

NUTRITION BITES FEBRUARY 2019

Happy February everyone! While I am happy to say goodbye to the frigid and snowy January, it certainly was an exciting month for Registered Dietitians! This is because the long awaited updated Canada's Food Guide was released on January 22nd.

A new food guide was long overdue, since the previous food guide was released 12 years ago. There is no doubt that times and the health landscape of Canadians has changed. In 2017, 50% of deaths from cardiovascular disease were attributed to **dietary risks**, such as excess consumption of sodium, added sugars and saturated fats ⁽¹⁾. A food guide that was reflective of these changes, that was inclusive for all Canadians, was necessary.

**This month's newsletter is dedicated to the newest version of
Canada's Food Guide...**

The new Canada's Food Guide took years in the making...

What's most important about the development of the new food guide that is important for the public to know is that all messages are supported by:

- "High quality, peer-review systematic reviews" (2)
- "Reports from scientific organizations and governmental agencies" (2)

In other words, all keys messages, guidelines and recommendations are **EVIDENCE-BASED, and not influenced by industry leaders!**



Let's "Dig In" to Canada's Food Guide

When it comes to the food guide, many of us think of the "rainbow" that guided Canadians for many years on the different food groups.

However, in the newest food guide, there is **no sight of food groups or portion sizes!** Health Canada has chosen to communicate healthy eating using a plate that is divided using food & demonstrates how to portion your plate!

What about portions? Later in 2019, Health Canada plans to release a food guide healthy eating pattern for health professionals and policy makers, which will complement these dietary guidelines just released. This report will provide more information on recommended amounts and types of foods, as well as guidance for different life stages.

The new food guide is advising Canadians to...

Eat a variety of healthy foods each day, by following these next 4 guidelines...

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at Canada.ca/FoodGuide

Health Canada Santé Canada

Canada

1. HAVE PLENTY OF VEGETABLES AND FRUITS



Recommendation:

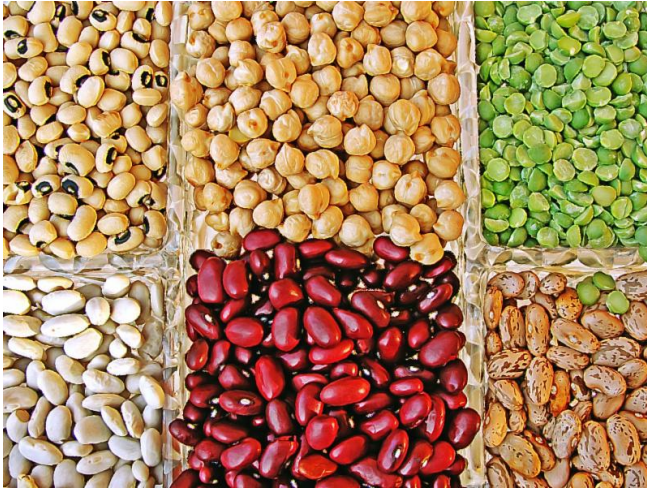
Aim for **half of your plate** to be filled with vegetables and fruits at each meal. Remember to keep the emphasis on your vegetables!

Why?

Unfortunately, vegetable and fruit consumption across Canada is consistently low, placing Canadians at risk for illness and disease, such as heart disease, high blood pressure and high cholesterol (5).

The health benefits associated with eating fruits and vegetables on a daily basis is significant, and the reason behind taking up the largest part of the plate!

2. EAT PROTEIN FOODS



Recommendation:

Aim for a **quarter of your plate** to be filled with protein rich foods.

One of the biggest headlines since the new food guide was released is the recommendation to: **choose plant-based proteins more often, such as legumes, pulses, beans, nuts & seeds!**

This doesn't come as a surprise since evidence has consistently shown that incorporating more plant-based foods promotes health and wellness. These foods are known to contain heart healthy fats (unsaturated fats), fibre, and vitamins that help reduce our risk for disease and illness, such as heart disease and diabetes.

So, what about milk products and meats?

These foods are still included in the new food guide, however the emphasis is placed on choosing animal-based foods that are **lower in saturated fat, such as:**

- Lean meats, eggs, poultry, fish and shellfish
- Lower fat milk, yogurt and kefir
- Cheeses lower in fat and sodium

3. CHOOSE WHOLE GRAIN FOODS

Recommendation:

Aim for a **quarter of your plate** to be filled with whole grain foods.

Whole grains are superior and more nutritious than refined or enriched grains.

How so?

- "Evidence has shown that by eating 3 servings of whole grains a day, individuals have reduced their risk of heart disease, stroke, type 2 diabetes, digestive issues and hormone-related cancers" ⁽³⁾
- Whole grains contain an abundant of antioxidants, phytochemical, vitamins (B vitamins, vitamin E) and fibre ⁽³⁾



Whether you enjoy buckwheat, millet, brown rice, barley or bulgar, it is important

to include whole grains more often in order to get the most out of our grains! Try to choose these in their original form and avoid processed grains that have been milled and packaged. Enjoy your whole grains WHOLE!

4. MAKE WATER YOUR DRINK CHOICE

Did you know?

"In 2015, sugary drinks were the main sources of total sugars in the diets of Canadians, with children and adolescents (9 to 18 years of age) having the highest average daily intake" (4)



Health Canada is strongly recommending water over sugar sweetened beverages (pop, juice, energy drinks) since water (5):

- Is essential for our bodies (metabolic and digestive processes)
- Promotes optimal hydration
- Does not contain added calories or sugars, that increases our risk for type 2 diabetes and obesity

There's more to it, than food itself...

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



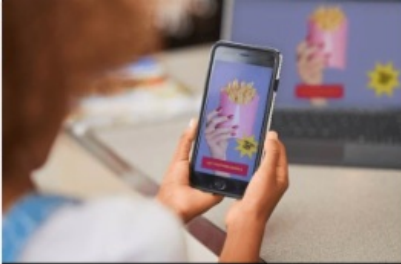
Eat meals with others



Use food labels



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing

It is encouraging that the new food guide has recognized the multi- dimensions of food and eating. **It's not only about what we eat. The who, how, why, and where associated with food and eating are equally as important, and play a large role in our health and wellness.**

In addition, recognizing the value of culturally-appropriate foods, promoting awareness around influencers, and the importance of educating ourselves in making healthy choices, is a step in the right direction!

To take a closer look, click on the provided resources!

Canada's food guide **Healthy eating recommendations**



Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2019 | Cat.: H154-245/2019E-PDF | ISBN: 978-0-660-28057-8 | Pub.: 180394



FOR THE LOVE OF PLANTS! PLANT-BASED RECIPES FOR YOU AND YOUR FAMILY

QUINOA AND LENTIL PILAF

This dish, provided by Unlock Food, contains whole grains, plant-based proteins and vegetables. A great example of all the recommendations combined into one bowl.

Add more brightly coloured vegetables, spices and natural flavourings!

Click [here](#) for the recipe.



Photo by: Unlock Food

NOT QUESADILLAS, BUT YAMADILLAS



Photo by: Lighter

Registered Dietitian and author, Kayli Dice, is the creator of this Yamadillas recipe.

In under 30 minutes, you and your family can enjoy a plant-based version of the quesadilla, that meets all the criteria for eating nutritious and healthful foods!

Visit [Kayli Dice's website](#) for more plant-based recipes!

**Need additional information about
plant-based eating?
Interested in finding more plant-based recipes?**



***Vegetarian Nutrition* from the Academy of Nutrition and Dietetics has you covered!**

This website has evidence-based information, provided by Registered Dietitians, to common plant-based topics, such as:

- ~Eating More Plant-Based Meals
- ~The Safety of Soyfoods
- ~Protein in Vegetarian and Vegan Diets
- ~Healthy Tips for Meatless Meals
- ~Sports Nutrition for Vegetarians
- ~And Much More...

Under the **Resources** tab, you will also find plant-based recipes, to help you with your meal planning and preparation and links to plant-based enthusiasts for additional plant-based support.



**OUR NEXT MAIN
WELLNESS EVENT...**

DUMP THE DIET

April 2nd 2019 530-8pm


Early Bird Savings End Feb 17th!

To order your tickets copy link:

<https://www.eventbrite.com/e/dump-the-diet-do-macros-calories-fasting-really-matter-tickets-54509075111>

OR

[Click here to order tickets through Eventbrite](#)



Dump the diet

Do macros, calories and fasting really matter?

Learn how to achieve your best self and maintain a healthy weight. No fad diets or unrealistic restrictions.

PRESENTED BY
Registered Dietitian Filomena Vernace-Inserra and Cookbook Author Fina Scropo

APRIL 2, 2019

Fontana Primavera Event Centre, Vaughan

Join us for an informative evening of education, entertainment and networking, including:

- ❖ Interactive panel discussions
- ❖ Cooking demos & recipe samples
- ❖ Giveaways & door prizes

REGISTRATION OPENS JANUARY 11!

EARLY BIRD SPECIAL until February 17.



Wealth Management
Dominion Securities
Rocco DiPasquale, CFP



Information is Retrieved from:

(1) Institute for Health Metrics and Evaluation [Internet]. Seattle: Institute for Health Metrics and Evaluation; 2018 [cited 2018 Nov 28]

(2) Government of Canada (2019). Revision process for Canada's food guide. Retrieved from: <https://www.canada.ca/en/health-canada/services/canada-food-guide/about/revision-process.html>

(3) Whole Grain Council (2019). Whole Grains 101. Retrieved from: <https://wholegrainscouncil.org/whole-grains-101>

(4) Langlois K, Garriguet D, Gonzalez A, Sinclair S, Colapinto CK. Changes in total sugars consumption among Canadian children and adults. Health Reports. 2019; 30(1): 10-19.

(5) Health Canada. (2019). Canada's Dietary Guidelines for Health Professionals and Policy Makers. Retrieved from: <https://food->

For more information on booking appointments & upcoming workshops, contact Filomena at 905-265-2140 or dietitian@innerhealth1.ca