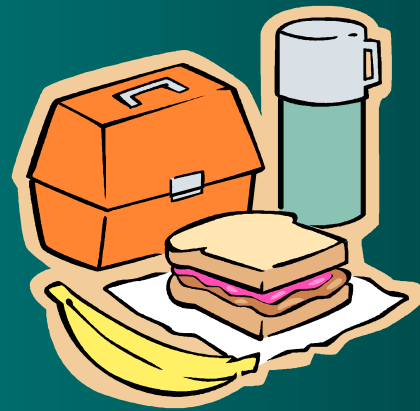


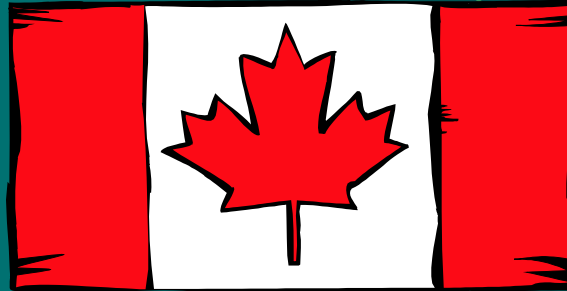
Keys To Nutrition



Presented by:

Laura Postill and Julie Simpson
University of Windsor

Canada's Food Guide

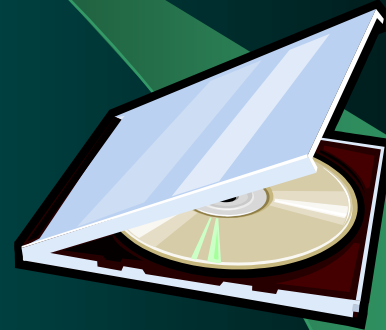


- **Vegetables & Fruits**
7-10 Servings a day
- **Grain Products**
6-8 Servings a day
- **Milk & Alternatives**
2-3 Servings a day
- **Meat & Alternatives**
2-3 Servings a day

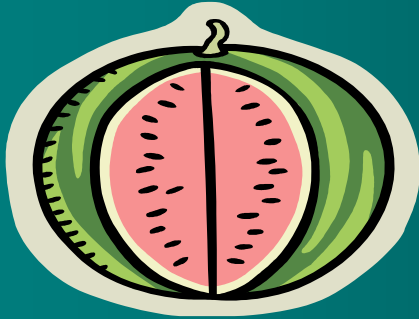
What is Considered a Serving?

Grain Products

- 1 slice of bread, (equal to the size of a CD case)
- 1 cup of dry cereal



Fruits and Vegetables



- 1 medium sized fruit (equal to the size of a computer mouse)



- ½ a cup of juice or frozen veggies
- 1 cup of salad
- ¼ cup of dried fruit

Milk Products



- 50 g of cheese (equal to 4 dice)
- 3/4 cup of yogurt
- 1 cup of milk

Meat and Alternatives

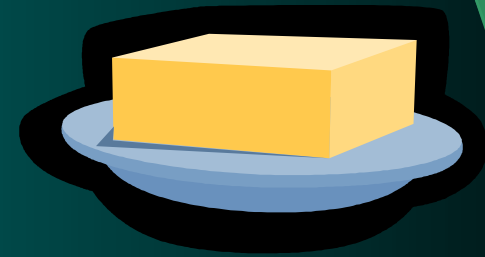


- 50-100 g of meat (equal to a deck of cards)
- 2 tbsp of peanut butter (equal to the size of a golf ball)



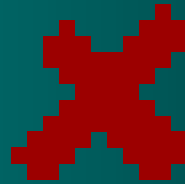
What is a Serving of Fat?

- 1 Tsp or 5 mL
- Only 30% of your diet (Total Daily Caloric Intake) should be from fat!

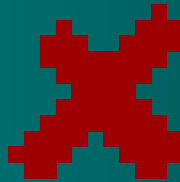


How Many Types of Fats are there?

➤ Saturated Fat



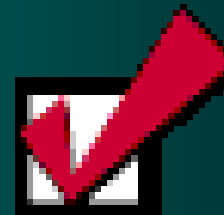
➤ Trans Fat



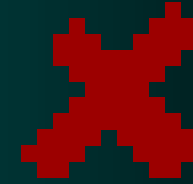
➤ Monounsaturated Fat



➤ Polyunsaturated Fat

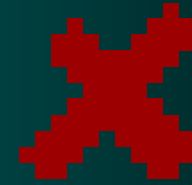


Saturated Fat



- **What does it look like?**
Solid at room temperature
- **Where is it found?**
Animal products (butter and meat), and in certain vegetable oils (coconut and palm oils)
- **What does it do?**
Raises Low Density Lipoprotein (LDL), AKA- Bad Cholesterol

Trans Fat



- **What does it look like?**

Solid form of liquid vegetable oil (once hydrogen has been added to it, it has a longer shelf life)

- **Where is it found?**

Processed foods, and fried foods (E.g. Take-out)

- **What does it do?**

Increases LDL levels and lowers High Density Lipoprotein levels (HDL) AKA Good cholesterol

Monounsaturated Fat



- **What does it look like?**
Liquid at room temperature
- **Where is it found?**
Olive and canola oils, as well as avocados and some nuts
- **What does it do?**
May lower LDL cholesterol

Polyunsaturated Fat



- **What does it look like?**

Liquid at room temperature

- **Where is it found?**

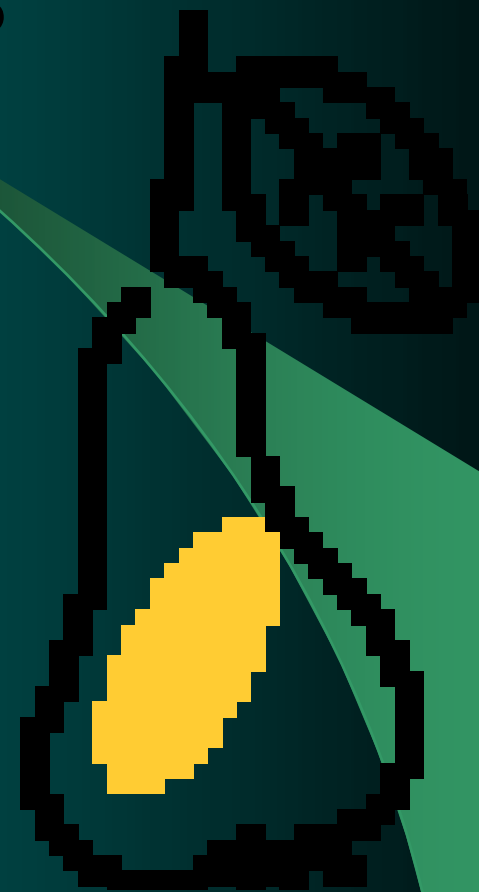
Oils such as corn, safflower, soybean, and sunflower. Also many nuts (walnuts, pine nuts) and seeds (sesame, sunflower)

- **What does it do?**

Lowers LDL cholesterol, and provides body with essential fatty acids

Popular Diets

- Atkins
- The Zone
- South Beach

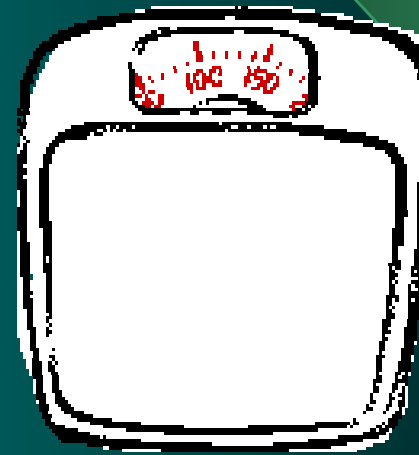


The Truth About The Atkins Diet

- Feeling of weakness and faintness
- Can cause an imbalance called Ketosis (nausea, calcium loss, and increase risk of osteoporosis)
- Strain on kidneys and liver
- Constipation
- Vitamin supplements required

Atkins Continued

- You will initially lose weight, but it will just be water weight
- You will gain all the weight back plus more once you begin to eat more carbohydrates



The Zone Diet

- Claims consistent weight loss
- No exercise required
- The goal is to decrease the insulin in the body
- Protein must equal exactly 30% of diet
- Carbohydrates must equal 40%
- Fat must equal 30%

The Zone Continued

Criticized because:

- The protein intake is too high
- Food portions are too small
- Become hungry and dizzy
- Too time-consuming and inconvenient with calculations

The South Beach Diet

- Similar to Atkins Diet
- Extreme initial weight loss expected
(8-13 lbs in 1st 14 days)

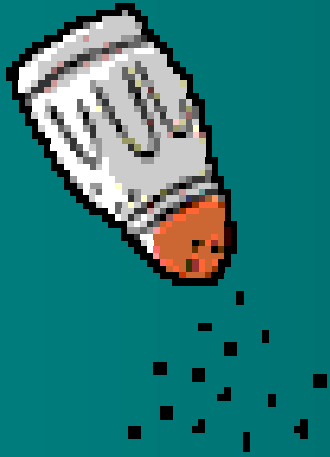


South Beach Continued

- Initial weight loss is water weight
- Weight is gained back as soon as carbs are eaten
 - Not good for people who can't eat dairy because soy not allowed in the first 2 weeks



Nutrition Tips



-Decrease fat in diet

-Decrease salt- use seasonings other than salt for flavouring (E.g. garlic, oregano, cumin, cilantro, or ginger)

More Nutrition Tips

- Increase your plant-based foods
- Drink alcohol in moderation
- Increase your vitamin intake such as calcium and vitamin D (a multi-vitamin would be best), do not overload
- Increase Fiber

CHANGE YOUR EATING HABITS FOR LIFE

Remember!

- Eating Healthy and maintaining a healthy body weight involves a **lifestyle change**.
- Following the Canadian Food Guide and being active are key ingredients.

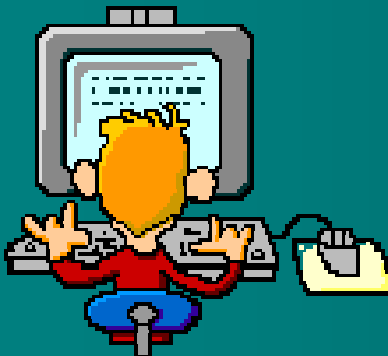
Don't Get Discouraged!

- Even a modest loss of 5 pounds can make a huge difference to your health, reducing your risk for all sorts of diseases.



Where Can You Check Out This Information?

- www.heartandstroke.ca
- www.5to10day.com
- www.dieticians.ca
- www.hc-sc.gc.ca
- www.nutritionrc.ca



Thank-you for taking the time to
learn about nutrition and your
health!

Julie and Laura