

nutrition for you[®]

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS**[™]

Healthy Adults

NUTRITION SEMINAR



University
of Victoria

THRIFTY FOODS[™]

Table of Contents

	PAGE
Overview of Seminar and Tour	1
Introduction to Healthy Eating for Adults	2
Diet Comparison Chart	3
Eating for Health and Pleasure	4
Antioxidants	6
Eating local, seasonal	7
Carbohydrates and Fibre	8
Glycemic Index	9
Whole Grains	10
Calcium Rich Foods	12
Health Proteins	13
Healthy Fats	15
Fluids	16
Label Reading	17
Getting Started	19
Nutrition Makeover at Work and at Home	19
Eating for Health Shopping List	20
Basic Supplements for Healthy Adults	22
Recommended Resources	22
Recipes	23
Final Reflections	27

Overview of Healthy Adults Seminar and Shopping Tour

Seminar

The New Nutrition: Eating for Energy and Health made Simple

The one diet for preventing disease – from diabetes to heart disease to cancer to weight loss – is based on mindful eating of real foods. It is a practical, simple and delicious way to change – and save – your life.

One Diet to prevent all Disease

- Antioxidants
- Fibre (legumes, produce, whole grains, nuts and seeds)
- Glycemic Index
- Calcium Rich Foods
- Healthy Proteins
- Healthy Fats

Nutrition Makeover

Supplements to Promote Health and Prevent Disease

Recommended Resources

- Readings
- Cookbooks
- Websites

Recipes

Tour (sign up for a tour at your local community centre)

Introduction to Canada's Food Guide to Healthy Eating: Highlights of the best choices in each food group for healthy aging:

1. Vegetables and Fruits – local, seasonal, organic, rainbow
2. Dairy and alternatives – lower fat, fortified
3. Protein foods: meat, fish, poultry, eggs, tempeh, tofu, beans
4. Grains: whole grains, pasta, cereal, bread, bulk
5. Fats and Oils

Label Reading



Introduction to Healthy Eating for Adults

Life is hectic. Many of us are busy balancing work, home, family, friends, relationships and community commitments. Yikes! It's no wonder that we find ourselves at the end of the 'to do' list. But we can't take care of others unless we are first taking care of ourselves. It isn't selfish. It is our responsibility! When we take time to take care of ourselves first, we are better able to care for our friends, our family, our community and the world we live in.

So we need to figure out a strategy for self-care to help us manage stress, our weight and our energy as the demands in our life increase and as we get older. Otherwise our body will start to get out of balance. Blood sugar, blood pressure or blood cholesterol can start to rise. Waistlines can start to thicken. Energy drops. Headaches increase. Digestive problems become the norm.

Think of these symptoms as flags the body is waving to get us to pay attention and get back into balance. With a healthy diet and lifestyle all of these problems can be cured.

If we ignore these symptoms, if we cover them up with medications and/or supplements that treat the symptom but don't address the underlying imbalance, they usually get worse. And if we continue to ignore our body, illness and dis-ease sets in.

So thank your body for giving you the messages you need to get healthier. Whether you have high blood sugar, blood pressure, cholesterol or just need to shed a few pounds, the nutritional prescription is the same: a whole foods anti-inflammatory diet.

This seminar is designed to update you on what is really important to know about healthy eating to prevent disease and to promote energy and health. In the old days, we obsessed over calories and vitamins. But now, in a modern diet, we think more about antioxidants, anti-inflammatory foods and nutrient dense foods. These are found in the Anti-Inflammatory Diet. It is based on the best quality whole foods choices in each food group of Canada's Food Guide.

Think of a healthy diet as providing part of the framework for your life. If your everyday diet is at least 80% healthy – you will have room for those occasional indulgences. To do this, your daily diet must focus on eating lots of vegetables, fruits and whole grains, legumes, nuts, and seeds and smaller amounts of protein and dairy foods. These foods fuel and heal the body on a daily basis, giving you the energy, vitality and health you need to do all the wonderful things you want to do with your life – besides worrying about food!

Diet Comparison Chart

The healthiest diets are primarily based on whole plant foods such as beans, peas, lentils, fruits, vegetables, nuts, seeds, and healthy oils. Small amounts of quality dairy, fish, poultry and meat can also be part of a healthy diet to prevent disease and promote health. It is interesting to note that a diet for lowering blood pressure (the DASH diet) is quite similar to a diet for lowering cholesterol (the Mediterranean diet) which is quite similar to a diet for preventing blood sugar problems (the GI diet). And so on.

This chart shows the similarity of the main diets that have been proven to lower cholesterol, blood pressure, blood sugar and weight. All of these diets recommend avoiding processed, refined carbohydrates such as sugar, white flour and white bread, having lower fat dairy products and including plant-based proteins and lots of fruits and vegetables as part of a healthy diet.

Diet	Fruits/Veg	Protein	Calcium	Fats	Grains	Other
DASH for lowering blood pressure	8 - 10	2	2	2 - 3	6 – 8 whole grain	Sodium <1500 mg/day
Mediterranean for lowering cholesterol and heart health	8 - 10	2	2	3 (especially olive oil, walnuts, fish)	3 - 8	Watch portions
Anti-Inflammatory for disease prevention and health promotion	8 - 10	2	2	3	3 – 8	Avoid artificial ingredients
Canada's Food Guide for healthy eating to prevent disease and promote health	7 - 10	2 – 3	2 – 3	3	3 – 8	Watch portions; be active
The GI Diet for managing blood sugars and weight	7 – 10	2 - 3	2 – 3	3	3 – 8	High fibre, low GI foods

Eating for Health and Pleasure

Eat more of the following foods:

- ❑ 7 – 10 servings per day of high antioxidant fruits and vegetables, including all colours (red, orange, green, white, yellow, purple) as the health promoting properties are tucked into the pigment of the skin. (Buy local/organically grown produce in season when possible.)
- ❑ Whole grain high fibre carbohydrates such as brown rice, quinoa, millet, barley, whole-grain pasta, high fibre whole grain cereals and sprouted whole grain breads.
- ❑ Low glycemic index (GI) foods such as sprouted whole grains, beans, legumes, sweet potatoes, winter squashes, berries, cherries, apples and pears.
- ❑ Calcium rich foods. Try sesame seeds, almonds, dark leafy greens, dairy products, fortified dairy alternatives including soy/rice/nut/grain beverages, and tofu made with calcium.
- ❑ Plant-based protein foods including a serving of legumes (3/4 cup) and a serving of nuts (4 Tbsp) everyday. Studies show this lowers the incidence of diabetes and heart disease.
- ❑ Only moderate amounts of lean meats and poultry. Consider organic meats for benefits to your health, animal welfare, the environment and superior taste.
- ❑ Fish at least 3 times a week from a variety of sources to minimize any contamination. Choose short-lived deep-sea fish such as mackerel, sardines, halibut and wild pacific salmon.
- ❑ Healthy fats such as avocado, olives, extra virgin olive oil, organic canola oil and sesame oil.
- ❑ Raw nuts (especially walnuts, almonds) and raw seeds (sesame, flax, hemp, pumpkin, sunflower) for protein, fibre and good fats.
- ❑ Anti-inflammatory and antioxidant spices, herbs, tea and coffee (ginger, turmeric, green tea, cinnamon, cloves, mustard, chili, basil, oregano, parsley). (If you drink coffee, choose organic, shade grown varieties, and drink in moderation.)

Eat less

- ❑ Refined, processed foods.
- ❑ Flour based products.
- ❑ Moderate and high Glycemic Index foods.
- ❑ High AGE foods (advanced glycosylation end products) found in fatty meats cooked on high heats, full fat cheeses, highly processed foods, dry baked goods cooked on high heat. These foods promote oxidative stress.
- ❑ Saturated fats found in animal products and avoid all foods that contain hydrogenated or partially hydrogenated fats.
- ❑ Corn, safflower, sunflower and soybean oils due to omega 6 excess.

Avoid

- ❑ High fructose corn syrup.
- ❑ Hydrogenated fats/trans fats.
- ❑ Fried foods, especially in restaurants and fast food outlets.
- ❑ Artificial colors, flavors, preservatives, sweeteners.

Fluids

- ❑ Drink 8 cups of fluid daily including water and herbal teas. Every part of your body will benefit. You will feel and look more energized.



ANTI-OXIDANTS

prevent damage to your body cells and repair damage that has been done. Antioxidants work by slowing or preventing the oxidative — or damage from oxygen — process caused by substances called free radicals that can lead to cell dysfunction and the onset of problems like heart disease and diabetes. Antioxidants may also improve immune function and perhaps lower your risk for infection

Red fruits and vegetables are coloured by natural plant pigments called "lycopene" or "anthocyanins."

Lycopene in cooked tomatoes may help reduce the risk of prostate cancer, breast cancer, and heart disease.

Anthocyanins in strawberries, raspberries, red grapes and other fruits and vegetables act as powerful antioxidants that protect cells from damage.

Reds include cherries, cranberries, pomegranates, radicchio, raspberries, strawberries, red apples, red grapes, red/pink grapefruit, red peppers, tomatoes and watermelon.

Orange/yellow fruits and vegetables are usually coloured by natural plant pigments called "carotenoids."

Beta-carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy eyes, helps to reduce the risk of cancer and heart disease and can improve immune system function.

Cantaloupe, carrots, nectarines, peaches, apricots, oranges, papayas, mangoes, pineapple, sweet corn, sweet potatoes and yellow potatoes all contain beta-carotene.

White fruits and vegetables are coloured by pigments called "anthoxanthins." They contain health-promoting chemicals such as allicin, which lowers cholesterol and blood pressure and reduces risk of stomach cancer and heart disease.

Whites include bananas, cauliflower, dates, garlic, shallots, mushrooms, leeks, white flesh peaches, nectarines, white onions and white potatoes.

Green fruits and vegetables are coloured by natural plant pigments called "chlorophyll." Some members of the green group, including spinach and other dark leafy greens, green peppers, peas, cucumber and celery, contain lutein which works with another chemical, zeaxanthin, found in corn, red peppers, oranges, grapes and egg yolks to help keep eyes healthy.

The "indoles" in broccoli, cauliflower, cabbage and other cruciferous vegetables may help protect against some types of cancer.

Green artichokes, asparagus, avocados, broccoli, cabbage, cucumbers, green apples, green beans, green grapes, green pears, green peppers, honeydew, kiwifruit, lettuce, spinach, peas are members of the green group.

Leafy Greens are an especially great source of calcium, folic acid, vitamin A, vitamin C and fibre. These include Swiss chard, chicory, collard greens, arugula, dandelion greens, kale, mustard greens and spinach.

Blue/purple fruits and vegetables are coloured by natural plant pigments called "anthocyanins."

Anthocyanins in blueberries, grapes and raisins act as powerful antioxidants that protect cells from damage. They may help reduce the risk of cancer, stroke and heart disease. Other studies have shown that eating more blueberries is linked with improved memory function and healthy aging.

Blue/purple veggies also contain the phytochemical "phenolics", which are potent antioxidants helpful for reducing some cancers, maintaining urinary tract health, memory function and healthy aging.

Blueberries, blackberries, dried plums, raisins, eggplant, plums, purple grapes and purple potatoes and all in this group.

Eating LOCALLY and in SEASON

Eating with the seasons is the most economical and nutritious way to eat. Each season our local farmers provide us with an amazing variety of fruits, vegetables, nuts and seeds. Try to buy foods that are grown close to home by our local farmers. Eating locally grown foods supports our communities, our environment and reduces the use of fossil fuels.

Spring – Mar to May; Summer – Jun to Aug; Fall – Sept to Nov; Winter – Dec to Feb

Spring	Summer	Fall	Winter
Vegetables			
Lettuce Potatoes Radishes Rhubarb Spinach	Asian vegetables Beans Broccoli Beet Greens Carrots Cauliflower Celery Corn Cucumbers Green Onions Kale Lettuce Radishes Swiss Chard Tomatoes	Beets Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Kale Leeks Lettuce Onions Parsnips Peppers Potatoes Pumpkin Rutabagas Sweet Potatoes Turnips Yam	Beets Cabbage Leeks Lettuce Onions Parsnips Potatoes Rutabagas Turnips Winter Squash
Fruits			
Apples Hazelnuts	Apples Berries Currants Hazelnuts Pears Plums Peaches	Apples Hazelnuts Pears Blueberries Blackberries	Apples Hazelnuts

Carbs for Energy and Fibre

Recommendation:

135 to 200 gm of slow carbohydrates/day

4 cups vegetables/fruit
1 serving beans
3 servings whole grains

Limit Intake of

Fast Carbs

- foods processed to remove nutrients and fibre (white foods)

Eat more Slow Carbs

1. sprouted whole grains (wheat, spelt, kamut, barley, brown rice, quinoa, millet, bulgur, oats) and products made with them
2. legumes (chickpeas, kidney beans, lentils, split peas, black beans, etc.)
3. whole fruits and vegetables

Two types of fibre in **Slow Carbs**

Soluble fibre in oats, flax, legumes, barley, psyllium, fruits, and vegetables absorbs circulating blood sugar/cholesterol and toxins

Insoluble fibre In whole grains and fruits and vegetables absorbs water keeps bowels regular and prevents some cancers

Aim for **35 gm fibre/day**

½ cup beans
4 cups vegetables/fruit
2 Tbsp ground flax

Slow Carbs are Low GI Foods

What is the Glycemic Index?

GI is a ranking of foods by how much your blood sugar rises after you eat .

High GI foods are converted faster to sugar. This causes a rapid spike in blood sugar.

Low GI foods have a more gradual effect on blood sugar.

Benefits of Eating Low GI Foods

- keeps you feeling fuller longer
- lowers blood cholesterol
- helps manage blood sugar
- helps with weight loss
- Improves athletic performance
- Prevents premature aging/disease.

Lower the GI of your meals:

Choose acidic foods to change pH and slow down stomach emptying

- vinegar on baked sweet potato fries;
- use lemon/vinegar based salad dressings
- eat pickled vegetables
- sourdough bread

Add healthy fats to slow down rate of stomach emptying and digestion

- nut butter on sprouted grain bread
- a touch of butter to a baked potato
- seeds and nuts to oatmeal

Add soluble fibre to slow digestion

- add oats, beans, lentils, apples and psyllium fiber

Add low GI food to a high GI food

- vegetarian bean chili over brown rice

Eat mostly low to medium GI Foods

Low GI = 55 or less

Sprouted grain bread/tortillas
Sweet potato
Oat bran bread
Pumpnickel bread
Al dente (firm) pasta
Lentils/kidney/baked beans
Chickpeas
Quinoa, bulgur, barley
Bran Buds with Psyllium™
Fruits and vegetables
Soy milk
Milk
Plain yogurt

Medium GI = 56 – 69

Potato (new or red)
Quick Oats
Popcorn
Split pea or green pea soup
Brown rice
Couscous
Basmati rice
Shredded Wheat cereal
Whole grain bread
Rye bread/Ryvita™ crackers

High GI = 70 or more

Limit these foods or eat together with a low GI food

Instant mashed potatoes
Potato, baking (russet)
White and Instant rice
Whole wheat flour bread
Pancakes, waffles
Most breakfast cereals
Bagel, white
Soda crackers
Candy/pop
French fries
Energy bars
Sports drinks
Most granola bars

For more information on the glycemic index of other foods, go to www.glycemicindex.com

WHOLE GRAINS

Whole grains are plant foods that include all parts of the grain kernel: the bran, germ and endosperm. Whole grains contain the most nutrients, including B vitamins, magnesium, chromium and fiber. Wheat berries, spelt berries, kamut berries, barley, large oats, brown rice and quinoa are examples of true whole grains. They take longer to cook but are worth it for their flavour, texture and nutrition.

Refined grains are whole grains that have been processed to remove part of the bran, germ or endosperm. The more a whole grain is refined during processing, the more nutrients are lost. Some are partly refined like whole wheat flour, bulgur and couscous.

Some have been totally refined or processed to the point where there is very little nutrition left (white rice, white flour). Some refined grains have had nutrients added back to them after processing (enriched white bread).

Look for foods with “whole” in front of the grain in the ingredient list. For example: “whole rye flour” instead of “rye flour” or prepare your own whole grains such as buckwheat, bulgur, millet, or quinoa.

Best whole grain choices (choose every day) – includes brown rice, large slow cook oats, millet, quinoa, spelt/kamut/wheat berries, barley, rye, buckwheat.	Good whole grain choices (choose often) – includes sprouted whole grain wheat/spelt/kamut breads, whole grain pastas, oatmeal, and whole grain cereals. Good choices for cereals are Nature’s Path™, Kashi™, and Bob’s Red Mill™ cereals.	Not so great grain choices (do not eat these products every day) – includes refined flours and products made from them including white flour, white rice, and white flour pasta. Avoiding these foods will help to manage weight, blood sugar, blood pressure and many other conditions.
--	--	---

DID YOU KNOW?

Barley and oatmeal are great cholesterol lowering grains.

COOKING GRAINS

Cooking grains is easy. You can use a simple pot and lid or a rice cooker to cook many different grains and have them ready for you when you walk in the door. Cook a little extra one night and toss it into a salad with chopped vegetables for lunch the next day. Or freeze extra in small containers. Once you get into the habit of having whole grains on hand, you will love them!

Rinsing – don't skip this part

Just rinse them quickly to remove dust or natural coatings that can give them a bitter taste. Put some in a sieve and run under the tap or put some in a pot and fill with cold water, swirl around and drain.

Soaking – an optional idea for people who find whole grains hard to digest

After rinsing, just soak the whole grain overnight in water before cooking to increase digestibility.

Toasting – an optional idea for bringing out the flavor

Toasting grains before cooking them brings out a nutty flavor and promotes a fluffier grain after cooking. After rinsing, just stir in a large heavy pot over medium heat with a little extra virgin olive oil for about 5 to 10 minutes.

Cooking

- To simmer grain, bring the water to a rolling boil before stirring in the grain or adding it to toasted grain.
- Make sure the lid of the pot fits tightly so that little or no steam escapes.
- For fluffier grain, put a clean towel under the lid of the pot during the standing time. The towel will absorb excess moisture instead of the grain and will keep the grains separate and fluffy.

Grain Standard Stovetop Cooking Times					
Grain (1 cup)	Liquid (cups)	Optional Salt (teaspoons)	Minutes Cooking	Standing Time (covered)	Yield (cups)
Barley, hulled	3	½	50-60		3
Barley, pearl	2½	½	30-45		3½
Buckwheat*	2	½ - ¾	10-12	5	2
Millet*	2½	½ - ¾	20-25	5	3½
Oats, steel cut	3	½	15		
Quinoa	2	½ - ¾	15	5	3
Rice, basmati white	2	½	15-20	5	3
Rice, brown	2¼	½	45-60	10	3
Rice, white	2	½	15-20	5	3
Wheat berries	2½		60-90		
Wild rice	2¼	¼ **	50-55	10	2½
*toast before boiling for improved flavour and more even cooking					
**add salt after cooking to ensure proper absorption of liquid					

CALCIUM RICH FOODS

Calcium is a mineral that is required to maintain healthy bones, blood pressure and a broad range of organs and body systems. Calcium also plays an important role in weight management. **Adults over 50 need 1200 mg of calcium a day.**

Calcium is found in dairy products (milk, yogurt and cheese), fortified soy beverage/yogurt and fortified rice/oat beverages as well as in plant foods such as beans, nuts, seeds, molasses and leafy greens.

If you need some extra calcium from supplements, choose a calcium citrate, preferably with added magnesium and vitamin D to enhance absorption. Calcium is best absorbed when taken in small amounts throughout the day. Some people find that taking a calcium supplement before bedtime helps them sleep.

Food	Amount	Calcium (mg)	Vitamin D (IU)
Milk	1 cup	300	100
Almond Butter	2tbsp	88	0
Canned Salmon with bones	75g	208	605
Yogurt	¾ cup	290	0
Kale, cooked	½ cup	49	0
Tofu	150g	347	0
Soy Beverage	1 cup	319	80
	TOTALS	1601	785

VITAMIN D: Calcium works closely with Vitamin D, to build bones, teeth and a health immune system. Some dairy products and non dairy beverages are fortified with Vitamin D. The Canadian Cancer Society recommends **1000 IU of Vitamin D/day** for cancer prevention. We get some Vitamin D from the sun, some from fortified dairy products and fish.

PROBIOTICS?

Probiotics are good bacteria that live in your digestive system helping keep your digestive system and immune system healthy. The bacteria can get out of balance through stress and/or a poor diet and then less healthy organisms grow and crowd out the healthy ones. A healthy diet along with some live culture probiotic yogurt or kefir will keep the balance of good bacteria in check. If you have had a course of antibiotics or you have ongoing digestive concerns, you might find that a course of a high quality probiotic supplement helps to reestablish good bacteria in your gut.

PROTEINS

Meat, fish, poultry, legumes, eggs, tempeh, tofu, nuts and seeds are rich sources of protein, iron, B vitamins and zinc. Protein is needed every day to repair cell tissue and keep our immune system optimal. Studies also show that including a small amount of protein with each meal and snack helps to minimize between meal cravings and blood sugar lows.

Meat

If you choose to eat red meats, do so in moderation. Not more than once a week and choose lean cuts. Keep your serving size to no more than the size of the palm of your hand. Ideally choose specialty meats (raised without growth hormones or antibiotics and vegetarian fed) and organic meats (which have the added benefit of being raised on organic grains and vegetables).

Poultry

Turkey and chicken are great sources of lean protein, especially when eaten without the skin. Free run poultry run around freely and are not confined in a cage. All chicken raised for human consumption in Canada is free-run.

Free-range poultry are allowed access to the outside for part of the day. All turkey raised for human consumption in Canada is free range. Organic poultry is free range poultry that are fed a vegetarian diet that is at least 80% organic.

Fish

Mackerel, trout, herring, sardines, albacore tuna and salmon are all rich in omega-3 fatty acids which are needed for preventing heart disease, keeping our immune system optimal and our skin healthy.

But how do you follow advice to eat seafood twice a week without getting too much mercury? The reality is that most fish now contains some mercury (www.edf.org). High mercury fish are generally larger fish like fresh tuna, swordfish, shark and marlin. Limit your intake of these fish. Instead choose short lived deep sea Pacific fish such as wild salmon, mackerel, sardines and halibut.

Eggs

Eggs are an easy to digest inexpensive source of high quality protein. You can enjoy 3 – 5 eggs a week, even if your cholesterol is high. Don't forget about eggs for a quick high protein dinner!

Free Range eggs are laid by chickens that range free on pasture and are fed all vegetarian feed that does not contain animal byproducts. Free Run Eggs are laid by chickens that are cage free inside the barn on shavings and are fed all vegetarian feed but do not range outside on pasture.

Omega 3 - Free Run eggs are fed all vegetarian feed that contains ground flax to provide Omega 3 and Omega 6 essential fatty acids. The feed is also Vitamin E enhanced. Chickens are cage free inside the barn on shavings and are fed all vegetarian.

PROTEINS

Legumes

Legumes (beans, peas, lentils) are plant proteins that are rich in fiber, iron and B vitamins. Contrary to what some people used to think, legumes are not a lesser quality protein and you don't need to be a scientist to choose complementary proteins. Just eat a variety of foods and the body will do the rest. Eat legumes every day either for lunch or dinner. Add them to soups or salads, make them into dips, or cook up a batch of chili or bean casseroles. Keep your cupboards stocked with a variety of canned and dried beans.

Cooking Legumes

Cooking beans is so easy. Just clean them by rinsing under a cold tap and then soak them.

Overnight Soak: Let beans and water stand overnight in refrigerator. Drain.

Quick Soak: In a large saucepan, bring water and beans to a boil; cover and boil for 2 minutes. Remove from heat and let stand 1 hour. Drain.

Cook: Cover with fresh water, bring to a boil, reduce heat and simmer until soft. Lentils and split peas cook within an hour, while most legumes need a few hours. Crock pots are great to have on hand for cooking beans.

Soy based proteins

The controversy over soy continues, but the bottom line is that soy is an excellent food to add to the diet. Just try to include both fresh and fermented soy products in order to get the benefits of soy.

Tofu is fresh soy bean curd which is a quick to prepare source of protein that takes on the flavour of whatever you are cooking. Add it to a smoothie, slice into a stir fry or crumble into sauces or casseroles.

Tempeh and seitan are fermented soy bean products that have a similar taste and texture to cooked chicken. Use in sandwiches, on burgers, or in casseroles.

Nuts/nut butters

A great source of quick concentrated protein and good fats, limit your daily intake to no more than one ounce (about 20 nuts). For variety, try almond butter, cashew butter, and hazelnut butter in addition to natural peanut butter.

Seeds/seed butters

Seeds are a great source of quick concentrated protein and good fats. Nibble on a small handful each day or sprinkle on salads. Toss a tablespoon of ground flax seed on your oatmeal each morning. Try pumpkin seed butter, sunflower seed butter or hemp seed butter on your toast instead of butter or margarine.

Enjoy Good Fats

Healthy Fats are needed to maintain the integrity of every cell in your body.

The healthiest fats come from whole plant foods like olives, avocado, nuts and seeds.

Eat these and the oils made from these plant foods every day. Choose expeller or mechanically pressed oils as follows:

- extra virgin olive oil for medium/low temperature cooking and for salad dressings
- grapeseed oil for baking
- organic almond or high heat safflower oil for high temperature cooking.

Other nutritious oils such as sesame, black currant, avocado, hazelnut, sunflower can be used to add a variety of flavors to foods.

Small amounts of saturated fats from animal foods (meat, poultry, dairy) can be part of a healthy diet as well. Aim for less than 10% of calories from these foods.

Ideally choose organic or specialty animal products to minimize intake of chemical residues.

Avoid trans fats found in packaged, processed and fast foods. Read package labels and put back any foods with trans fats or partially hydrogenated oils, shortening, and mono or diglycerides.

Spreads?

Organic butter and Ghee (clarified butter) are tops in flavour. Use small amounts of them in your cooking where flavour counts.

Margarine can be an acceptable spread if you choose a non-hydrogenated margarine soft spread without artificial ingredients. *Earth Balance* is a good choice.

Nut and seed butters are excellent as well as nutritious spreads such as hummus, pesto, tapenade, and quark.

Drink Up!

Drink water for daily detox.

Our body needs water every day to help eliminate toxins and keep the cells hydrated and working optimally. Dehydration is bad for the body and the brain – and it ages your skin..

Get into the habit of drinking water, green tea, herbal tea and broth based soups. Aim for about 2 liters a day – more if you are exercising or working up a sweat or if you are drinking alcohol.

How essential is water? Some facts:

- The body is between 60 and 70% water by weight.
- The body's need for water increases during activity. Staying hydrated while exercising is crucial because water is what delivers oxygen to the muscles, fueling the muscles in the course of a workout.

Tips to help stay hydrated:

- Drink water before, during and after exercise.
- Keep a glass of water at your desk and beside your bed. Take a bottle with you in the car or on the bus doing errands.
- Drink water every time you eat.
- Order water at a restaurant and have a glass before and after your meal.

If you eat a mostly plant based diet, you will be naturally getting more fluids into your body.



LABEL READING

Healthy eating is easier when you focus mostly on eating a variety of real foods and limit your intake of processed foods. Real foods are generally foods without labels (fresh fruits, vegetables, nuts, seeds, beans, eggs, whole grains, lean meats, fish, poultry).

However, when you do choose packaged foods, first check out the list of ingredients. If the package of food contains any artificial colours or flavours, artificial sweeteners, hydrogenated fats (trans fats) or high fructose corn syrup, put it back. If you can pronounce most of the ingredients and they are recognizable, keep on going and check out the Nutrition Facts table.

When reading the “**Nutrition Facts**” table, consider the following five steps to label reading:

- 1) The serving size – if you eat twice as much as the stated serving size, then everything listed on the label is doubled.
- 2) Check the calories provided by the food and compare this to the amount of nutrition provided. The best foods are ‘nutrient dense’ rather than ‘empty calories’.
- 3) The % Daily Value puts nutrients on a scale from 0% to 100% (based on an average diet of 2000 calories per day). This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food. For example, if the sodium content of a food is 40% of what you should have in a day, it is very high.
- 4) Nutrients that you want to get less of are: saturated fats, trans fats, cholesterol, sodium, and sugar.
- 5) Nutrients that you want to get more of are: fiber and vitamins and minerals.

Nutrition Facts			
Per 1 cup (55 g)			
Amount	% Daily Value		
Calories 220			
Fat 2 g	3 %		
Saturated 0 g	0 %		
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 270 mg	11 %		
Carbohydrate 44 g	15 %		
Fibre 8 g	32 %		
Sugars 16 g			
Protein 6 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 4 %	Iron 40 %		

LABEL READING

Watch for words you will see on the ingredient list that you may not recognize. Avoid foods containing these ingredients:

Synthetic Fat

Mono and di-glycerides, glycerol, esters

Shortening

Hydrogenated fats and oils (trans fat)

Refined and Processed Sodium

Monosodium glutamate

Disodium phosphate

Sodium bisulfate

Brine, garlic/onion/celery salt

Sodium alginate/benzoate, sodium hydroxide/propionate

Hint: Watch for the word “sodium”.

Refined and Processed Sugars

Fructose, sucrose, maltose, lactose, liquid invert sugar, syrup, raisin

syrup, corn syrup solids,

high fructose corn syrup,

galactose, dextrose, dextrin

Hint: Watch for words ending in “ose”.

Sugar alcohols

Isomalt, Lactitol, Mannitol, Maltitol,

Sorbitol, Xylitol

Hint: Watch for words ending in “ol”.

Keep an eye on your intake of foods containing saturated fats in order to keep your daily intake at less than 5 – 10% of calories.

Tallow, lard, suet

Fat from meat, poultry, bacon

Butter, coconut oil, cocoa butter

Palm or palm kernel oil

DID YOU KNOW?

The recommended daily intake of sodium from all sources is between 2000 and 2500 mg of sodium per day. Only 1 teaspoon of salt has 2400 mg of sodium.

Getting Started

Make Room for New by Getting Rid of the Old

1. Clean out the cupboards at home and work – get rid of the following:
2. Go shopping for real foods (see shopping list)

Nutrition Makeover at Work and at Home

Out with the Old	Reason	In With the New
White refined sugar	Overly refined with toxic residues and no nutrients	Organic unrefined fair trade sugar, honey, maple syrup
Artificial sweeteners	Artificial chemicals with no health benefits and controversial health effects	Stevia powder
Coffee whiteners	Contain hydrogenated fats, artificial colour/flavour which is linked to premature aging/disease	Real milk, soy, rice beverage (fresh, tetra pack or canned)
Flavoured coffee mixes	Contains hydrogenated fats, artificial colour/flavour which is linked to premature aging/disease	Herbal tea, white tea, green tea, rooibos tea, organic fair trade coffee
Plastic water bottles/bags/wrap	Chemicals in the plastic leach into the water and food	Stainless steel or glass bottles, mugs, glasses and reusable food containers
Candy, cookies, pop, white flour	Contain refined sugar, high fructose corn syrup, artificial ingredients, refined white flour – these all contribute to cellular inflammation that is linked to premature aging and disease	Fresh fruit, dried fruit, raw veggies, protein bars, protein powder, nuts, seeds, nut butters, seed butters, tinned fish (mackerel, sardines, salmon)
Fast foods and processed packaged foods	Contain artificial colours, flavours, preservatives and can contain trans fats	Whole grains, protein (lean meats, chicken, fish and legumes), fruits and vegetables for lunches and dinners
Worrying about eggs and cholesterol	Free range eggs are a great source of protein and good fats – and do not contribute significantly to high cholesterol	The Portfolio Diet based on whole foods including almonds, soy, psyllium fiber and plant sterols
Counting calories and carbs	Avoid all refined carbs and stick with real foods	Whole grains, legumes and fruits and vegetables
Margarine	Artificial ingredients	Oils, nut/seed butters, butter, ghee

Eating for Health Shopping List

For the pantry:

- whole grains: brown rice, quinoa, barley, oats
- pastas: whole wheat, brown rice, buckwheat, soy, soba
- canned tomatoes, tomato sauce, salsa
- high fiber dry breakfast cereals
- honey, maple syrup, organic sugar
- fresh dried herbs and spices
- dried and canned legumes: garbanzo, black, navy, kidney, lentil, soy, and split pea
- canned wild salmon, mackerel, sardines
- oils: olive, canola, grapeseed (mechanically pressed)
- green tea, herbal tea, organic coffee

For the fridge:

- whole grain breads, crackers, bagels
- nuts and nut butters (almond, hazelnut, peanut)
- seeds and seed butters (sesame, pumpkin, hemp, flax)
- eggs: free range, omega 3
- dairy products or fortified soy/rice/oat beverage
- whole grain flours

In the crisper:

- rainbow of fresh locally grown fruits and vegetables including onions, garlic, leafy greens, orange, red, purple, coloured produce

In the freezer:

- berries, vegetables, lean meats, fish, poultry, burgers
- whole grain breads, bagels, waffles, buns, tortillas

On the table:

- bowl of fresh fruit: apples, pears, bananas

For something crunchy:

- whole grain dry cereal
- non hydrogenated popcorn
- whole grain crackers
- soy/rice crisps
- trail mix: mix your own from favourites
- baked corn tortilla chips

For a little something sweet:

- power bar or dried fruit/nut/veggie bar
- dark chocolate (>70%)
- naturally dried fruits

Avoid buying foods containing

- artificial colours, flavours and sweeteners
- synthetic preservatives
- partially hydrogenated fats (trans fats)
- high fructose corn syrup

HEALTHY LIVING to Prevent Disease

Healthy eating is the cornerstone of healthy living. But it doesn't stand alone. Here are the other parts to the picture of health:

1. Daily exercise is critical for health, energy and disease prevention.
2. Daily check-ins. Take a moment to check in with yourself. Close your eyes and take a few deep breathes. In your mind's eye, scan your body from head to toe. Where do you feel health? Where do you feel heavy, stiff or blocked? This is a very useful tool for self care. Each day, scan your body and alternately tighten and relax the muscles. The body scan is a useful tool for stress management.
3. Regular Check ups. Book a visit with your doctor so you know where you stand. Here are a few guidelines to get you started – you may want to know more i.e. healthy cholesterol (HDL), lousy cholesterol (LDL), triglyceride levels, iron status, etc.

	Random Blood Glucose (mmol/L)	Blood Pressure (mmHg)	Random Blood Cholesterol (mmol/L)	Waist Circumference cm (inches)	BMI
My Numbers					
Optimal Numbers	4.0 – 10.0	120/80	<5.2	F <88cm (34.6") M <102cm (40.2")	F 18.5 – 24 M 20 – 25
Warning	>10.0	130/85	5.2 or above	F 88cm (34.6") M 102cm (40.2")	25 - 27
At Risk	11.0 or above	140/90 or above	6.2 or above	F >88cm (34.6") M >102cm (40.2")	>27

F = Female
M = Male

4. Laugh. Fun and pleasure are important parts of health. Although this tends to be a busy stage of life, make sure you take time to stop, connect, laugh, rest, read and create.



Basic Supplements for Healthy Adults

Supplement	Possible Benefits	Notes
Multivitamin/mineral	Immune support	Choose one without artificial colours, flavours, sweeteners, yeast, preformed vitamin A, d(l)-alpha-tocopherol, iron
Vitamin D3	Immune system support Cancer prevention Absorption of calcium	Maximum 1000 IU/day from all supplements
B complex vitamins	Stress management Cognitive health	A complex such as B50 or B100 can be helpful for managing stress
Essential Fatty Acids	Every cell in your body benefits including skin, hormones, immune function, heart and brain	Choose purified supplement made with mackerel and sardines. 1 – 2 gm/day.
Minerals – especially calcium and magnesium	Heart health, lowers blood pressure, strengthens bones and prevents osteoporosis	Choose calcium citrate with magnesium for maximum absorption
Other supplements may be recommended depending on your diet, heredity and health goals. Consult with your registered dietitian.		

Recommended Resources

Readings:

- You: The Owner's Manual: An Insider's Guide to the Body That Will Make You Healthier and Younger, Michael F. Roizen, Mehmet C. Oz, 2005.

Cookbooks:

- Hollyhock Cooks, The Hollyhock Cooks, 2004.
- Rebar: Modern Food Cookbook, Audrey Alsterberg and Wanda Urbanowicz (Paperback), 2001.
- Simply Great Food: 250 Quick, Easy and Delicious Recipes, Dietitians of Canada (Paperback), 2007.

Websites:

- Thrifty Foods Recipes <http://www.thriftyfoods.com/recipes/rcpcli.html>
- Computerized Nutritional Analysis www.springwellnutrition.com
- Dial-a-Dietitian www.dialadietitian.org
- Dietitians of Canada www.dietitians.ca

One Dish Chicken Dinner (4 servings)

2 medium onions, cut into wedges
4 garlic cloves, sliced
1 large red pepper, cubed
1 medium carrot, sliced
12-16 small new potatoes, halved & parboiled until just tender
olive oil
salt and cracked black pepper to taste
4 bone-in chicken breasts
8 lemon slices
1 cup chicken stock

2 Tbsp chopped fresh oregano, basil or parsley

Preheat oven to 375 degrees F. Toss vegetables with a little olive oil, salt and pepper, and place in a large, shallow-sided casserole dish. Brush chicken with a little oil, season with salt and pepper and then place on top of vegetables. Top chicken with lemon slices, pour in stock and then roast for 35 to 45 minutes, or until the chicken is golden brown and vegetables are tender. Baste with pan juices a few times during cooking. Sprinkle with fresh herbs near the end of cooking. Arrange chicken and vegetables on dinner plates and spoon over pan juices.

Note: Chicken can be replaced with a 5-6 ounce piece of firm-fleshed fish such as salmon, sea bass or halibut or 3 ounces of tofu or tempeh. Roast vegetables 20 minutes before placing fish on top as fish/tofu/tempeh will only take 10-15 minutes to cook.
Source: Thrifty Foods Website

Nutrients per serving:

Calories: 290
Carbohydrate: 24g
Protein: 34g
Fiber: 4.5g
Fat: 4.5g

Orange Banana Smoothie (2 servings)

1 1/2 cups 2% probiotic yogurt
2 small oranges, peel and pith removed
and coarsely chopped
2 medium bananas, peeled and thickly sliced
2 tsp. honey, or to taste
1/2 tsp. grated fresh ginger
Pinch nutmeg
Orange slices and mint sprigs for garnish

Nutrients per serving:

Calories: 290
Carbohydrate: 57g
Protein: 11.8g
Fiber: 3.8g
Fat: 3.5g

Place all ingredients, except garnish, in a food processor or blender and pulse until smooth. Pour into chilled glasses, garnish, and serve. Thin with a little orange juice if too thick. Use 1 cup of chopped mango, papaya, kiwi or pineapple instead of the chopped orange for a change.

Here's a high energy drink great for breakfast. If you do not want dairy, substitute the yogurt with an equal amount of soft tofu.

Beef, Vegetable and Pasta Casserole (3 servings)

- ½ lb extra-lean ground beef
- ½ cup sliced onions
- ½ cup diced zucchini or celery
- 1 tsp. minced garlic
- 1 – 14 oz. can diced tomato (with juice)
- 1 tbsp. low-sodium soy sauce
- ¼ tsp. crushed pepper flakes
- 1 cup rotini or fusilli pasta (uncooked) (preferably whole grain)
- ¾ cup shredded low-fat mozzarella cheese

Nutrients per serving:

Calories: 326
Carbohydrate: 32g
Protein: 27g
Fat: 12g
Fiber: 2.3 g

Preheat oven to 350 degrees F. In a skillet, over medium heat, combine beef, onions, zucchini and garlic, and cook for 8 – 10 minutes until beef is no longer pink and vegetables are soft. Drain fat and pour beef mixture into a greased casserole (6 cup). Put tomatoes, soy sauce and pepper flakes in skillet and heat to boiling. Add uncooked rotini or fusilli to tomato mixture. Pour tomato and pasta mixture in the casserole and combine. Press down pasta to make sure it is submerged in liquid. Bake covered for 20 minutes. Remove cover and sprinkle with cheese. Bake uncovered for another 15 – 20 minutes until pasta is tender. Source: Healthy Eating for Seniors (Act Now BC)

Colleen's High Fiber Supper Salad (8 servings)

- 1 can (19 oz.) black beans, drained and rinsed
- 1 sweet red pepper, chopped
- 2 cups frozen corn kernels, cooked
- ½ cup chopped celery
- ¼ cup chopped green onion
- 2 tbsp. fresh coriander (cilantro), basil, or parsley

Dressing:

- 3 tbsp. cider vinegar
- 1 ½ tsp. Dijon mustard
- ¼ tsp. each granulated sugar, salt and pepper
- 1 tbsp. each water and olive oil

In a large bowl, combine beans, red pepper, corn, celery, onions and coriander.

In a small bowl, whisk together vinegar, mustard, sugar, salt and pepper, whisk in water and oil. Pour over salad and stir to mix. Source: Springwell Nutrition Group Inc.

Nutrients per serving:

Calories: 117
Carbohydrate: 21g
Protein: 6g
Fat: 2g
Fiber: 4g

Shrimp, Tomato and Lettuce Wraps (2 servings)

2 tortilla shells (your choice of flavour)
3 Tbsp. light mayonnaise
150g fresh cooked shrimp
1 tomato, finely chopped
1 cup shredded lettuce
1 cup alfalfa sprouts
Salt and pepper to taste

Nutrients per serving:

Calories: 348
Carbohydrate: 37g
Protein: 22g
Fat: 12g
Fiber: 3.2 g

Divide and spread the mayonnaise in the centre of each tortilla shell. Arrange other ingredients in rows over top the mayonnaise. Fold over the sides of the tortilla and then tightly roll into a closed cylinder. Slice in half at a slight angle before serving.

Note: Warming the tortilla shells slightly in the microwave before filling makes them more flexible and easier to roll.

Source: Thrifty Foods Website

Dill Dressing (8 servings)

1/3 cup minced fresh dill
1/4 cup cider vinegar or lemon juice
1 1/2 tablespoons Dijon mustard
1/2 teaspoon honey or rice syrup
1/2 cup flax seed oil

Nutrients per serving:

Calories: 122
Carbohydrate: 0g
Protein: 0g
Fat: 13g
Fiber: 0g

In a bowl or blender mix everything except the flax oil. Trickle the oil in slowly while blending or whisking vigorously, until the dressing is thick and smooth. Keep extra dressing refrigerated in a dark bottle for later use. Try it over salad, grains, vegetables, fish, etc.

Source: Bastyr Center for Natural Health

Cinnamon and Nuts Oatmeal (1 serving)

1 tsp organic ghee or butter
2 Tbsp nuts/seeds
1/2 cup steel cut oats
1 T cinnamon
1 cup boiling water

Nutrients per serving:

Calories: 320
Carbohydrate: 37g
Protein: 9g
Fiber: 10g
Fat: 14g

Sauté nuts and seeds in ghee in a small saucepan for a few minutes, stirring. Add oats and cinnamon and stir to mix. Add 1 cup boiling water, stir and simmer for 20 minutes.

Note: This recipe can be made the night before – Prepare as above, add the boiling water, put the lid on, take it off the burner and let it sit all night. This will give you perfect hot cereal in the morning that doesn't stick to the pan!

You can double this recipe to make 2 servings.

Source: Springwell Nutrition Group Inc.

Sauteed Garlic Kale (1 serving)

1/2 tsp. extra virgin olive oil
1 clove garlic, minced
1/2 bunch organic kale, cleaned and chopped into 1-inch pieces
1/4 c. vegetable broth
1 tsp. balsamic vinegar

Nutrients per Serving:

Calories: 42
Carbohydrate: 4g
Protein: 1.3g
Fat: 2.3g
Fiber: 1.4g

Heat oil in sauté pan. Add garlic. Cook for one minute. Add kale and broth. Cover and cook for 4 minutes. Remove kale from pan and drizzle with balsamic vinegar.

Source: Simply Great Food (Dietitians of Canada)

Final Reflections and Commitments

Think about what you have learned today about healthy aging and make a commitment to the following

One thing I plan to change as a result of today's seminar is ...

One new food I plan to buy or cook is



Variety, moderation, pleasure