



## Healthy Eating Guideline

- ✓ Many community members are interested in choosing healthier foods and beverages, being physically active, staying tobacco-free, caring for the environment and supporting local products.
- ✓ What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work, play and commute.
- ✓ Foods and beverages in Canada's Food Guide, particularly vegetables and fruit, provide energy and nutrients needed to prevent chronic disease, and maintain a healthy lifestyle and positive body image. A recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain healthy communities.
- ✓ Adopting healthy behaviors early in life is important for good health. Offering healthy food and beverage choices is important in striving for a healthy community and sets a good example for children and youth.

When food and beverages are served at Hockey NL events we will do our best to follow our healthy eating guideline and provide healthier alternatives.

**We will offer vegetables and fruit (fresh, frozen or canned) and at least one (1) of the following:**

- whole grain products (breads, wraps, crackers, etc.)
- skim, 1% or 2% milk
- milk alternatives (yogurt, cheese)
- lean meats (beef, poultry) and/or meat alternatives (beans, peas, lentils, nuts/nut butters, eggs, etc.)
- water

We will also encourage green options whenever possible.