

Spotlight on Food and Nutrition



- 1** Want to feel your best?
Eat well and get physical!
- 2** Benefit from balance – challenge and support family members to achieve and maintain healthy weights.
- 3** Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!
- 4** Give your food portions a makeover – tune in to moderation in serving sizes.
- 5** Colour your world with vegetables and fruit!
- 6** Be a savvy shopper – get the nutrition facts on foods from the label.
- 7** Make meal time a family affair!
- 8** Healthy eating is more than a flash in the pan – it's a lifetime commitment.
- 9** Make www.dietitians.ca/eatwell your 'go to' place for trusted nutrition information and fun healthy eating ideas!
- 10** Have a food or nutrition question? Ask a Registered Dietitian!



Spotlight

on Food and Nutrition


Dietitians Top 10 List
what you need to know...



2 Benefit from balance – challenge and support family members to achieve and maintain healthy weights.

1 Want to feel your best?
Eat well and get physical!

Why?

Wise food choices play an important role in reducing your risk of chronic diseases such as obesity, type 2 diabetes, heart disease, some cancers and osteoporosis.

Daily physical activity is needed to stay healthy and includes many other benefits such as improved fitness, better self-esteem and sense of well being, feeling relaxed, and reduced stress. Physical inactivity is as risky to your health as smoking!

How?

- Use Eating Well with Canada's Food Guide as your roadmap to good health. You can also personalize your plan at www.myfoodguide.ca
- Let's get physical! Build up to 30-60 minutes or more physical activity into your day, on most days of the week. If 30-60 minutes is too long for you, you can break it up into shorter sessions of at least 10 minutes. If you're already doing light activities (e.g., light walking, stretching) try to add some activities that make you breathe a little faster and get your heart rate up (e.g., brisk walking, shoveling your walk, swimming). For more information, visit www.paguide.com

Why?

Face the facts: Too many Canadians are overweight and obese. In 2004, nearly one-quarter of Canadian adults were obese and an additional one-third were overweight. In total, that's over 14 million adults carrying excess weight. The numbers are just as alarming for youth as 26% of Canadian children and teens aged 2 to 17 were overweight or obese.

As body mass index (BMI) and waist circumference (or waist size) increases, so does an individual's chance of suffering from obesity, high blood pressure, diabetes, and heart disease.

How?

- Are you at a healthy weight?
With the help of your doctor or dietitian, calculate your BMI and waist circumference. You can also calculate your own BMI and waist circumference with the resources available at www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/index_e.html
- Need to make a change to achieve a healthy weight?
Try one change at a time such as:
 - ✓ Get personal with portion sizes – check Canada's Food Guide for a 'real' portion size at www.myfoodguide.ca

- ✓ Fill your plate with colourful vegetables, fruit and whole grains.
- ✓ Pack a nutritious snack from home (yogurt, boiled egg, small handful of almonds, small whole grain muffin and of course, fresh fruit and veggies!).
- ✓ Reduce TV and computer time at home; steer kids away from the TV and video games toward more active pursuits like walking, biking, helping the household by clearing snow, gardening, spring cleaning and carrying groceries, or trying a friendly family game of soccer! Canada's Physical Activity guide recommends at least 90 minutes a day of moderate physical activity for children and teens.

- Plan and track your eating and activity choices using Dietitians of Canada www.EATracker.ca

Healthy eating and active living go hand in hand to achieving and maintaining healthy weights.



3 Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!

Why?

We all want the biggest bang for our buck so why not choose the very best food! Your body needs more than 50 nutrients every day to keep it working its best and energized for a long time.

How do you measure up? Most Canadians skimp on vegetables and fruit, milk and alternatives and whole grains. If you're one of them, it's time for a change.

How?

- Wherever you are, make quality food choices.
- When you're on the go, grab a bite that's right – like a juicy orange, a small handful of unsalted nuts, a yogurt, or a small snack bag of whole grain cereal.

Skip the chips, candy, energy drinks, large sweetened beverages, and giant coffees.

- Change 'ho-hum' to 'yum-yum' by increasing the variety of foods you eat from each of the four food groups.
- Work with your local school, recreation facility and work place to ensure healthy and tasty food choices are available.

4 Give your food portions a makeover – tune in to moderation in serving sizes.

Why?

The bigger the portion size, the more energy (kilocalories) people eat, which in turn, can lead to weight gain and becoming overweight.

Most people don't recognize how much food is in a serving – seriously! Over the years, portion sizes of many foods have increased dramatically. Most of us don't need enormous servings of food!

How?

- Listen to your body; eat only if you're truly hungry and stop eating before you feel full.
- Learn to recognize the serving sizes of food as outlined in Canada's Food Guide – cut back, but don't cut out any food groups!
- Use www.EATracker.ca – a very cool tool from Dietitians of Canada, to compare the portion sizes and amount of food you eat to what you need for your age and gender.
- If your food portions are distorted, it's time for a makeover! For example, the popular 19 oz (591 mL) bottle of juice has 4.7 servings of vegetables and fruit! A serving of fruit juice is only 1/2 cup (125mL). A grain serving is only 1/2 bagel (45g), not a large whole bagel.

Mango Lassi

Makes 2 servings Preparation time: 5 minutes

- 1 ripe mango, peeled and chopped 1
- 1/2 cup low-fat plain or vanilla yogurt 125 mL
- 1/2 cup milk 125 mL
- Liquid honey
- 1/2 cup ice cubes 125 mL

In blender, on high speed, blend mango, yogurt, milk, honey to taste and ice for 2 minutes or until smooth.

NUTRIENTS Per Serving

Calories: 190 Fat: 2.7 g Carbohydrate: 38.8 g Fibre: 3.3 g
Protein: 6.2 g Iron: 0.3 mg Calcium: 203 mg Sodium: 72 mg

Recipe from: Simply Great Food, by Dietitians of Canada, 2007.
Published by Robert Rose Inc.

5 Colour your world with vegetables and fruit!

Why?

Dark green and deep orange vegetables such as broccoli, spinach, winter squash and carrots, as well as fruits such as berries, oranges and melon are filled with health-promoting antioxidants.

A menu rich in vegetables and fruit may help maintain a healthy weight.

How?

- Enjoy vegetables and fruit more often than juice – their crunch and fibre are more filling and satisfying.
- Try seasonal, colourful vegetables and fruit – simmer some squash, carve up some cantaloupe, pick up a pepper, or bite on some berries!
- Frozen and canned vegetables and fruit are as nutritious as fresh. They are often cheaper and more convenient particularly when fresh are not readily available.



6 Be a savvy shopper – get the nutrition facts on foods from the label.

Why?

With new regulations, all packaged food is now required to have a Nutrition Facts table. Surveys have found that 75% of Canadians say they use labels to look for nutrition information or health claims.

How?

- When you buy a new packaged food, check the Nutrition Facts table and ingredient list to help you choose wisely.
- Be aware of the serving size on the Nutrition Facts table. It may be more or less than you eat. When comparing products, make sure that you are comparing nutrients in the same amount of food.
- The % Daily Value (%DV) shows you at a glance if there is a little (low %DV) or a lot (high %DV) of the nutrient in that amount of food – for example, a cereal label that says it contains 8% DV of dietary fibre is a better choice than one that has 2% DV.
- Learn more about label reading. Visit a virtual grocery store at www.healthyeatingisinstore.ca

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Orange Hoisin Salmon

Makes 4 servings

Preparation time: 5 minutes / Cooking time: 7 to 10 minutes

2 tbsp hoisin sauce	25 mL
1 tbsp frozen orange juice concentrate	15 mL
2 tsp grated orange zest	10 mL
2 tsp liquid honey	10 mL
Pinch salt	Pinch
Pinch freshly ground black pepper	Pinch
4 salmon fillets (about 1 1/2 lbs/750 g total)	4
Vegetable cooking spray	

- Preheat broiler, with rack set 4 inches (10 cm) from the top.
- In a small bowl, combine hoisin sauce, orange juice concentrate, orange zest and honey.
- Place salmon on lightly greased baking sheet and baste both sides with hoisin mixture. Season with salt and pepper.
- Broil for 7 to 10 minutes or until fish is opaque and flakes easily with a fork.

Serving idea: serve with steamed brown rice and a fresh green salad.

NUTRIENTS Per Serving

Calories: 314 Fat: 17.1 g Carbohydrate: 8.4 g Fibre: 0.4 g
Protein: 29.7 g Iron: 0.6 mg Calcium: 26 mg Sodium: 210 mg

Recipe from: *Simply Great Food*, by Dietitians of Canada, 2007.
Published by Robert Rose Inc.

7 Make meal time a family affair!

Why?

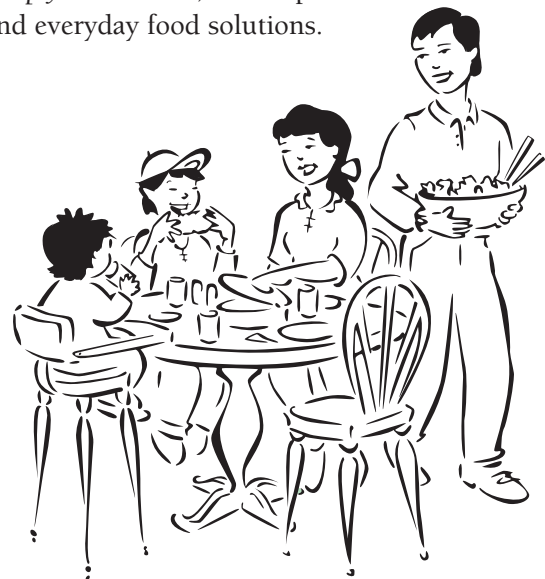
Eating together means eating better! Children and teens who eat together with their families eat more vegetables, fruit, whole grain products, calcium-rich foods and eat less fat, saturated fat, and fewer soft drinks.

Seniors who participate in collective meal programs have more social contacts and join in more recreational and social activities.

When children are involved in wise food shopping and meal preparation, they learn skills that set the stage for their future health.

How?

- Make it a habit to have at least three meals each week as a family.
- Get the whole clan involved! Give everyone a task to get a meal on the table – whether it be finding a recipe, planning the meal or grocery list, helping with shopping, cooking or clean-up.
- Family meals that involve all generations build pride in food culture and tradition.
- Use Dietitians of Canada's latest cookbook, *Simply Great Food*, for recipe ideas and everyday food solutions.



8 Healthy eating is more than a flash in the pan – it's a lifetime commitment.

Why?

We can't stop the clock, but we can age well even though our nutrition needs change as we age. Food fads come and go, but staying the course using Canada's Food Guide as your cornerstone for healthy eating will help meet your needs for life.

How?

- Make a change for the better with your food intake. Begin with one new change at a time such as:
 - ✓ Experiment with adding nuts, seeds and legumes to salads to improve fibre intake.
 - ✓ Set a goal of serving fish twice a week to get more healthy fats.
- Add one new vegetable or fruit as a snack to boost your antioxidant intake.

The options are endless – do it your way, slowly but steadily until it becomes a habit.



10 Have a food or nutrition question? Ask a Registered Dietitian!

Insist on getting your nutrition information from a Registered Dietitian. Canada's dietitians have the most accurate, reliable and current evidence on food and nutrition.

- To find a Registered Dietitian, visit Find a Nutrition Professional at www.dietitians.ca/find

9 Make www.dietitians.ca/eatwell your 'go to' place for trusted nutrition information and fun healthy eating ideas!

Why?

There are more than 2 million visitors per year to Dietitians of Canada's award winning website. At www.dietitians.ca/eatwell, you will find information on a wide variety of nutrition topics, healthy recipes and tips as well as interactive tools such as:

- Recipe Analyzer – find out the nutrients in your favourite recipes and get practical tips on how to make your recipes healthier.
- EATracker – get a personal assessment of your daily food and activity choices.
- Healthy Eating is in Store for You – learn more about nutrition labelling in a Virtual Grocery Store.
- Let's Make a Meal – build a one-day menu for breakfast, lunch, dinner and snacks to compare against recommended servings in Canada's Food Guide.

How?

- Simply point, click on www.dietitians.ca/eatwell and get informed!

Official Sponsors

Members of Compass Group Canada

Factsheet Sponsor

This Factsheet distributed compliments of:

- Ask your doctor for a referral to a Registered Dietitian.
- Call your local public health department or community health centre.
- Call the Dietitians of Canada Consulting Dietitians Network toll free at **1-888-901-7776**.

Dietitians of Canada does not endorse or promote any commercial products or services.



For more information about Nutrition Month®, visit www.dietitians.ca/eatwell. Nutrition Month® is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors. ©2008 Dietitians of Canada; may be produced in its entirety provided source is acknowledged.