

Nutrition Bites, June 2021

SUMMER IS COMING...

The patios are open, outdoor fitness classes can resume, some restrictions are at ease...at last, some sense of normalcy has returned!

And best of all, summer is coming!

We all owe it to ourselves to kick off this summer just right!



Spending time with others, being active, getting outdoors, and most importantly, healthy and mindful eating and hydrating are all ways you can healthfully celebrate the start of Summer 2021!

RETHINK YOUR DRINK!

It's that time of the year that iced coffees, slushies, smoothies, and tropical cocktails and mocktails are in demand! Don't let your taste buds alone sway your decision. Be mindful that although these drinks can be tasty & refreshing, many of them are likely to be high in calories, added sugar, added fat and yes, maybe even sodium (salt)!

Also, calories from these drinks add up quickly and do not make you feel full. After having a high calorie drink, most people don't eat less at their next meal (1).

DID YOU KNOW:

1 teaspoon of sugar = 4 grams of sugar

For example: if your chosen drink has 24 grams of sugar, that is equal to 6 teaspoons of sugar!

Here's what to look out for:

Fat

Fat such as cream and whipping cream, can often be found in specialty coffee and cream-based drinks. These fats are not heart healthy and add calories. Instead, choose lower fat milk for these drinks.



Added Sugar

Some drinks that may have added sugar are pop, sports drinks, energy drinks, coffee drinks and specialty waters (such as vitamin water).



There are also products that look like juice but are called “drink”, “beverage”, “punch”, “-ade”, or “cocktail.” These contain mostly water, sugar and flavouring. Read the ingredient list on the package. Sugar may be listed under different names such as:

- Fructose, glucose, maltose, sucrose
- Agave or corn syrup
- Evaporated cane juice
- Liquid sugar

But, a fruit juice is okay right?

Fruit juice and fruit beverages should be limited. Many of these beverages contain a high amount of sugar which can lead to weight gain. Fruit juice, even labelled as ‘no sugar added’ still contains a high amount of sugar. Eat a piece of fruit instead of drinking juice. Whole fruits have the added benefits of fibre and other nutrients not found in juice.

If you drink juice, choose ones that say “100% juice” on the package. If you choose to offer 100% fruit juice to your children, make sure they don’t get too much. Remember that children do not need juice to be healthy.

- Infants, toddlers and children should not have more than 125 to 175 mL (4 to 6 oz) of juice per day. Never offer juice in a bottle.

Fruit punch, fruit drink, fruit cocktail and fruit flavoured beverages contain water, flavouring and added sugar. They offer no nutrition. It is healthiest to limit or avoid these products.

The Truth About Juice

Registered Dietitian Cara Rosenbloom tells all about the truth about juice (fruit & vegetable). Click on the image to read more!



The bottom line is:

When possible, try to modify the ingredients in your favourite drink to make it more healthful! For example:

- To avoid the added fat, ask for skim milk or an unsweetened milk alternative (soy, almond, coconut) rather than cream
- To reduce or avoid the added sugar and calories, request for: no sugar (unsweetened) or with no base **OR** fewer pumps of syrup **OR** sugar free syrup **OR** a smaller size!
- Add more water!

Overall, balance is key and try to make the healthier alternative option most often! Consider water to keep you hydrated best this summer.

Looking for a summer drink to make at home & from your garden that will quench your thirst?

If you follow me on Instagram, you would have seen the video I posted showcasing my flourishing herb garden and how I use my herbs in my beverages!



Here are some great tips how on to integrate your favourite herbs to make a fresh, antioxidant rich tea, that will keep you hydrated this summer!

*Combine 3-4 tea bags for 1 Litre of water. Let it steep for 8-24 hours in the refrigerator. A herbal or caffeinated tea can be used, depending on your preferences.

Bottle One: Green + Ginger flavoured tea + peach slices + lime + thyme

Bottle Two: Mandarin flavoured tea + orange segments + lemon + mint

Feel free to experiment with your favourite tea, herbs and citrus fruit! Best of all...no sugar required!

PLAN YOUR SNACKS

Whether out of boredom, stress, or just close proximity to our kitchen 24/7, many of our snacking behaviours changed during the pandemic. One consumer report noted that "***Snacking, like everything else during the pandemic, experienced shifts- in motivations, occasions and preferences***"⁽⁴⁾.

Ask yourself, did mine? If so, what were you searching for? And most importantly, why?

Snacking is a part of healthy mindful eating! Nutritious and balanced snacks can help us feel satisfied and fueled during the day (especially if you are active and having a hard time keeping your meals at consistent and regular times) and prevent us from over eating at the following meal.








While many of us feel that our snacking choices were not the best lately and mainly motivated by emotions, it's now time to shake things up and look ahead!

This summer, while you are enjoying yourself outdoors, at the beach or on a hike, make sure you pack some snacks to help stay








on track.

Here are some ideas for easy and convenient snacks!

Smaller Snacks (about 15 grams carbohydrate)

 1 cup (250 mL) vegetables, ½ cup (125 mL) berries, 1 Tbsp (15 mL) nuts	Or	 ¾ cup (175 mL) plain or no added sugar yogurt	Or	 1 small or medium fruit	Or	 3 cups (750 mL) plain popcorn
 2 Tbsp (30 mL) nuts, 1 cup (250 mL) melon	Or	 ½ cup (125 mL) fruit, ¼ cup (60 mL) cottage cheese	Or	 1 ounce (30 g) low fat cheese, 2–3 rye crisp crackers		

Larger Snacks (about 30 grams carbohydrate)

 ¼ cup (60 mL) hummus, vegetables, ½ pita	Or	 1 cup (250 mL) 1% milk, 1 medium apple	Or	 ¾ cup (175 mL) bean salad	Or	 1 slice bread, ½ banana, 2 tsp (10 mL) nut butter
 3–4 whole grain crackers, 1 egg, 1 small pear	Or	 1 Tbsp (15 mL) seeds, 1 cup (250 mL) berries, ¾ cup (175 mL) plain or no added sugar yogurt	Or	 1 cup (250 mL) 1% milk, ½ sandwich		

For the Dads This Father's Day

In light of Father's Day, June is a good time to focus on Men's health. As we age, it is a good idea to talk to your doctor to discuss different screening tools for detection and prevention (for both men

and women!). If there is a family history of a certain condition, such as diabetes or heart disease, the screening process will most likely begin even earlier!

Above the age of 50, 2 common health problems for men include: heart disease and prostate cancer.

Provided by Dietitians of Canada resource "Unlock Food", keep reading for more on nutrition and lifestyle tips to reduce your risks!



Heart Disease

"Heart disease is a term for many different conditions that affect the heart and arteries. These may include heart attacks, chest pain and blocked arteries."⁽⁶⁾

To help reduce the risk of heart disease, choose:

MORE:

- Fatty fish rich in **omega 3's**-aim for a minimum of 2 servings per week
- Heart **healthier fats**, such as olive oil, canola oil, flaxseeds, chia seeds, non-hydrogenated margarines
- Unsalted nuts-no more than 1/4 of a cup (60 mL) five times each week
- Foods high in **fibre**, such as **whole grains, beans**, vegetables and fruit
- Physical Activity-aim for a minimum of 150 minutes each week of aerobic exercise (walking, jogging) and resistance exercise a minimum of 2x/week, if possible

LESS:

- **Saturated fats**, such as butter, higher fat dairy products, fatty meats (meats with fat marbling, bacon, sausage)
- Trans fat from processed food, fast food and hydrogenated oils
- Foods high in **Salt**
- **Smoking**
- **Alcohol**

Prostate Cancer

"This is the most common type of cancer in older men. It affects the prostate gland, which is part of the male reproductive system."⁽⁶⁾

To help lower your risk of prostate cancer, choose:

MORE:

- Lycopene: an antioxidant found in tomatoes and cooked tomato products (such as

LESS:

- Processed meats, such as smoked, cured or salted meats (ham,

- tomato sauce, soup and paste)
- **Selenium**, a mineral found in Brazil nuts, whole grains and meat
 - Vegetables and fruit
 - **Legumes** (chickpeas, kidney beans, lentils) and **soy**

- sausage, hotdogs, bacon and deli meats)
- **Calcium**: An excess amount of calcium (more than 1500 mg/day) may increase your risk

Click [here](#) for to read the full article!

Summer Time Inspired Recipes

Brought to you by Cookspiration



Guacamole & Chips



Barley & Lentil Salad with Kale, Apples, Almonds, & Feta



Lentil & BBQ Corn Salad with Cilantro Lime Dressing



Zucchini Lentil Fritters with Dill Sour Cream

THANK
you

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