

Healthy Eating and You

What's Inside:

Risk Factors for Heart Disease	2
Blood Fats (Lipids)	3
Rate your Weight: Body Mass Index (BMI)	4
Measure your Waist Circumference	6
Choosing Healthier Foods	
• Protein Sources: Meat, Fish, Poultry, and Meatless Alternatives	7
• Fats	8
• Dairy Products	10
• Grain Products and Starches	10
• Vegetables and Fruits	11
• Fibre	12
• Sugar and Sweets	14
• Alcohol	14
Portion Sizes	15
Hold the Salt!	16
How to Flavour your Foods Without Salt	17
Cooking Healthier	18
Nutrition Claims	19
Using Food Labels	20
Healthy Snack Ideas and Celebration Tips	21
Dining Out the Healthy Way	22
Notes	24

Eating for Better Health

This is your guide to healthy eating, put together by the dietitians of Humber River Health. It will help better your nutritional health and well-being.

Changing your eating habits will help you achieve and keep a healthy blood cholesterol level, a healthy body weight, improve your overall heart health, and lower other risks of heart disease.

This guide will help you learn about:

- Desirable cholesterol levels
- Portion control
- Risk factors for heart disease
- What makes a healthy weight
- Choosing healthier foods
- Reading food labels
- Fats, fibre, and salt
- Choosing serving sizes
- Tips for celebrations
- Dining out the healthy way
- Cooking the low-fat way
- Healthy snacks.

For more information, please contact a registered dietitian.

What makes me at risk of heart disease?

Many factors increase your risk for heart disease. There are risks you cannot change, for example, your age, family history, genetics, ethnic background (there are higher rates of heart disease found in South Asians and First Nations).

However, there are many risk factors that you can change, such as:

- High blood pressure
- High cholesterol
- High blood sugars
- Smoking
- Poor nutrition
- Lack of physical activity
- Being overweight
- Stress




Talk to your healthcare team about your risk factors and how you can better manage them.

My risk factors for heart disease are:



BLOOD FATS (LIPIDS)

What are blood fats (lipids)?

Types of Blood Fats (Lipids)	What it is and how it affects your body	Target lipid levels	Your lipid levels	What affects the levels in your blood?
Total Cholesterol	<ul style="list-style-type: none"> A type of fat that circulates in your blood. Your body uses cholesterol to build cells and certain hormones. 2 types: Low-density lipoprotein (LDL) and High-density lipoprotein (HDL) Total cholesterol = LDL + HDL in blood 	<4.5 mmol/L	<input type="text"/>	Total cholesterol levels ↑ from: <ul style="list-style-type: none"> Eating trans fats or too much saturated fats
Low-density lipoprotein Bad Cholesterol	<ul style="list-style-type: none"> High levels of LDL can cause a build-up of plaque inside your blood vessels. This narrows the vessels and increases your risk of heart attacks or stroke. <div>  <p>Doctors use LDL as the most important indicator of heart disease. Keep your LDL levels low to reduce your risk of plaque build-up in the blood vessels of your heart.</p> </div>	<2 mmol/L	<input type="text"/>	LDL levels ↑ from: <ul style="list-style-type: none"> Eating trans fats or too much saturated fats ↓ LDL levels by: <ul style="list-style-type: none"> Eating soluble fibre
High-density lipoprotein Good Cholesterol	<ul style="list-style-type: none"> HDL act as scavengers. It picks up excess cholesterol in your blood and takes it to your liver to break it down. The higher your HDL level, the less “bad” cholesterol you will have in your blood. 	Male: >1 mmol/L Female: >1.3 mmol/L	<input type="text"/>	HDL levels ↓ from: <ul style="list-style-type: none"> Eating trans fats or refined carbohydrates (such as white bread) ↑ HDL levels by: <ul style="list-style-type: none"> Losing weight, quitting smoking, exercising
Triglycerides	<ul style="list-style-type: none"> Another type of fat circulating in your blood. Your body uses this fat to store unused calories and provide energy. If you regularly eat more calories than you burn, especially “easy” calories, like carbohydrates and fats, you may have high triglycerides (hypertriglyceridemia). 	<1.7 mmol/L	<input type="text"/>	Triglyceride levels ↑ from: <ul style="list-style-type: none"> Consuming alcohol, refined carbohydrates, or sugar ↓ triglyceride levels by: <ul style="list-style-type: none"> Losing weight and exercising
> = greater than < = less than ↑ = increase or raise ↓ = decrease or reduce				

RATE YOUR WEIGHT: BODY MASS INDEX (BMI)

What is Body Mass Index?

Your Body Mass Index (BMI) is an objective scientific measure that uses your height and weight to determine what your ideal weight should be. The BMI table assigns each person a number from 12 to 63. BMI is a useful indicator of weight-related health risks and acceptable weight ranges.

- The BMI is **not** appropriate for pregnant, lactating women, growing children or frail, inactive elderly.
- It does not take into consideration age, lean muscle mass (body builders, competitive athletes), or percentage of body fat.
- Calculate your BMI using the formula or chart on page 5.

If your BMI is:

UNDER 18.5 = UNDERWEIGHT

- May be associated with health problems.
- Consult a dietitian or doctor for advice.

18.5 TO 24.9 = HEALTHY WEIGHT

- Lowest risk of illness, the preferred range.

25 TO 29.9 = OVERWEIGHT

- May be fine for physically active individuals with high lean body mass.
- May be associated with health problems for others.

30 AND OVER = SEVERELY OVERWEIGHT

- Increased risk of heart disease, high blood pressure and diabetes.
- Talk to a dietitian or doctor for advice.

IF YOU ARE AGE 65 OR OVER:

- Your BMI goal is under 30 or use healthy waist measurement on page 6.

Calculate your BMI:

You can calculate your BMI using this formula:

1. Divide your weight in pounds by 2.2 for kilograms.
2. Multiply your height in inches by 2.54 and divide by 100 for metres.
3. Input into the formula.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

Obesity Class 1 = 30 to 34.9

Obesity Class 2 = 35 to 39.9

Obesity Class 3 = > 40

For South Asians:

Healthy BMI = 17 to 22.9

Overweight BMI = 23 to 25



Body Mass Index (BMI) Chart

Look down the chart for your weight and across for your height. Your BMI is where the two points meet.

Weight (pounds)	Height (feet, inches)																		
	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27
230	48	47	45	44	42	41	40	39	37	36	35	34	33	32	31	30	30	29	28
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33
275	58	56	54	52	50	49	47	46	44	43	42	41	40	38	37	36	35	34	34
280	59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34
285	60	58	56	54	52	51	49	48	46	45	43	42	41	40	39	38	37	36	35
290	61	59	57	55	53	51	50	48	47	46	44	43	42	41	39	38	37	36	35
295	62	60	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36
300	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38	37

MEASURE YOUR WAIST CIRCUMFERENCE

Fat stored around your middle can put you at risk for high blood pressure, high blood cholesterol, type-2 diabetes, heart disease and stroke.

Reducing your weight by as little as 5% of your body weight can help you reduce your blood pressure and total blood cholesterol.

Simply weighing yourself is not the only way to determine your health risk. Studies have shown that extra weight around the waistline is more dangerous to the heart than extra weight that is on the hips and thighs.

You are at an increased risk of developing health problems if your waist measurement is:

Male	Equal to or more than 102 cm (40 in)
Female	Equal to or more than 88 cm (35 in)
Exceptions: For South Asians, Malaysians, Asians, Chinese, Ethnic South or Central Americans, you are at increased risk of developing health problems if your waist is:	
Male	Equal to or more than 90 cm (35 in)
Female	Equal to or more than 80 cm (32 in)

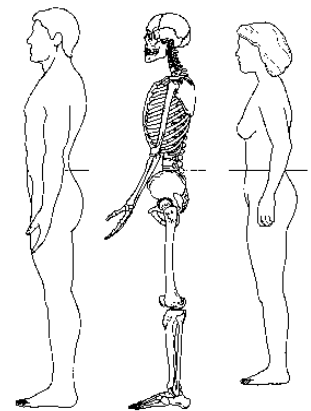
How do I take a proper waist measurement?

1. Clear your belly area of any clothing, belts or accessories. Stand upright facing a mirror with your feet shoulder-width apart and your belly relaxed. Wrap the measuring tape around your waist.
2. Use the borders of your hands and index fingers – not your fingertips – to find the uppermost edge of your hipbones by pressing upwards and inwards along your hipbones.
3. Using the mirror, align the bottom edge of the measuring tape with the top of the hipbones on both sides of your body. Make sure the tape is parallel to the floor and is not twisted.

Many people mistake an easily felt part of the hipbone located toward the front of their body as the top of their hips. This part of the bone is **not** the top of the hipbones. Follow this spot upward and back toward the sides of your body to locate the true top of your hipbones. Once located, it may help to mark the top of your hipbones with a pen or felt-tip marker. This can help you correctly place the tape.

You will need:

- Wall or full-length mirror
- Measuring tape
- Pen or felt-tip marker



4. Relax and take two normal breaths. After the second breath out, tighten the tape around your waist. The tape should fit comfortably snug around the waist without pressing into the skin.

Remember to keep your stomach relaxed at this point.

Measuring tape position for waist circumference. Image Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

CHOOSING HEALTHIER FOODS

Protein Sources: Meat, Fish, Poultry, and Meatless Alternatives

Protein is an important part of a healthy diet. Protein helps with healing and with maintaining our overall strength. Protein choices also contain important minerals and vitamins our bodies need. Meatless alternatives, such as legumes and tofu, are low-fat protein choices.

- Try to choose **lean** protein choices. Use lean cuts of meat with little fat or “marbling”.
- Trim off fat and skin before cooking.
- Limit processed and pre-seasoned meats, poultry, and seafood.
- Include fish and/or meatless alternatives 2 to 3 times a week.
- Avoid frying proteins in a lot of oil. Try baking, broiling, grilling, poaching, steaming, or stewing.
- Limit eggs to 5 eggs a week, if you have a history of heart disease or diabetes.

Recommended: 2 to 3 servings a day.

For example, 1 serving equals:

- 3 oz (90 g) of cooked meat, poultry OR fish
- 3/4 cup (175 mL) cooked beans (lentils, kidney beans, etc.)
- 3/4 cup (175 mL) tofu
- 1/4 cup (60 mL) shelled nuts or seeds
- 2 tbsp (30 mL) nut butter
- 2 eggs



	Choose	Choose less often
Red Meat	<ul style="list-style-type: none"> • Lean cuts of beef or veal, such as round, flank, chuck, sirloin, tenderloin, stewing, extra-lean ground • Pork chop, tenderloin, shoulder, or back bacon • Lamb loin, leg, or shoulder • Goat 	<ul style="list-style-type: none"> • Fatty cuts, such as prime rib or ribs • Marbled meats • Organ meats such as liver, heart, kidney, gizzards • Bacon, ham hocks • Cold cuts, deli meats, salami • Sausages
Fish	<ul style="list-style-type: none"> • Fresh or frozen fish or seafood • Fish or seafood, canned in water 	<ul style="list-style-type: none"> • Fried or battered fish or seafood • Fish, canned in oil • Salted, dried fish
Poultry	<ul style="list-style-type: none"> • Chicken and turkey with skin removed • Omega-3 eggs 	<ul style="list-style-type: none"> • Fried or battered chicken or turkey • Poultry skins • Duck, goose, self-basting turkeys
Meatless Alternatives	<ul style="list-style-type: none"> • Tofu, legumes, dried beans, lentils, or peas • Walnuts, almonds, pecans, pistachios • Pumpkin seeds, sunflower seeds 	<ul style="list-style-type: none"> • Honey-roasted, salted, or seasoned nuts or seeds

For recipes and meal ideas using lentils and other legumes, see www.lentils.ca or www.pulsecanada.ca

Fats

There are different types of fats, saturated, monounsaturated and polyunsaturated. Fats are important to include as part of your everyday diet.






Some fats can raise your bad cholesterol (LDL) and some fats help to keep your cholesterol levels healthy. Fats are high in calories, it is important to watch how much you eat, especially if you are trying to maintain a healthy weight. Most fats are high in vitamin A and vitamin E.

Recommended: 30 to 45 mL (2 to 3 tbsp) per day.

For example, 30 mL equals:

- 1 tsp (5 mL) of margarine on bread or toast
- 1 to 2 tsp (5 to 10 mL) canola oil to stir-fry
- 1 tbsp (15 mL) salad dressing
- 2 tbsp light salad dressing

- Try to choose more unsaturated fats (monounsaturated and polyunsaturated).
- Include food sources of omega-3 fatty acids, such as flax, omega-3 eggs, nuts, and seeds. Aim for 2 to 3 servings per week (see page 9 for Food Sources of Omega-3 Fatty Acids).
- Limit saturated fats and trans fats.
- Avoid “hydrogenated” and “partially hydrogenated” fats.
- Fry less often.

	Types of Fats	Major Food Sources	Effects on the Body
Healthy Fats Choose more often	Monounsaturated 	<ul style="list-style-type: none"> • Olive, canola, safflower, sunflower, sesame, peanut oils • Avocados 	↓ LDL ↑ HDL
	Polyunsaturated 	<ul style="list-style-type: none"> • Flax, corn, soybean oils • Walnuts 	↓ LDL
	Omega-3 fatty acids 	<ul style="list-style-type: none"> • Fatty fish (salmon, trout, mackerel, herring, sardines) • Nuts and seeds (walnuts and pine, sesame, sunflower, flax, pumpkin seeds) 	↓ LDL ↓ Triglycerides ↓ Blood pressure Prevents blood clotting
Less Healthy Fats Choose less often	Saturated 	<ul style="list-style-type: none"> • Full fat dairy products, butter, lard, ghee, tropical oils (coconut, palm) 	↑ LDL ↑ Total Cholesterol
	Trans 	<ul style="list-style-type: none"> • Foods made with shortening or partially hydrogenated vegetable oil 	↑ LDL ↓ HDL ↑ Triglycerides

Recommended: Consume more mono- and polyunsaturated fats than saturated fats.

Food Sources of Omega-3 Fatty Acids	Recommended servings per day
Fish: <ul style="list-style-type: none"> Excellent sources (with more than 1 g of omega-3 fatty acids per serving): anchovies, herring, mackerel, salmon (Atlantic, Chinook, canned pink, canned sockeye), sardines, trout, tuna (bluefin), whitefish Good sources (with 0.4 to 0.9 g of omega-3 fatty acids per serving): carp, catfish, crab, halibut, lobster, mullet, pollock, rainbow trout, shrimp, sole, striped bass, sturgeon, tuna (white, canned in water) ¹ 	2.5 oz (75 g)
Nuts: walnuts, pecans ²	¼ cup (30 to 40 g)
Seeds: flaxseed (ground), chia, hemp	1 tbsp (15 g)
Oils: avocado oil, canola oil, flaxseed oil, margarine (non-hydrogenated), walnut oil	1 tbsp (15 g)
Tofu, raw	½ cup (133 g)
Soybeans, dry roasted	½ cup (133 g)
Edamame (soybean)	½ cup (95 g)
Seaweed, raw	½ cup (125 ml)
Omega-3 eggs	2 medium eggs

¹ Omega 3 Fats (Adults) (hamiltonhealthsciences.ca)

² Omega-3 Fats for Heart Health (albertahealthservices.ca)

What should I look for in a good margarine?

A good margarine:

- Comes in a soft tub
- Is non-hydrogenated
- Has less than 2 grams of saturated fat per tablespoon
- Has zero trans fats
- Has up to 6 grams of polyunsaturated and monounsaturated fat in a 2 teaspoon (10 g) serving
- Has a food label
- Has liquid vegetable oil as the first ingredient.

Best Brand Choices

- ✓ Becel®
- ✓ Olivina®
- ✓ Fleischmann's® non-hydrogenated
- ✓ Fleischmann's® 10% Olive Oil
- ✓ Blue Bonnet® soft spread
- ✓ Smart Balance® Light

Dairy Products

Dairy products are good sources of protein, calcium, phosphorus, niacin, riboflavin, vitamin A and D.

- Try to choose lower fat dairy products. Look for the amount of MF, “milk fat,” or BF, “butter fat,” on the label and aim for a lower/lowest number.
- If you are consuming a non-dairy beverage, try to find one that has been fortified with calcium (added) and not too much sugar.
- Avoid “full-fat” dairy products, such as milk, yogurt, sour cream.
- Consider using milk instead of cream in coffee or tea.

Recommended: 2 to 3 servings daily.

For example, 1 serving equals:

- 8 oz (250 mL) milk or non-dairy beverage
- 1 cup (250 mL) yogurt
- 1 oz (30 g) cheese



Grain Products and Starches

Breads and cereals are good sources of energy; they are also high in B vitamins, iron and fibre.

- To increase the fibre in your diet, choose whole grain breads, grains and cereals.
- Try to limit refined white breads, cereals and grains.
- Try to limit high salt or sugar containing grain products.

Recommended: 5 to 8 servings daily.

For example, 1 serving equals:

- 1 slice of bread
- 1 small roll
- 1 six-inch pita or roti
- 1/2 a bagel
- 1/2 cup cooked rice or pasta or hot cereal



Vegetables and Fruits

Vegetables and fruits are excellent sources of fibre, vitamin A and C, phytochemicals and minerals. They are also low in fat, calories, sodium, and contain no cholesterol.

Include some orange and citrus fruits, as well as orange and dark green vegetables daily. If your triglycerides are high, limit drinking fruit juice to no more than 8 oz (250 mL) per day. Eating fruits and or vegetables are preferred over juices.

- Aim for fresh or frozen vegetables and fruits
- Avoid buttered, creamed or deep-fried vegetables and fruits
- Avoid vegetables preserved in oil
- Avoid fruits canned in syrup

Recommended: 5 to 10 servings daily.

For example, 1 serving equals:

- 1 cup (250 mL) raw vegetables
- 1/2 cup cooked vegetables
- 1 medium fruit
- 1/2 cup fresh, frozen or canned fruits



A note about citrus fruits and your medicines:

Some medicines interact with citrus fruits, such as seville oranges, tangelos, or grapefruits. Ask your pharmacist if any of your medicines interact with these citrus fruits.



A note about vitamin K and blood thinners (anticoagulants):

Many green vegetables and other foods are high in vitamin K. If you are on anticoagulant medication (such as Coumadin®), speak to a dietitian about your diet. You **can** still include some green vegetables. The most important thing is to maintain consistency in your diet. **Do not** make major changes to your diet without talking to your doctor and dietitian first.



Fibre

- Fibre is the part of a plant food that is not broken down or absorbed by our bodies.
- There are two types of fibre: soluble and insoluble.

Fibre is good for you because:

- It makes you feel full, therefore, controls your appetite and may help you lose weight.
- Fibre-rich diets help keep bowels in good working order.
- High-fibre foods help lower blood cholesterol.

How much fibre do you need?

- It is recommended that you have **25 to 35 g** of fibre daily.
- Slowly increase the amount of fibre in your diet and drink plenty of fluids (6 to 8 cups) to avoid short-term bloating, gas, and other discomfort.
- Increase by **5 g** per day each week to reach your goal.

Two Types of Fibre

Soluble Fibre		Insoluble Fibre
<ul style="list-style-type: none"> • Soluble fibre can help to lower blood cholesterol levels and controls blood sugar • Controls hunger 	What is it?	<ul style="list-style-type: none"> • Insoluble fibre helps to keep your bowels working in good order
<ul style="list-style-type: none"> • Oats, oat bran, oatmeal • Barley, rye • Psyllium (All Bran Buds® with psyllium) • Legumes: red/green lentils, chickpeas, kidney beans, white beans, romano beans, split peas, soy beans • Pectin-rich fruits: apples, berries, prunes, citrus, melon, pears • Vegetables: eggplant, persimmon, carrots, okra, broccoli, corn, squash, asparagus, peas 	Sources:	<ul style="list-style-type: none"> • Wheat bran, wheat bran cereals, whole wheat flour • Whole grain breads (dark breads like rye or pumpernickel) • Whole grain cereal, pasta, and brown rice • Fruits and vegetables with skins and seeds - NOT fruit juice

Read the label!

- Choose foods with greater than 2 g of fibre
- For more information on using food labels, refer to page 19.



Tips to Increase Fibre in Your Diet

- Have a fibre-rich cereal (4 to 6 g of fibre) such as **Oat Bran®**, **Bran Flakes®**, **Shredded Wheat®**, or oatmeal. Another way to add fibre is to add a scoop of high-fibre cereal to your regular cereal for breakfast, such as **Bran Buds®** with psyllium.
- Add fresh or dried fruits to your cereal such as pears, raspberries, apples, oranges, nectarines, bananas, or raisins. Eat them unpeeled, whenever possible.
- Choose high-fibre everyday foods such as: low-fat bran or oatmeal muffins, whole grain breads, whole wheat pasta, or brown rice. Make gradual changes by mixing white pasta, rice or flour with high-fibre versions.
- Substitute bran whenever a recipe calls for bread crumbs.
- Boost salads with carrots, apples, dried fruits, raw broccoli, cauliflower, tomatoes, beans, or lentils.
- Add more vegetables, beans, lentils, and natural bran to casseroles, soups, and stews.
- Include a legume dish in your diet at least once a week.
- Snack on fibre-rich foods such as bran muffins, carrots, apples, nuts, and seeds.

Fibre sources

More than 6 g fibre - a very high source

½ cup	high fibre bran cereal
½ cup	cooked legumes (dried peas, beans, and lentils, kidney beans, chick peas)
½ cup	baked beans
½ cup	dried fruit
½ cup	sesame, sunflower seeds
½ cup	nuts
½ cup	shelled peanuts
1 cup	whole-wheat/rye/oat bran flour

4 to 6 g fibre - a high source

1	medium baked potato with skin
1	medium apple or pear with skin
½	cup raspberries
1	cup barley
½	cup green peas, snow peas, lima beans, white beans
½ cup	sweet potato (yam)
½ cup	blueberries, strawberries
5	dried figs
½ cup	white beans, peas

2 to 4 g fibre - a source

½ cup	broccoli
½ cup	most vegetables, brown rice
10 (1-2 g)	shelled almonds
1 medium	citrus fruit, oranges
1 slice	whole grain, rye bread
1 cup	melon
5	prunes, dates
½ cup	whole wheat pasta
1	medium banana, apple, papaya, mango, kiwi
½ cup	carrots
½ cup	tofu
50 mL	raisins

Sample Menu with 27 g of Fibre

Breakfast = 8 g

1 medium banana
1 cup Multigrain Cheerios®
¼ cup All Bran cereal/Buds®
1 cup low fat milk

Lunch = 10 g

2 slices of rye bread
1 medium tomato, sliced
½ cup tuna
1 medium carrot
1 apple
1 cup low-fat yogurt
1 tbsp light mayonnaise

Dinner = 9 g

1 (3 to 4 oz) meat/fish/poultry
1 cup brown rice
½ cup peas
1 cup salad
1 medium orange
1 cup low fat milk
2 tbsp salad dressing or 2 tsp oil

Sugars and Sweets

Sugary foods should be limited as they do not typically provide significant amounts of vitamins, minerals or fibre. Excess sugar intake can increase your risk for obesity, diabetes and heart disease. Limiting sugar intake is especially important for those who are overweight, have diabetes, or have high triglycerides. Sugary foods include:

- Sugars (white, brown, icing, coconut)
- Honey
- Syrups (maple, corn, molasses)
- Fruit juices, drinks
- Regular pop
- Jam, jellies, marmalade
- Baked goods (cookies, pastries, pies, cakes)
- Candies (hard, gummies, gum)



Pay attention to other words that mean “sugar” on the ingredient list, such as:

- Glucose, dextrose, sucrose, fructose, inverted sugar, honey, dextrin, sorbitol, mannitol, xylitol
- Ingredient words ending in “ose” or “ol” also mean sugar.

Foods containing artificial sweeteners may not have sugar. It is a good idea to talk to your registered dietitian for more information.



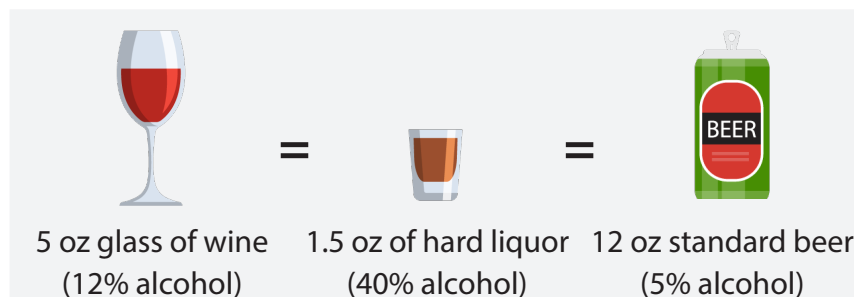
Alcohol

Moderate alcohol consumption of one serving/day for women and two servings/day for men is acceptable. If triglycerides are high, avoid alcohol. If you are trying to lose weight, limit alcohol intake to 2 to 3 servings per week, or less. Alcoholic beverages supply calories and little to no nutrients.

Tips:

- Make every second drink a non-alcoholic one.
- Add more juice or soda water to alcohol to make your drink last longer.

For example, 1 serving equals:



PORTION SIZES



PEANUT BUTTER

A tablespoon is about from your thumb knuckle to the tip. A portion of peanut butter is about 2 thumbs' worth.



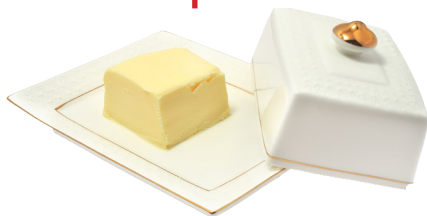
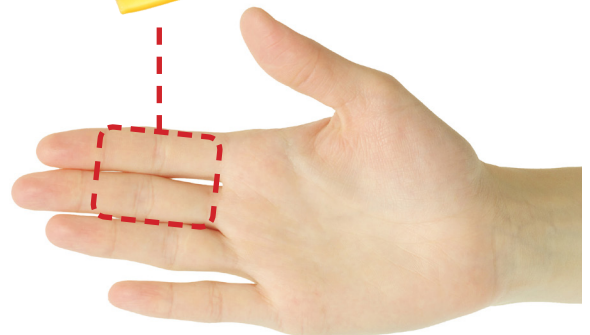
PASTA

A serving of pasta is about the size of a clenched fist.



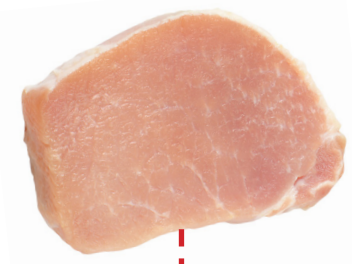
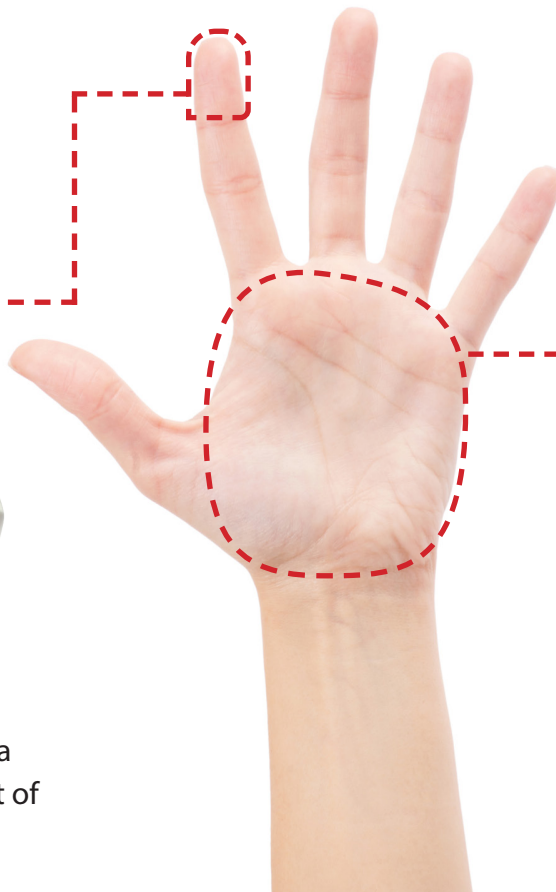
CHEESE

A portion is equivalent to about 2 fingers.



BUTTER

Do not put more than a fingertip-sized amount of butter on your toast.



MEAT

The recommended serving size of meat is 3 oz (90 g), about the size of your palm or a deck of cards.



HOLD THE SALT!



Sodium is naturally found in most foods. Sodium helps to control fluid levels in the body. Too much salt in the diet can lead to fluid retention in some people. Excess fluid makes the heart work harder and can lead to high blood pressure.

Limit your intake of salty foods, such as the following:

- Processed, smoked, salted, cured and pickled meats, fish, and poultry. Examples: bacon, wieners, corned beef, sausages, sardines, and luncheon meats.
- Processed cheese slices, and cheese spreads, such as **Cheese Whiz®**.
- Commercially-prepared sauces and condiments such as **Ketchup®**, soya sauce, chili sauce, prepared mustard, **Worcestershire sauce**, steak sauce, and salad dressings.
- Salted snacks such as salted peanuts, salted pretzels, and potato chips.
- Pickled or brine-cured vegetables such as sauerkraut and pickles.
- Canned soup and dried soup mixes.
- Seasoning salts and meat extensors such as **MSG**, **OXO®**, or bouillon cubes.

Tips to lower your salt intake - Less than 1 tsp (2400 mg) per day

- Do not add salt to foods at the table.
- Cook with small amounts of salt each day (1 tsp per day).
- Double the marinating time for poultry and meat.
- Increase the amount of spices and herbs in recipes.
- Prepare foods with sodium-free spices such as basil, bay leaves, garlic, curry, ginger, mint, lemon juice and vinegar.
- Include more vegetables and fruits in your day - eat them as snacks.
- With long cooking dishes, reserve $\frac{1}{4}$ of the seasonings to add during the last 10 minutes of cooking.

Read the label!

Read food labels and choose products with **less than 200 mg of sodium** per serving.

Recommendation:

Avoid foods that contain any of the following words as the top 3 ingredients on the food label:

- Soya sauce, baking powder, baking soda, brine, celery salt
- Sea salt, monosodium glutamate (MSG), salt/Na
- Sodium benzoate, sodium bicarbonate, sodium alginate
- Sodium hydroxide, sodium nitrate, disodium phosphate

Talk to your doctor before using salt substitutes. Many are made with potassium chloride.

Try: Mrs. Dash® or McCormicks® pre-blended herbal shakers or make your own blend to shake and season.

HOW TO FLAVOUR YOUR FOODS WITHOUT SALT

Proteins	Flavours to Try:
Beef	Bay leaf, dry mustard powder, green pepper, marjoram, fresh mushrooms, nutmeg, onion, pepper, sage, thyme, instant minced onion, ginger, garlic powder, dill, allspice, clove, cinnamon, oregano
Poultry	Green pepper, lemon juice, marjoram, fresh mushrooms, paprika, parsley, poultry seasonings, sage, thyme, rosemary, tarragon, onion and garlic powder, cumin, bay leaf, saffron, ginger, curry powder
Fish and Seafood	Bay leaf, curry powder, dry mustard powder, green pepper, lemon juice, marjoram, fresh mushrooms, paprika, cumin, oregano, parsley, garlic powder, cilantro, ginger
Lamb	Curry powder, garlic, mint, mint jelly, pineapple, rosemary
Pork	Apple, applesauce, garlic, onion, sage, caraway, paprika, thyme, dry mustard, sage, oregano, bay leaf, anise, ginger
Veal	Apricot, bay leaf, curry powder, ginger, marjoram, oregano

Starches	Flavours to Try:
Potatoes	Green pepper, mace, onion, parsley, dill, parsley flakes, caraway, chives
Rice	Chives, green pepper, onion, paprika, parsley, cumin, curry powder, ginger, coriander, cinnamon, cardamom, cloves

Vegetables	Flavours to Try:
Asparagus	Garlic, lemon juice, onion, vinegar
Green Beans	Marjoram, rosemary, caraway, dry mustard, dill, lemon juice, nutmeg, pimento
Carrots	Cinnamon, nutmeg, ginger, onion powder
Corn	Green pepper, pimento, fresh tomato, dill, onion powder
Cucumbers	Chives, dill, garlic, vinegar
Greens	Onion, pepper, vinegar
Peas	Green pepper, mint, fresh mushroom, onion, parsley
Tomatoes	Basil, marjoram, onion, oregano, rosemary, cinnamon, ginger

Fruits	Flavours to Try:
Apples	Cinnamon, allspice, nutmeg, ginger, curry powder
Bananas	Allspice, cinnamon, nutmeg, ginger
Peaches	Coriander, mint flakes, cinnamon, ginger
Oranges	Cinnamon, cloves, poppy, onion powder
Pears	Ginger, cardamom, black or red pepper, cinnamon
Cranberries	Allspice, coriander, cinnamon, dry mustard
Strawberries, Kiwi	Cinnamon, ginger, black pepper, nutmeg

COOKING HEALTHIER

A healthy diet can be fun, nutritious, and delicious. Try to modify some of your favourite recipes using these alternatives and suggestions.

Choose	Choose less often
• 250 mL skim or 1% or 2% milk	• 250 mL homogenized milk, cream, malted milk
• 250 mL blended low fat cottage cheese	• 250 mL cream cheese, high fat ricotta
• 250 mL low fat yogurt/sour cream/blended low-fat cottage cheese	• 250 mL regular creams, sour cream, chip dips
• 250 mL non-hydrogenated margarines	• 250 mL butter, hard margarines
• Olive oil/canola oil sprays	• Oils high in saturated fats, lard shortening
• 2 egg whites or 60 mL egg substitute	• 1 egg (including yolk)
• Low-fat cheese (<17% MF/BF)	• >17% MF/BF cheese
• Applesauce, plain low-fat yogurt, fruit purée (for ½ the fat in the recipe)	• Margarine, butter, oil, shortening
• Tomato sauce, salsa	• Cream sauces
• Plant-based proteins, such as lentils, beans	• Fatty cuts of meat (mutton, spareribs, regular processed meats) poultry skin, meat drippings, fish packed in oil
• Lean beef, pork, chicken, fish packed in water	
• Back bacon	• Side bacon
• Broth	• Gravy
• Small whole wheat bagels, crumpets, English muffins	• Commercial croissants, pastries, buttery garlic bread, muffins, doughnuts
• Low-fat/air-popped popcorn, pretzels	• Corn/potato chips, large amounts of nuts

Cooking Techniques

- Choose recipes that require baking, broiling, roasting, barbecuing, steaming, poaching. Choose frying/deep-frying **less often**.
- Steam-fry in tomato juice, bouillon, or chicken stock.
- Use a cooking rack and discard the drippings.
- “Cream sauces” can be made with low-fat milk, margarine and flour.
- Thicken soups with puréed cooked vegetables (squash, potatoes), noodles, legumes, rice or barley.
- Blend your own salad dressings by adding juices or sugar, or use flavoured vinegars alone.
- Experiment with herbs and spices when reducing the fat or salt content in recipes.
- Use non-stick baking and frying pans or woks.
- Remove all visible fat from meat before cooking. De-fat your soup stocks and gravies by placing them in the fridge, and then skimming off the solid fat (saves 100 calories per tablespoon).
- Use lean meats.

NUTRITION CLAIMS

Cholesterol and Fat

Claim	What It Really Means
Low in saturated fat	No more than 2 g saturated fat per serving, or No more than 15% of calories from saturated fat
Trans fat-free	No more than 0.2 g per serving
Lower/reduced trans fat	At least 25% less trans fat than a similar product
Low in fat	No more than 3 g of fat per serving
Fat-free	No more than 0.5 mg of fat per 100%
Cholesterol-free	No more than 2 mg per serving Must qualify as "low in saturated fat"
Low in cholesterol	No more than 20 mg cholesterol per 100g and per serving Must qualify as "low in saturated fat"
"Extra-lean"	No more than 7.5% fat by weight
"Lean"	No more than 10% fat by weight
"Medium"	No more than 23% fat by weight
"Regular"	No more than 30% fat by weight, 50 kcal from fat

Dietary Fibre

Claim	What It Really Means
Very high source of dietary fibre	At least 6 g of fibre per serving
High source of dietary fibre	At least 4 g of fibre per serving
Source of dietary fibre	At least 2 g of fibre per serving

Calories and Sugar

Claim	What It Really Means
Calorie-reduced	At least 25% less calories than a similar product
Low-calorie	120 calories per 100 g for prepackaged food No more than 40 calories per serving or 30 g or less Must qualify as "calorie-reduced"
Calorie-free	No more than 1 calorie per 100 g
Sugar-free	No more than 0.5 g of sugar per 100 g No more than 1 calorie per 100 g
No sugar added/unsweetened	No sugar is added and none of the ingredients contain a significant amount of sugar
Low in sugar	No more than 2 g of sugar per serving

Salt and Sodium

Claim	What It Really Means
No added salt/unsalted	No salt added None of the ingredients contains a significant amount of salt
Salt-free/sodium-free	No more than 5 mg of sodium per serving
Low salt/low in sodium	25% less sodium than regular product No more than 140 mg of sodium per 100 g

NOTE: "Light/Lite" can describe a product's FAT or CALORIE content or must describe what makes the food "light" (for example, "light in colour")

Source: Health Canada

USING FOOD LABELS

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
A	Calories 110	% Daily Value* % valeur quotidienne
C	Fat / Lipides 0 g	0 %
D	Saturated / saturés 0 g + Trans / trans 0 g	0 %
E	Carbohydrate / Glucides 26 g	
	Fibre / Fibres 0 g	0 %
	Sugars / Sucres 22 g	22 %
F	Protein / Protéines 2 g	
	Cholesterol / Cholestérol 0 mg	
G	Sodium 0 mg	0 %
	Potassium 450 mg	10 %
	Calcium 30 mg	2 %
	Iron / Fer 0 mg	0 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% or plus c'est beaucoup		

Reading and understanding food labels will allow you to make heart healthier choices when grocery shopping. You will find 3 different types of information on a food label:

1. **Nutrition Claims** - Optional government-regulated statements made when a food meets a certain criteria. It will always be accompanied with nutrition information in Canada.
2. **Ingredient List** - Ingredients are listed in descending order by weight. This is also useful if you have food allergies or specific dietary needs. Found on all food packages in Canada.
3. **Nutrition Facts** - Required on all packaged and pre-packaged foods. It provides the nutritional details of the food item.

A Per Serving: Nutrition information is based on this serving size. Multiply or divide based on your portion.

B % Daily VALUE (DV): The Daily Value indicates if there is a lot or a little of the nutrient in a serving of food. It also makes it easier to compare foods. The DV is based on recommendations for a healthy diet. Eat a variety of foods to meet 100% of your daily requirements.

C Calories: The fuel you need to function. It is measured in calories (kcal) and kilojoules (KJ), the metric equivalent. (1 kcal = 4.2kJ)

D Fat: Carries vitamins and is a source of energy. Provides 9 calories per gram. Look for food that has <5% DV.

Polyunsaturates and Monounsaturates: A valuable source of essential fatty acids. Lowers blood cholesterol levels. The greater these amounts of fats, the better.

Saturates: Raise blood cholesterol levels, which is a risk factor for coronary heart disease. Look for foods low in saturated fat. Look for food that has <10% DV.

Trans Fats: Raise "bad" cholesterol levels, which is a risk factor for coronary heart disease. Look for foods that are non-hydrogenated (therefore low in trans/hydrogenated fats or shortening).

Cholesterol: Found in animal products only. Limit to <300 mg/day. Look for food that has <5% DV.

E Carbohydrates: A source of energy. Provide 4 calories per gram.

Fibre: A diet high in fibre has many health benefits. Aim for 25 to 35 grams of dietary fibre per day. Look for food that has >15%.

Sugars and Starch: Include naturally occurring sugars in fruit and milk, as well as added or refined sugars. It is easy to see how much added sugar you are getting from foods that have little or no naturally occurring sugar (such as soft drinks, pastries). Aim to limit added sugars to 40 grams or 1 teaspoon/day.

F Protein: Provides the building blocks of the body. Found mainly in meats, poultry, fish, eggs, dairy products, legumes. Provides 4 calories per gram.

G Sodium: Raises blood pressure. Limit to 2400 mg per day. Look for foods with less than 200 mg of sodium per serving.

Potassium: Regulates blood pressure.

HEALTHY SNACK IDEAS AND CELEBRATION TIPS

Healthy Snack Ideas

The following are low-fat and low-calorie snacks that can be part of a healthy diet:

- Low-fat yogurt or frozen yogurt (1% MF or less)
- Air-popped or light microwave popcorn with little or no margarine (2 g fat or less per serving)
- Baked tortilla chips, pretzels (as per serving)
- Frozen fruit bars
- Fresh fruit or fruit kabobs
- Vegetable sticks (with or without 1% MF yogurt dip)
- Plain biscuits: **Arrowroot®**, social tea, graham wafers
- Soda crackers, breadsticks, rice cakes, melba toast
- Low-fat cheese and crackers
- Cereal (2 g fat per serving) with low-fat milk, or cereal alone
- Homemade low-fat muffins (2 g fat per serving)
- Whole grain toast with jam
- Homemade bagel slices or pita triangles dipped in salsa or tzatziki sauce
- Rice cakes



Tips for Celebrations*

Celebrations can be difficult for most people with tempting, high fat foods everywhere they look. Occasional indulgences are a part of life, but the key is to choose foods wisely.

- Eat a healthy snack before you leave for the party.
- If it is a potluck party, bring a healthy choice such as vegetables and low-fat dip, fruit platter, sushi or a low-fat fruit dessert.
- Instead of gravy made from drippings, use cranberry sauce, fruit chutney, salsa or low-fat gravy from a mix.
- Take only small servings of desserts.

If you are having the party:

- Replace fat in stuffing with homemade stock.
- Add high-fibre foods such as brown rice or whole wheat bread to your stuffing.
- Avoid self-basting turkeys, which have fat injected. Make your own low-fat basting solution.
- Add a vegetarian dish to your menu for added variety.
- Make salads, vegetables and grains a focus of your meal.

HAVE FUN! IT'S A PARTY!

*Information adapted from "Heart Healthy Tips for Celebrations" by the Dial-a-Dietitian Nutrition Information Society of B.C.

Choose	Choose less often
• Grilled hamburgers	• Hamburgers with special sauces, bacon, cheese, extra patties, regular mayonnaise
• Grilled chicken breast, kabobs	• Fried, breaded chicken or chicken burgers
• Grilled, steamed, poached fish	• Fried, breaded fish or fish burgers
• Baked potatoes	• Baked potatoes with bacon bits, cheese, regular sour cream • French fries, onion rings
• Pizza with vegetables	• Pizza with more than one meat topping, double cheese, olives
• Whole wheat sandwiches with lean cold cuts. • Mustard instead of butter, margarine or mayonnaise	• Sandwich fillings and salads with regular mayonnaise
• Low-fat salad dressings like vinaigrettes	• Creamy dressings
• Broth-based soups, vegetable soups	• Cream soups, gravies
• Pasta with tomato-based sauces	• Pasta with cream sauces
• Steamed rice, noodles	• Fried rice, fried noodles, egg rolls
• Angel food cake, fruit, sherbet	• High-fat desserts: cakes, pies, ice cream, pastries

Look for “healthier” words in the menu	Avoid “unhealthy” words in the menu
• Steamed • In it’s own juice, au jus • Broiled • Grilled • Barbecued • Poached • Roasted • Tomato sauce, marsala, marinara	• Buttered, cream • In its own gravy • Hollandaise, bearnaise sauce • Sautéed • Fried, pan-fried, crispy • Battered, breaded • Au gratin, parmesan, cheese sauce • Marinated in oil • Casserole, hash, pot pie

Questions to ask your server:

1. Can the sauce or salad dressing be served **separately**? (allows you to control how much you eat)
2. Can margarine/olive/canola oil be used **instead** of butter in the food and in preparing the meal?
3. How is the food prepared? (look for **"healthier" words** as described on the previous page)
4. Can high-fat side dishes, such as french fries, be **substituted with low-fat ones** such as a salad, rice, vegetables, or a baked potato?



[illegible]