

Virtual Nutrition Education Series

Nutrition 101: Eating Like a Pro

The best eating pattern is the one you can confidently maintain in the long-term.

Food plays many roles—nourishment, pleasure, satisfaction, and social connection.

Go back to square one and rediscover the fun, wonder, and joy of eating.

Focus on what you can add rather than only what to remove.

Nutritional Considerations

A balanced eating pattern can help meet most of your nutritional needs, but nutrients like calcium, omega 3, vitamin D, vitamin B12 and iron (if vegan or vegetarian), may require some extra attention and planning to ensure adequate intake.

If you have concerns about your nutrient levels, speak with your physician and a registered dietitian for personalized guidance.

Foundations of Balanced Nutrition

Eat regular, balanced meals throughout the day to help get a variety of essential nutrients:

50%  Non-Starchy Veggies + Fruit

25%  Whole Grains + Starchy Veggies

25%  Protein

Adapt your plate to reflect your preferences, cultural background, and food traditions.

How Much Do I Eat?

Tune into your hunger and fullness cues, aiming to start eating when moderately hungry, 3–4/10, and stop when comfortably satisfied, around 7/10.

Eat slowly and mindfully, giving yourself time to recognize when you feel full. If you're struggling to recognize these cues or manage your appetite, consult a registered dietitian.

Calcium Needs

Choose 2-3 sources of calcium-rich foods per day. Generally, 1000 mg of daily calcium is recommended for 19-50 yrs old. Here are example food sources:

- 1 cup milk, soy (fortified): **320 mg**
- ¾ cup yogurt, plain: **280-320 mg**
- 1 cup cottage cheese, low fat, 1%: **146 mg**
- 1 cup tofu, set with calcium sulphate: **150-250 mg**
- ¾ cup beans, white, navy: **100 mg**
- ¼ cup almonds (small handful): **99 mg**
- 1 cup raw kale: **106 mg**
- ½ cup cooked spinach or collard greens: **140 mg**
- 75 g (2 ½ oz) sardines, Atlantic, canned in oil, drained, with bones: **286 mg**
- 75 g (2 ½ oz) salmon, pink, canned, drained, with bones: **212 mg**

Omega 3 Needs

Include regular sources of omega 3 (EPA, DHA, ALA) in the diet. Here are example food sources:

- **Fish sources** (EPA/DHA): 3-4 oz fatty fish 2-3x/week
- **Plant-based sources** (ALA): ¼ cup walnuts, or 1-2 tbsp chia, hemp, or ground flax seeds daily

Make Goals that Stick

Give yourself time to build new lasting habits by setting small, achieveable goals that overtime lead to bigger accomplishments.

MINI GOAL (Daily, Weekly)

"This week, I want to eat more fruits & veggies: _____. I'll grocery shop on _____ and pre-prep them for meals and snacks."

OVERARCHING GOAL (Monthly, Yearly)

"This year, I want to gradually build healthier, more balanced eating habits that support my overall physical health and mental well-being."

The information provided in this handout is for educational purposes only and is not intended to replace professional medical or nutrition advice. For personalized guidance, please consult your physician, registered dietitian, or other qualified healthcare provider. Values are approximate and vary by preparation and portion size. Last updated: October 2026.

UBC Food Services