

A smiling man with a beard and glasses, wearing a white lab coat over a blue shirt, is holding a bright red apple with both hands. The background is a soft-focus indoor setting. The top of the image features a decorative header with multiple overlapping, wavy lines in shades of blue, green, and yellow.

# En route to a healthier diet

Vitalité Health Network measures  
to promote healthy eating

## What is a healthy diet?

A healthy diet includes a variety of foods. It especially includes foods with high nutritional value:

- Fruit and vegetables
- Whole grains
- Proteins

It leaves little room for foods with low nutritional value that are high in salt, sugar or saturated fats. It gives our body what it needs to function properly. It helps in maintaining a healthy weight.

## Consequences of a poor diet

A poor diet can:

- lead to excess weight and obesity;
- increase the risk of diabetes, heart disease and cancer.

Unfortunately, in New Brunswick, the majority of people (63%) suffer from excess weight or obesity. Each of us must take action and do our part to eat better.



## What is a healthy eating environment?

A healthy eating environment:

- facilitates access to nutritional foods;
- encourages people to choose healthy foods;
- limits the availability of foods and beverages with low nutritional value.

## Why create a healthy eating environment?

It's our duty to help our patients and our employees make better food choices. We want to set an example to help you improve your health.

All the Network's food services are affected:

- Patient menus, snacks and drinks;
- Meals and products sold in cafeterias, canteens and vending machines.



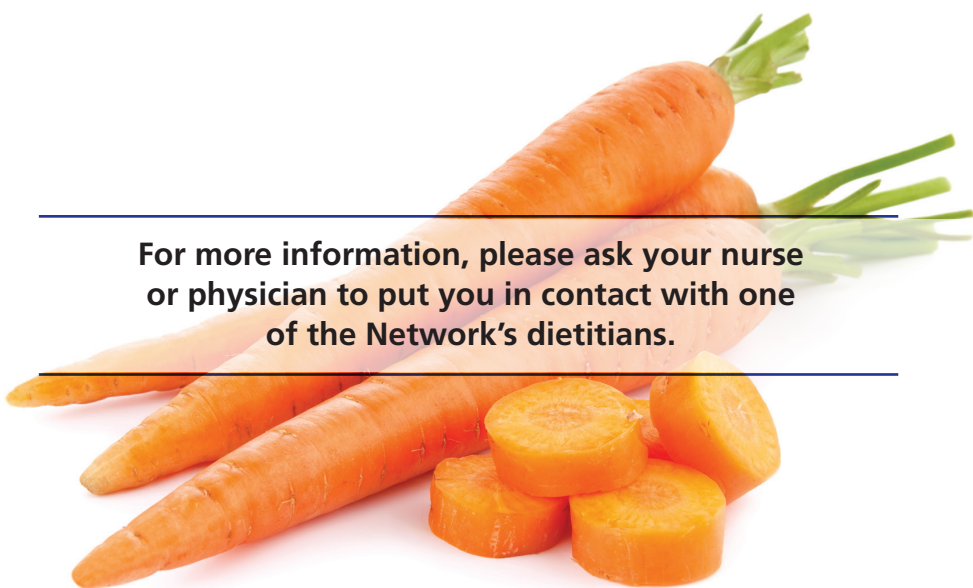


## The Network is committed to offering:

- At least two fruit choices at each meal and at any time;
- At least two vegetable choices at each meal;
- Fish at least twice a week;
- Legumes at least once a week;
- A variety of grains of which half contain at least 2 g of fibre per serving;
- Servings that follow Canada's food guide recommendations and do not promote overeating.
- **Foods low in saturated fats and with no trans fats**
  - Lean meats
  - No fried foods
- **Low-salt foods and beverages**
- **Foods low in sugar and that do not contain sweeteners**
- **Healthy drinks**
  - Freely accessible water stations
  - Milk, vegetable juice and 100% pure fruit juices in small sizes
  - No sugary drinks, energy drinks or drinks containing sweeteners



The criteria and measures implemented by Vitalité Health Network, in connection with the policy on healthy eating environments, are based on Canada's food guide, Dietary Reference Intakes (DRIs) and other relevant resources.



**For more information, please ask your nurse or physician to put you in contact with one of the Network's dietitians.**

## References

Health Canada. (2019). *Canada's Dietary Guidelines. Section 1: Foundation for healthy eating.*  
Found at: <https://food-guide.canada.ca/en/guidelines/section-1-foundation-for-healthy-eating/>

Public Health Agency of Canada. (2011). *Healthy living can prevent disease.* Found at: [www.canada.ca/en/public-health/services/chronic-diseases/healthy-living-prevent-disease.html](http://www.canada.ca/en/public-health/services/chronic-diseases/healthy-living-prevent-disease.html)

Office of the Chief Medical Officer of Health of New Brunswick. (2012). *New Brunswick Health Indicators - Issue 5.* Found at: [www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/Publications/Health\\_Indicators5.pdf](http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/Publications/Health_Indicators5.pdf)

