



# Lunch & Learn

Nutrition: Antioxidants & Fiber

# Food Display Metro Catering



# ANTIOXIDANTS

- **Why are Antioxidants Important?**
- Antioxidants help protect healthy cells from damage caused by free radicals
- Free radicals contribute to the damage of the body's cells and tissues which can lead to heart disease and certain types of cancer
- Antioxidants also help boost your immune system and slow down the aging process
- Types of Antioxidants:
  - Carotenoids (ex. Carrots, tomatoes, broccoli)
  - Selenium (ex. Fish and shell-fish)
  - Vitamin E (ex. Vegetable oil and nuts)
  - Vitamin C (ex. Red peppers, broccoli and oranges)



# FIBER

- The benefits of dietary fiber include lowering cholesterol, preventing constipation and hemorrhoids and weight loss
- Dietary fiber slows digestion, prolonging that “full” feeling and foods high in fiber are usually low in fat and calories
- Types of Fiber
  - Insoluble fiber (remain in the colon)
    - Sources include: whole-grains (bran), celery and strawberries
  - Soluble fiber (enter the circulatory system)
    - Sources include: legumes, fruits, oats and veggies
  - Psyllium Fiber (highest source of fiber)
    - Sources include: found in many all bran cereals
- Recommended Daily Fiber Intake = 20-35g per day



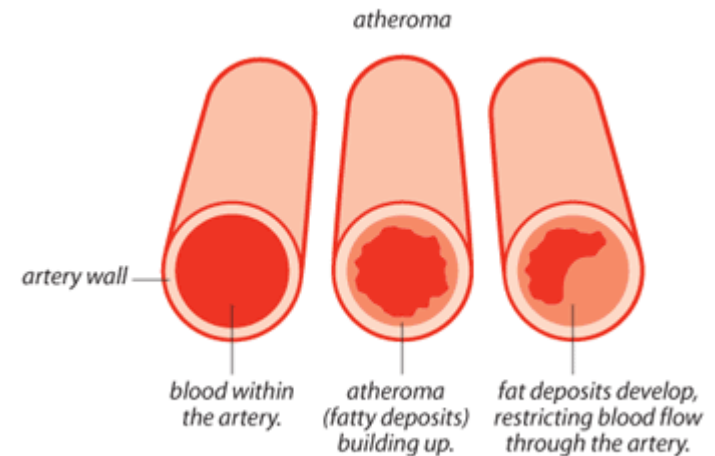
# CHOLESTEROL

## Two Types:

- HDL (High Density Lipoprotein)
  - The GOOD cholesterol that is linked to heart health
- LDL (Low Density Lipoprotein)
  - The BAD cholesterol that is linked to heart disease

## Target Levels:

- A total cholesterol less than 5.2 mmol/L (200 mg/dL)
- An LDL-cholesterol less than 3.5 mmol/L. (about 130 mg/dL)
- An HDL-cholesterol higher than 1.0 mmol/L for men and 1.3 mmol/L for women (about 40 mg/dL)



# HEALTHY FACTS!

- Garlic and onions are powerful antioxidants that produce Allicin and Quercetin, which are essential chemical compounds.
- Consuming a variety of fruits and vegetables to obtain all of your essential vitamins and nutrients eliminates the need for supplements
- Dark green leafy vegetables and colourful fruits are high sources of antioxidants
- When consumed in moderation, dark chocolate and red wine are good sources of antioxidants

