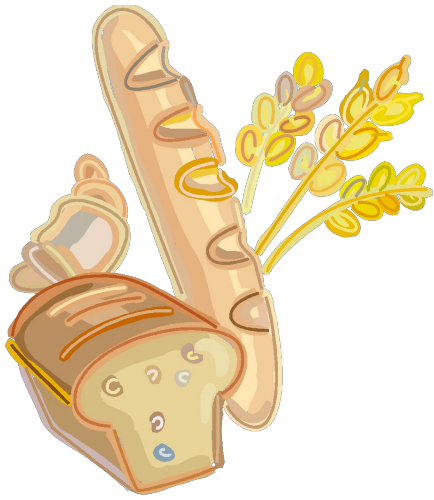




Nutrition 101



Today's Topics

- Wholegrain vs. Fortified
- Fibre
- Fats
- Sodium
- Fresh vs. Processed Foods
- Glycemic Index



What is the difference?



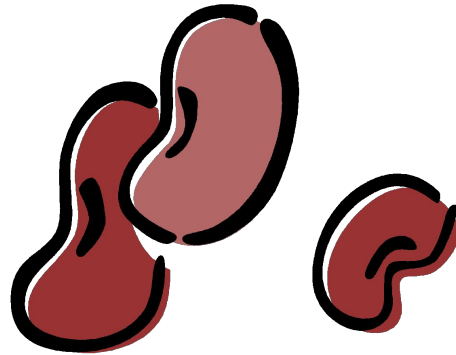
- **Wholegrain** – grain milled in its entirety
- **Refined** – coarse parts removed (outer layer removed; therefore, **no B vitamins or fibre**)
- **Enriched** – B vitamins added to refined grains
- **Fortified** – Food to which nutrients have been added (e.g. Vitamin D added to milk)

Fibre – Two Types

- **Soluble Fibre**

Lowers blood cholesterol

- fruit/vegetables
- oat bran
- barley
- beans
- lentils
- soy products



- **Insoluble Fibre**

Speeds passage through GI system

- wheat bran
- corn bran
- skin of fruit
- wholegrain foods



Important Tips!

- Increase intake gradually
- Spread your intake throughout the day
- Drink plenty of fluids
- Eat the skin of fruits and vegetables
- Sprinkle bran into recipes – you won't even notice!



Fats

HDL = The “Good” Cholesterol

LDL = The “Bad” Cholesterol

Trans = The “Ugly”



Saturated Fat Trans Fats	↑ LDL	↓ HDL
Polyunsaturated Fat	↓ LDL	↓ HDL
Monounsaturated Fat	↓ LDL	↔ HDL

In order to ↑ **HDL** your best option is to **exercise!**



Sodium

- **Need** – 200 to 500 mg/day
(to maintain adequate body stores)
- **Safe Daily Range** – 1100 to 3300 mg/day
- **Average Consumed** – 4000 to 6000 mg/day
(2-3 tsp salt)
- **Recommendation** – < 2000 mg/day
(1 tsp salt)
- *1 tsp sodium = 2300 mg of sodium*



Sodium – the hidden ingredient

Hearty Vegetable Soup vs. Toasted Turkey Club 1060 mg vs. 1070 mg

Cranberry Fruit Muffin vs. Strawberry Vanilla Donut 490 mg vs. 220 mg

Yogurt and Berries vs. Honey Dip Timbit 50 mg vs. 50 mg

Tim Horton's is not the only culprit!!!

You also need to watch for:

- Canned Foods
- Microwave Dinners
- Processed Meats



Snacks add up beyond the waist line!

Snack Foods

- Pretzels - \$2
- Tortilla Chips - \$3
- Salsa - \$3
- Ice Cream - \$5
- Chocolate Bar - \$1



Healthier Snack Foods

- Apples - \$0.50
- Almonds - \$6/lb.
- Yogurt - \$0.80
- Celery - \$1.50
- Carrots - \$1.50



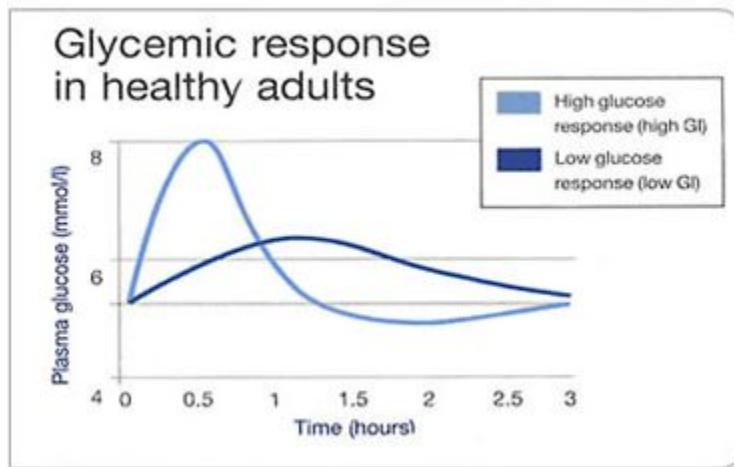
TIP: Buy ice cream while you're out! Wouldn't you like this much choice?



How To Ward Off Hunger!

Glycemic Index

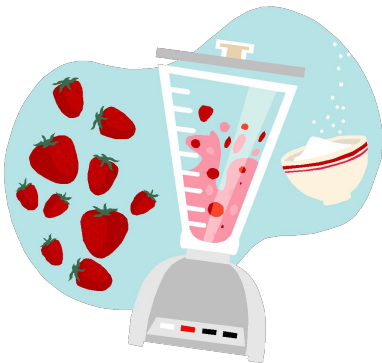
- Scale of how much a food raises blood sugar levels relative to a piece of white bread



We want to keep our blood sugar constant in order to avoid unhealthy cravings

Snack Ideas

- Yogurt
- Fruit with peanut butter or 10 almonds
- Caffe Misto/Latte with skim or 1% milk
- Veggies and dip (use dips made with oil and/or flavoured vinegar)
- ONE small cookie and glass of milk
- Fruit smoothie



Final TIPS

- Shop Often
- Go to the market
- Use your freezer for FRESH food!
- Get to know your grocery store
- Buy what is in season
- Shop the perimeter



Make your fridge look like this!

