F, coat a large-rimmed baking sheet with cooking spray
- Slice Maestro® Bell Peppers, onion and chicken into thin strips
- In a large bowl, combine olive oil, chili powder, cumin, garlic powder, and salt, add chicken, stir to coat
- Add bell peppers and onions to bowl, stir
- Transfer seasoned chicken and vegetables to prepared baking sheet, spread out evenly
- Roast on middle rack for 15 mins, leave pan in oven, turn broiler to high
- Broil until chicken is cooked through, veggies are browned in spots, around 5 mins
- Remove from oven, stir in zesty lime juice

To Serve

Serve chicken and veggies in warm tortillas, accompanied by lime wedges, and top with your favourites like cilantro, sour cream, avocado, and pico de gallo.

7 DAY MEDITERRANEAN MEAL PLAN

BY **DIABETES CANADA**

Health benefits of the Mediterranean diet include a reduced risk of heart disease and high blood pressure and improved blood glucose control for those with type 2 diabetes. New research indicates this dietary pattern may also help maintain brain health!

WHAT IS IT?



- An abundance of plant foods, like fruits, vegetables, whole grains & legumes
- Olive oil and other healthy fats such as avocado and nuts
- Lean proteins like fish and chicken a few times a week and plant proteins daily
- Limited consumption of red meat up to a few times per month
- Dairy daily, consumed in small amounts
- Limited sweets; added sugars and sodium

Get started with this healthy 7-day meal plan from Diabetes Canada. Based on your goals and lifestyle, calorie needs may be higher than the meal plan. Adjust portion sizes and snacks accordingly.

OPEN THE 7-DAY MEAL PLAN

7-Day Mediterranean Meal Plan

This healthy, 1,500-calorie 7-day dietitian's meal plan is nutritionally balanced and delicious. It's based on the Mediterranean meal pattern which focuses on fruits and vegetables, whole grains, legumes, and lean proteins such as fish. It features diabetes-friendly foods, such as low-glycemic index carbohydrates and complete proteins, and healthy fats like olive oil. The carbohydrates are balanced throughout each day, with each meal containing 15 grams of carbohydrates. Depending on your goals and lifestyle, your calories and carbohydrates may need to be higher; adjust the number of snacks or portion sizes accordingly.

DIABETES CANADA

Recipes from the Diabetes Canada website are hyperlinked throughout the meal plan and are also listed at the end.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1/2 cup (120 mL) plain 0% Greek yogurt topped with 1/2 cup (120 mL) berries and 1/2 cup (60 mL) almonds or almonds	1 serving Shredz® 1 whole wheat pita (120 mL)	1 medium-sized apple	1 large egg, scrambled with 1/2 cup (120 mL) vegetables (broccoli, tomatoes, or other vegetable of your choice)	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes
Snack	2 cups (500 mL) soft margarine	1/2 cup (120 mL) soft margarine	1/2 cup (120 mL) soft margarine	1/2 cup (120 mL) soft margarine	1/2 cup (120 mL) soft margarine	1/2 cup (120 mL) soft margarine	1/2 cup (120 mL) soft margarine
Lunch	1/2 cup (120 mL) plain 0% Greek yogurt topped with 1/2 cup (120 mL) berries and 1/2 cup (60 mL) almonds or almonds	1 serving Shredz® 1 whole wheat pita (120 mL)	1 medium-sized apple	1 large egg, scrambled with 1/2 cup (120 mL) vegetables (broccoli, tomatoes, or other vegetable of your choice)	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes
Dinner	1/2 cup (120 mL) plain 0% Greek yogurt topped with 1/2 cup (120 mL) berries and 1/2 cup (60 mL) almonds or almonds	1 serving Shredz® 1 whole wheat pita (120 mL)	1 medium-sized apple	1 large egg, scrambled with 1/2 cup (120 mL) vegetables (broccoli, tomatoes, or other vegetable of your choice)	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes	1/2 cup (120 mL) whole wheat muffin with 1 large turkey sausage and 1/2 cup (120 mL) tomatoes

7-Day Mediterranean Meal Plan

Diabetes Canada

(62-2)

www.diabetes.ca

HANDY PORTION GUIDE



Starches/Fruits
Size of your fist



Vegetables
As much as you can hold with both hands



Meats / Proteins
Size of your palm, thickness of little finger



Fat
Size of the tip of your thumb

NEED HELP EATING HEALTHIER?

CMHF and TELUS Health MyCare™ want to help men eat healthier and feel better. Get expert advice from a registered dietitian, from the comfort of your home.

Virtual appointments are covered by most extended health plans.



TELUS Health

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More Food Hacks

Foods that reduce
heart attack risk

How to boost
testosterone with diet

Foods to keep your
prostate healthy

Access free healthy eating hacks and tips from dietitians, doctors and experts on the Don't Change Much Blog.

GET TIPS NOW



The Canadian Men's Health Foundation is a national registered charity dedicated to providing information, tools, and motivation for men and their families to live healthier.

Join a community of donors helping dads, brothers, uncles and sons make healthy lifestyle changes that benefit all Canadians.

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