



*Happy New Year to
You & Your Loved
Ones!*

**I hope that the beginning
of your 2019 has been
filled with excitement,
peace, love, rest and
relaxation!**

NUTRITION BITES

**JANUARY 2019
EDITION**



**This Edition is all about what to expect in 2019, from
health to nutrition and food !**



BEST 'DIETS' FOR 2019

It is inevitable that every year, certain diets and dietary choices are more popular and irresistible than others. While we have known for quite some time that 'no diet fits all', 2018 was the year that truly showcased a personalized and individualized approach to eating, however that may look.

While some of the 'diets' out there may not be the most ideal for short term and long term health benefits, it is extremely exciting that 2019 is off to a great start for the world of health, nutrition and food!

There has been plenty of talk about the best diets to try this year. What's great is that they **ARE NOT new or trendy!**

Rather, they are **evidence-based** dietary approaches that have been researched, tested and consistently shown positive outcomes and results, time and time again!
What are they?

1 Top Diet for 2019

The MEDITERRANEAN DIET

**Why is the
Mediterranean
diet rated the # 1
diet for 2019?**



Photo by: everydayhealth.ca

- It is considered the **"best diet for healthy eating, best plant-based diet, best diet for diabetes and easiest diet to follow"** (1)
- It is an *inclusive diet*:
 - *Includes more often*: fruits, vegetables, whole grains, pulses, legumes, nuts, seeds, olive oil, lean protein and fish
 - *Less often (but not total elimination)*: refined sugars, 'unhealthy fats' and red meat
- Numerous health benefits!
 - "...numerous studies found the diet can **reduce the risk for diabetes, high cholesterol, dementia, memory loss, depression and breast cancer**...have also been linked to **stronger bones, a healthier heart and longer life and weight loss.**" (1)

Coming in after The Mediterranean Diet...



The DASH Diet

Dietary Approaches to Stop
Hypertension
(High Blood Pressure)


Photo by: everydayhealth.ca

The Flexitarian Diet

To read and learn more about
the Best Diets For 2019,
click here:

[ARTICLE 1](#) & [ARTICLE 2](#)

7 TIPS FOR GOING FLEXITARIAN



- 1 Add, don't subtract: At first, just start adding more plants to your diet.
- 2 Go 50/50: Swap out half the meat/poultry at meals with plant proteins.
- 3 Start slow: Eat one vegetarian meal a day, then work up to one entire meatless day, etc.
- 4 Fill half your plate with veggies.
- 5 Experiment with meat-free recipes.
- 6 Snack smart: small portion sizes + short ingredient list.
- 7 Eat plenty of plant-based proteins: Think chickpeas, legumes, and tofu.

BEACHBODY

Photo by: Beachbodyondemand.ca

2019 Expected Health, Nutrition and Food Trends

Many reports have been released that have provided insight into what we can expect to see rise and gain traction this 2019. Interested in knowing what to expect to see more of during your trips to the grocery store or supermarket?



Trend # 1:

Plants, Plants & More Plants

Plant based eating continues to be on the rise, with no sight of it slowing down. More people, of all ages, are recognizing the benefits of consuming more plant-based foods. Not only has the research consistently shown the health benefits of eating plants more often, but the environmental benefits as well are hooking people in to explore the versatility of plants and the endless possibilities to 'Meatless Mondays'.

What to expect in 2019:

- **Meatless meat snack options:** One report has indicated that pork rinds made from mushrooms and vegan jerky made from soy protein (2) are some

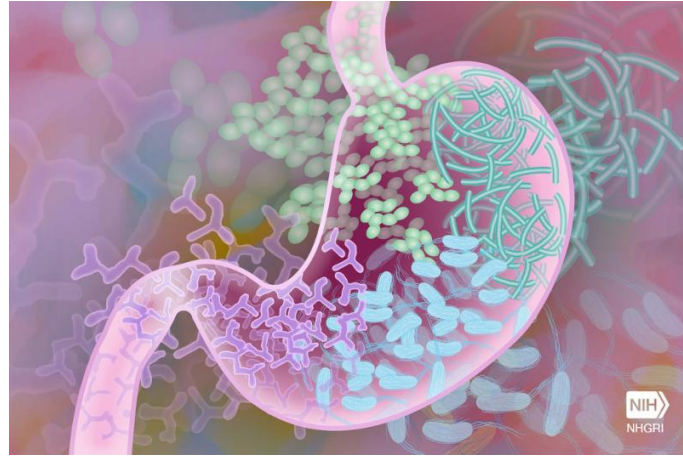
examples of meatless snacks that we will see more often in the grocery store this year.

- **The rise of oat milk:** This non-dairy milk alternative is expected to be the leader of plant based milk this year.
 - **Why?** In comparison to other milk alternatives (not including soy milk) oat milk contains more protein and fibre, per cup (4).

Trend # 2:

More Gut Health

Probiotics, prebiotics, Kombucha, Kefir and many more gut healthy foods have been hot topics and stars in the grocery store in the past couple of years. The science behind gut health is outstanding and researchers are continuing to look into its benefits, such as its role in our mood and behaviours. There is no doubt that shoppers are continuing to look out for their gut this year and purchase products and foods that keep our gut happy and healthy.



What to expect in 2019:

This year, you can expect products such as granola, soups, nut butters and more to contain probiotics (2). These products that contain “**shelf stable probiotics**” is the new addition to this growing trend and interest in promoting optimal gut health.

Trend # 3: Additions to the Frozen Section

The frozen food section of the grocery store is continuing to grow and burst with products that are accessible and suitable for all types of eaters. The selection and variety across all food categories has been expanding over the years and this year is no different, especially on the frozen treats shelves.

What to expect in 2019:

The Whole Foods report indicates that consumers should be on the lookout for new additions in the frozen aisles, such as avocado popsicles, hummus ice cream and much more (2).

Trend # 4:

Worldwide Spices & Flavours

Indulging in another country’s cultural cuisine and experimenting with different spices has been extremely popular and exciting over the last several years. For 2019, the latest on spices is the rise in

Middle Eastern and North African spices, such as za'atar, sumac and harissa (2). 2019 reports are also stating that different flavours are making their way into products, restaurants and dishes.

What to expect in 2019:

The use of **botanical, floral and tropical flavours!**
Wondering what exactly this looks like?

Perhaps cherry blossom muffins, strawberry and geranium yogurt and monk fruit sweetener, as a sugar substitute (3).



Interested in reading the other expected trends of 2019?

Click here for [Article 1](#) & Click here for [Article 2](#)

Need some meal preparation inspiration after the holidays? Try the following recipes!

Vegan Blueberry Flax Breakfast Muffins

Getting back into your routine can be challenging after the holidays. Sleeping in the extra 10 minutes may be worthwhile, but does that cut into your breakfast time?

This blueberry muffin recipe, from [Kbaked](#), will help you get some fibre, energy and nutrients in the morning, to help kick start your day!



Photo by: Kbaked



Photo by: The Good Housekeeping Test Kitchen

Butternut Squash and White Bean Soup

This plant based soup by [The Good Housekeeping Test Kitchen](#), is rich in protein, fibre and nutrients, that will help keep you full and energized throughout the day.

Have you cooked with whole grains such as bulgar, barley, farro and freekeh?

This soup is a perfect opportunity to do so! Feel free to substitute the couscous with these whole grains.

UPCOMING WELLNESS COOKING CLASS!

January 23rd, 2019 7:00- 8:30 PM

DEBUNKING DIET MYTHS



In this wellness cooking class, you'll learn to keep a healthy diet *and* attitude to propel you into 2019! We will inspire you to set a new course for the upcoming year with loads of tips, strategies and recipe ideas for keeping a balanced diet and managing a healthy weight. Plus, you'll get to sample 3 recipes that focus on plant-based nutrients, rich antioxidants, lean proteins and, above all, amazing flavour combinations.

Register online at: <https://loft.longos.com/loft/loft/stores/13>



SAVE THE DATE!
NEXT MAIN WELLNESS EVENT
April 2nd 2019 530-8pm

To Order Your Tickets:

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



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 and Images Retrieved from:

- (1) Mediterranean Diet named the best for 2019. Retrieved from: <https://www.cnn.com/2019/01/02/health/mediterranean-best-diet-2019/index.html>
- (2) 12 Health food trends to be on the lookout for in 2019. Retrieved from: <https://www.self.com/story/health-food-trends-2019>
- (3) Flavour trends in 2019? Botanicals, ethnic, exotic and smokeless "smoke" nuances hotly tipped for the new year, say suppliers. Retrieved from: <https://www.foodingredientsfirst.com/news/flavor-trends-in-2019-botanicals-ethnic-exotic-and-smokeless-smoke-nuances-hotly-tipped-for-the-new-year-say-suppliers.html>
- (4) These will be the hottest diet trends in 2019, according to dietitians. Retrieved from: <https://health.usnews.com/health-news/blogs/eat-run/articles/2018-12-20/these-will-be-the-hottest-food-trends-in-2019-according-to-dietitians>
- (5) Image for Mediterranean diet: <https://www.everydayhealth.com/sanjay-gupta/what-makes-the-mediterranean-diet-a-keeper.aspx>
- (6) Image for DASH Diet: <https://www.everydayhealth.com/diet-nutrition/the-dash-diet.aspx>
- (7) Image for Flexitarian Diet: beachbodyondemand.ca

For more information on booking appointments & upcoming workshops & cooking classes, contact Filomena at

905-265-2140 or dietitian@innerhealth1.ca