



Brockton Area and Kincardine
Family Health Teams



Nicole Ballantine, RD
Registered Dietitian, Cardiac Program



Welcome to Cardiac Rehab

Scent-free policy in effect

Please turn off cell phones.
No recording devices please.

Thank you!



Session 2: Sugar & Salt

- **Why?**
 - For your heart health
- **What?**
 - Amounts we eat vs recommendations
- **How?**
 - Ideas on how less is more!!
 - less fat, sugar & salt = more fresh, whole & real!



Why?...for your heart health

- Fat (trans) and blood fats
- Sugar (refined) and blood sugar
- Salt (sodium) and blood pressure



-  **inflammation in body cells**

How much SUGAR do I get?



- Sugar/refined (Added)
 - 26 tsp/104 g daily; 21% average intake
 - **Target** = 6 tsp (F) to 9 tsp (M)/ 30-45g daily; <10% average intake

Sources of Sugar

Processed Sugar Amount Daily

- Added sugar 3 tsp/12%
- Soft drinks 4 tsp/15%
- Others 11 tsp/42%

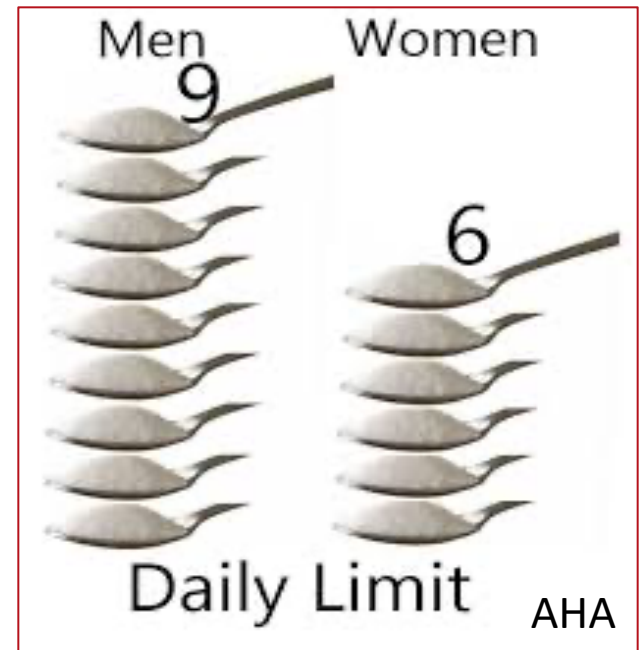
Natural Food Sugar Amount Daily

- Milk 3 tsp/12%
- Fruit 5 tsp/19%





**Total = 28 teaspoons
of refined sugar**



Total = 3 tsp of refined sugar

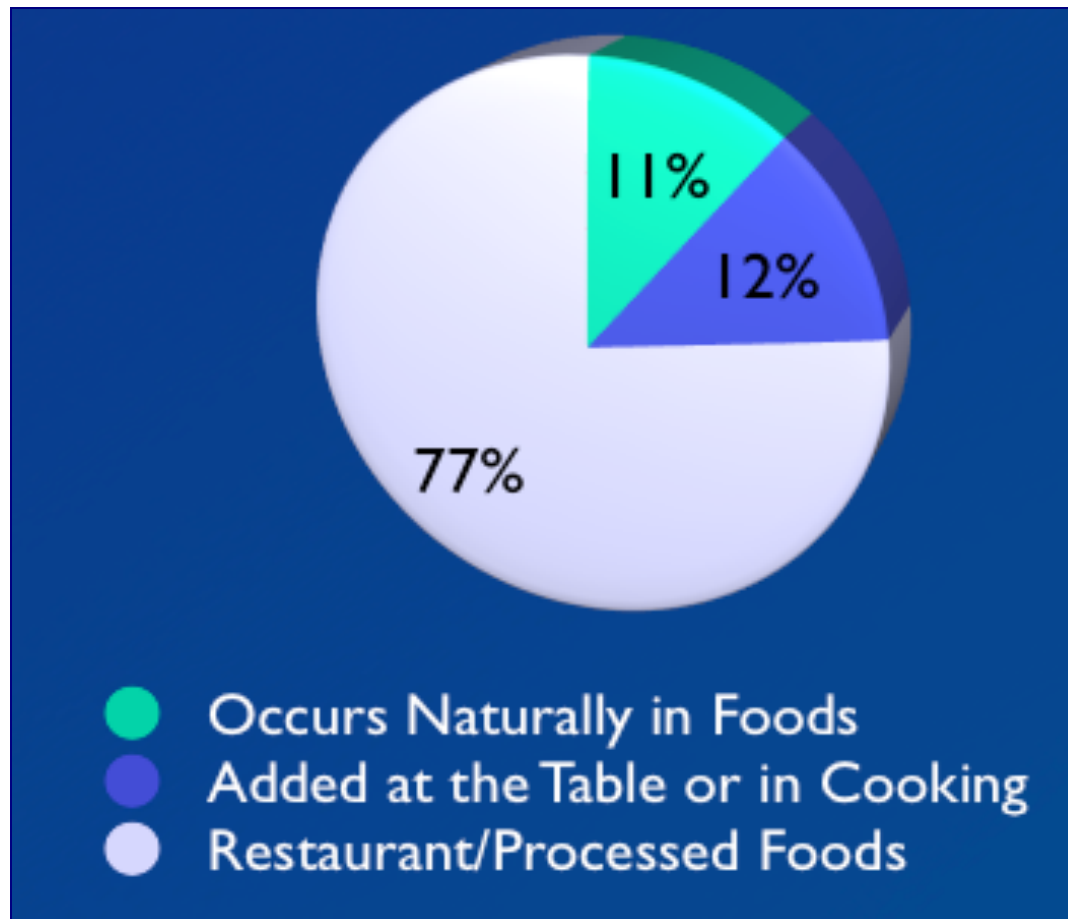


How much SALT do I get?



- Salt/sodium
 - 3400 mg – 4100 mg daily
 - **Target**= <2300 mg daily (1 tsp)

Sources of Sodium



Sodium added in processing:

Food	Sodium (mg)	Food	Sodium (mg)
Plain pasta	5	Pasta & sauce	800
Cucumber	2	Dill Pickle	385
Fresh salmon	56	Canned salmon	272
Cheddar cheese	176	Processed cheese	407
Coffee – cream & sugar	15	Cappuccino – from mix	250
		Hot chocolate	360

Restaurant Sources

Food High Sodium	Sodium (mg)	Food Low Sodium	Sodium (mg)
Fast food chicken burger	990	Grilled chicken breast	64
Medium French fries	540	Baked potato	33
Ketchup – 1 Tbsp.	110	Sour cream – 1 Tbsp.	6
Milkshake – 16 oz.	350	Tomato slices – 6	11
		Steamed broccoli – 1 cup	25
		Milk – 8 oz.	122
Total	1990		261

Nutrition Facts Label

13 Core Nutrients:

fat, saturated fat, trans fat,
cholesterol, sodium
carbohydrate, fibre, sugars
protein
Vitamin A, Vitamin C,
calcium & iron

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 440	
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g + Trans / Trans 0.2 g	21 %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

Label Reading Serving Size

Nutrition Facts			
Per 3/4 cup (100 g)			
Amount		% Daily Value	
Calories 80			
Fat 1 g		1 %	
Saturated Fat 0 g		0 %	
+ Trans Fat 0 g			
Cholesterol 0 mg			
Sodium 2 mg		0 %	
Carbohydrate 15 g		5 %	
Fibre 3 g		12 %	
Sugars 7 g			
Protein 3 g			
Vitamin A	1 %	Vitamin C	2 %
Calcium	1 %	Iron	3 %

- the specific amount of food listed under the “Nutrition Facts” title
- all nutrient information is based on this amount of food
- listed in common measures you use at home

Label Reading Targets

Total fat per day = **60** grams

Total saturated fat per day = **10-15** grams

Total trans fat per day = **0** grams

Total cholesterol per day = **200-300** mg

Total sodium per day = **2300** mg

Total sugar per serving = **less than 10 g**

Nutrition Facts			
Per 3 pieces (105 g)			
Amount		% Daily Value	
Calories 220			
Fat 10 g		15 %	
Saturated Fat 1.5 g + Trans Fat 1 g		13 %	
Cholesterol 15 mg			
Sodium 490 mg		20 %	
Carbohydrate 20 g		7 %	
Fibre 3 g		12 %	
Sugars 6 g			
Protein 12 g			
Vitamin A 8 %		Vitamin C 0 %	
Calcium 2 %		Iron 10 %	

% Daily Value

- Quick tool to determine if a product contains a lot or a little of a nutrient
- Greater than 15% = a lot
- Less than 5% = a little

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	440
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g + Trans / Trans 0.2 g	21 %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

Ingredients...also known as sugar, fat & salt

- Any word that ends in “ose” or “syrup”
 - Sucrose, glucose, fructose, **glucose-fructose or high fructose corn syrup**, dextrose
 - cane or beet sugar, cane juice, maltodextrin, barley malt
 - Honey, maple syrup, molasses, brown rice syrup, agave syrup
- Trans fats can get “fancy”
 - Partially hydrogenated oils, vegetable oil shortening
- Any word with “sodium” in it
 - Sodium chloride, sodium phosphate, monosodium glutamate, sodium nitrite, sodium benzoate, sodium citrate

What am I?

- **INGREDIENTS:** Enriched flour, vegetable oil shortening (soybean, cottonseed), brown sugar, corn syrup, liquid whole eggs, water, raisins, glucose-fructose, vegetable oil margarine (hydrogenated soybean oil and cottonseed oil, soybean oil, water, salt, dextrose, soy lecithin, potassium sorbate, mono- and diglycerides, citric acid, artificial flavour, vitamin A palmitate, vitamin D3), salt, dextrose, skim milk powder, modified cornstarch, artificial flavour, potassium sorbate, butter, soybean oil, L-cysteine hydrochloride, tricalcium phosphate, amylase.

What am I?

- INGREDIENTS: Enriched flour, vegetable oil shortening (soybean, cottonseed), brown sugar, corn syrup, liquid whole eggs, water, raisins, glucose-fructose, vegetable oil margarine (hydrogenated soybean oil and cottonseed oil, soybean oil, water, salt, dextrose, soy lecithin, potassium sorbate, mono- and diglycerides, citric acid, artificial flavour, vitamin A palmitate, vitamin D3), salt, dextrose, skim milk powder, modified cornstarch, artificial flavour, potassium sorbate, butter, soybean oil, L-cysteine hydrochloride, tricalcium phosphate, amylase.

...a butter tart



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Nutrition Facts Label



Nutrition Facts	
Valeur nutritive	
Serving Size 2 tarts (90 g)	
Portion 2 tartelettes (90 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 460	
Fat / Lipides 23 g	35 %
Saturated / saturés 6 g	60 %
+ Trans / trans 6 g	
Cholesterol / Cholestérol 40 mg	
Sodium / Sodium 340 mg	14 %
Carbohydrate / Glucides 61 g	20 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 26 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %

Targets per serving:

- Trans fat = 0 g
- Sodium = 200 mg or less
- Sugars = 10 g or less

Majority of sugar, fat & salt comes from:

- Processed meat
- Cheese
- Breads/crackers
- Soups/canned food
- Salad dressings
- Cookies/cakes
- Breaded frozen food
- Bread spreads



Food for thought....

As much as nutrition labels help identify products with the lowest sugar, fat and salt, be mindful that it's the foods with no labels that are the **best!**



"Single ingredient foods"

How do I get less?

Choose fresh!



Choose whole!

Less is More!

Choose lean!



Choose plant!





Choose colour!



Paradigm shift



My top 3 website picks

www.nutritionaction.com



www.healthcastle.com



www.sodium101.ca