



Brockton Area and Kincardine
Family Health Teams




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Session 3

- **Fibre**
 - **Mediterranean Diet**
 - **Dining Out/Cooking Tips**
 - **Alcohol**
 - **Caffeine**
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Fibre it up!

- Diets high in fibre tend to be lower in total fat and saturated fat.
- Fibre helps lower blood cholesterol
- Fibre helps slow the release of sugar into blood
- **Aim for 25 – 35 g fibre daily**



Types of Fibre

- There are 2 types of fibre:

Soluble Fibre

Insoluble Fibre





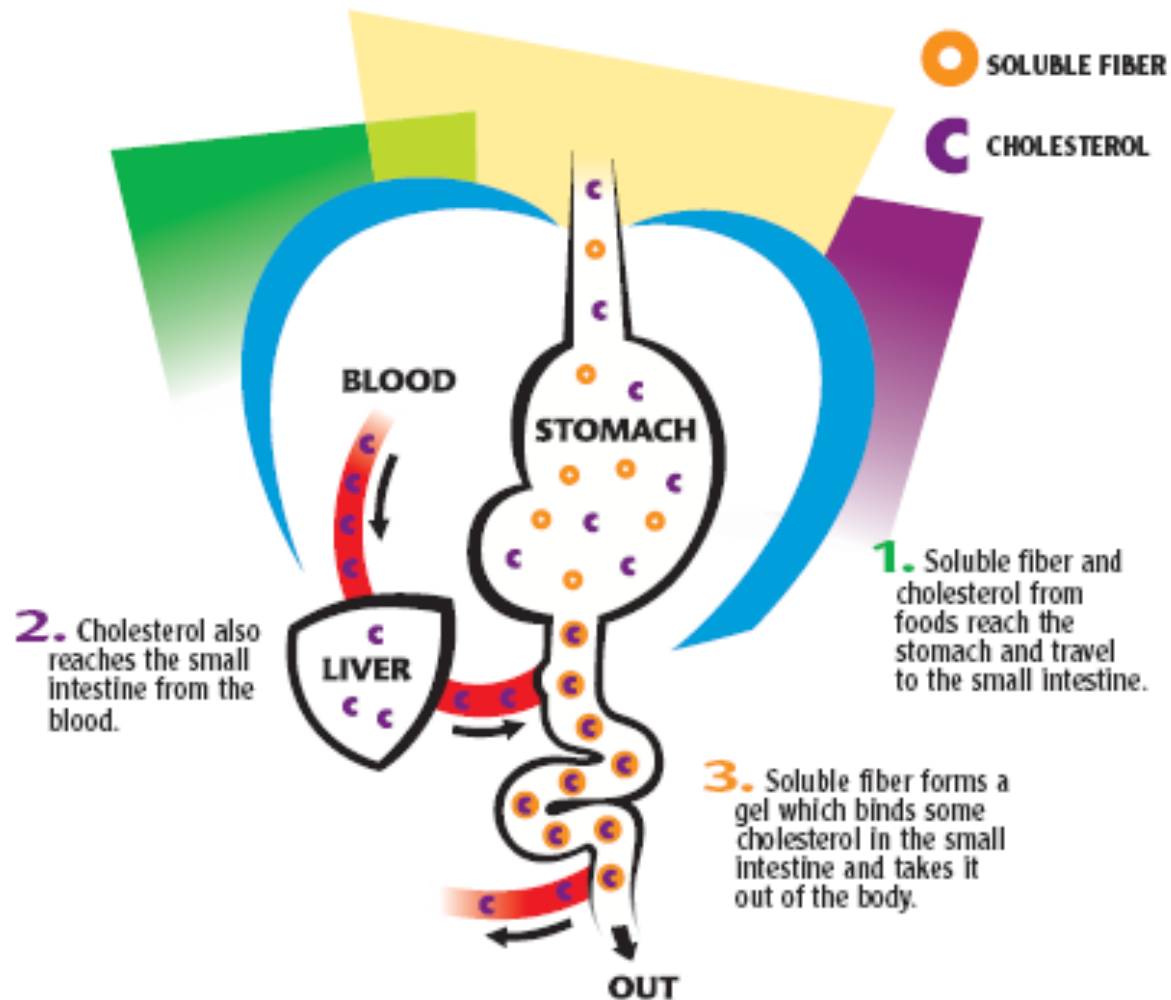
Soluble Fibre

- forms a gel when mixed with water
- helps lower cholesterol by 5%
- helps slow release of sugar into blood



How Soluble Fiber May Lower Your Cholesterol

While scientists are still unraveling the details, this picture shows how the soluble fiber from the foods you eat can help lower the cholesterol in your blood.





Soluble Fibre

- Aim for minimum **10-15 grams** of soluble fibre daily



Sources

- Barley, ground flaxseed, lentils, legumes, oats, psyllium husk
- Pectin rich foods: apples, strawberries, citrus fruits



Insoluble Fibre

- Bowel healthy fibre
- Helps to prevent constipation
- Absorbs water like a sponge when combined with water



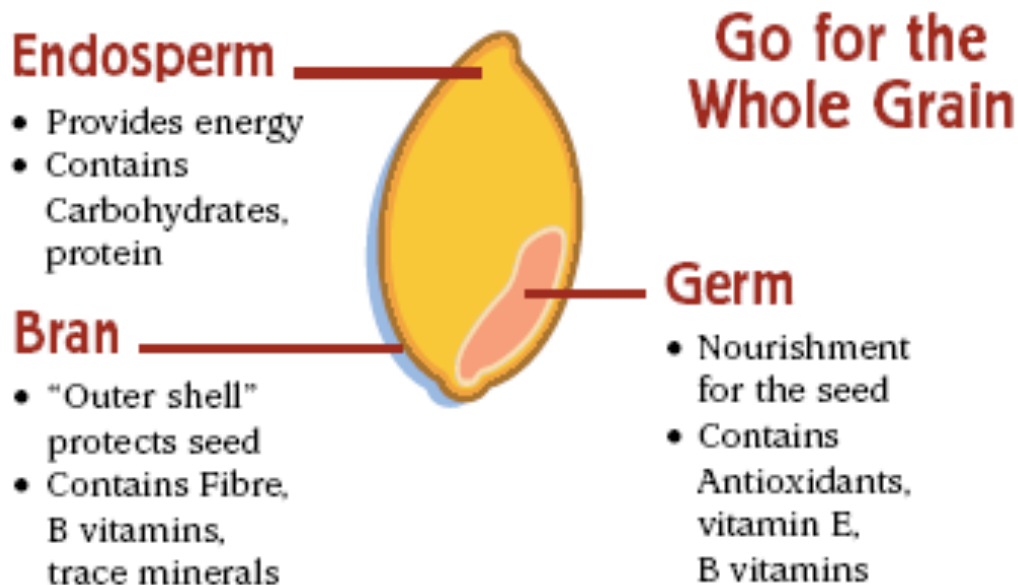
Insoluble Fibre: Sources

- Aim for **15-25 grams** of insoluble fibre daily
- Sources:
 - Whole grains, whole wheat, wheat bran
 - Vegetables and fruits (skin, leaves, seeds)



Finding Fibre

- Why choose “Whole Grains”?



Contain:

- Fibre
- Antioxidants
- Phytonutrients
- Minerals

adapted from www.generalmills.com/whole



Tips for increasing fibre

Whole grain cereals:

Look for : **more than 4 grams of
fibre per serving**


Whole grain breads:

Look for : **at least 2 grams of
fibre per slice**





Tips for increasing fibre

- high fibre cereal at breakfast
 - add 2 Tbsp ground flax
 - 100% whole wheat/whole grain breads
 - whole grain side dishes:
 - brown rice, whole wheat pasta, barley, farro, quinoa
 - whole grain snacks:
 - granola bars, crackers, cereal, popcorn
- 

Finding Fibre



Nutrition Facts			
Per 2 slices (64 g)			
Amount	% Daily Value		
Calories 140			
Fat 1.5 g	2 %		
Saturated 0.3 g + Trans 0.5 g	4 %		
Cholesterol 0 mg			
Sodium 290 mg	12 %		
Carbohydrate 26 g	9 %		
Fibre 3 g	12 %		
Sugars 2 g			
Protein 5 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 4 %	Iron 10 %		

Kellogg's* All-Bran Buds* cereal

Nutrition Facts		
Serving 1/3 cup (28 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	70	130
% Daily Value		
Fat 0.5 g†	1 %	3 %
Saturated 0 g + Trans 0 g	0 %	4 %
Cholesterol 0 mg	0 %	2 %
Sodium 190 mg	8 %	11 %
Potassium 250 mg	7 %	13 %
Carbohydrate 23 g	8 %	10 %
Fibre 12 g	48 %	48 %
Sugars 8 g		
Starch 3 g		
Protein 3 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	2 %	15 %
Iron	25 %	25 %
Vitamin D	0 %	25 %
Thiamin	45 %	50 %
Riboflavin	4 %	15 %
Niacin	10 %	15 %
Vitamin B6	10 %	15 %
Folate	8 %	10 %
Vitamin B12	0 %	25 %
Pantothenate	6 %	10 %
Phosphorus	15 %	25 %
Magnesium	30 %	40 %
Zinc	15 %	20 %
† Amount in cereal.		

† Amount in cereal.

Why I should eat more fruits and vegetables?

- High in flavonoids and fibre, low in calories
- Lowers blood pressure and other risk factors



How many should I eat?

4-5 servings **Vegetables**



&



4-5 servings **Fruits**



Go For Colour!!



What is a serving?

One Serving



= 1/2 cup most fruits & vegetables

= 1 cup leafy greens


= 1/4 cup dried fruit

= 1 small banana, orange, apple
etc.





Try these tips:

- fruit choice at every meal
 - cereal with fresh/frozen/dried fruit
 - raw vegetables with low fat salad dressing or bean dip
 - vegetables in casseroles/stews/soups/salads
 - always eat seasonal fruits and vegetables
 - bite-sized vegetables in containers in fridge
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Live it up...

...Mediterranean style!

- **Types** of foods
- **Amounts** of foods
- **Distribution** over the day
- **Frequency** of foods



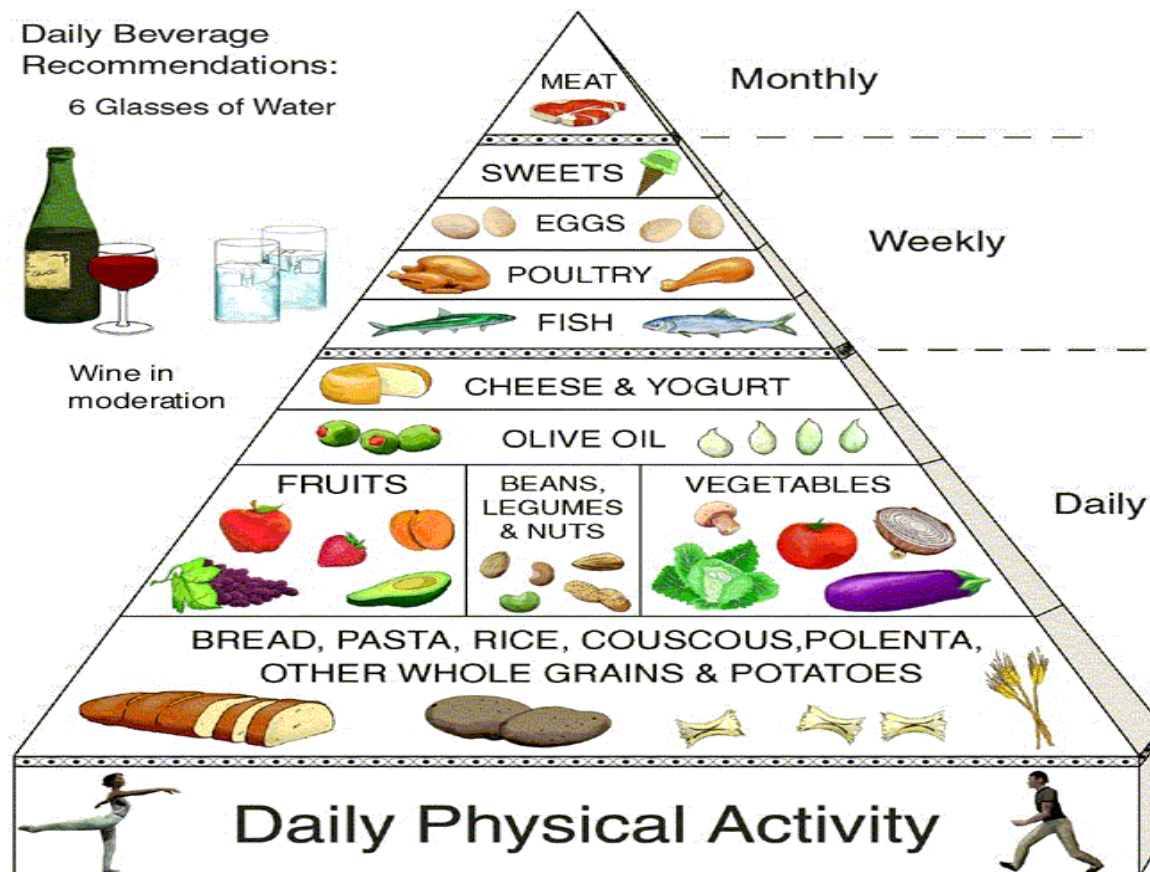
The Traditional Healthy Mediterranean Diet Pyramid

Daily Beverage
Recommendations:

6 Glasses of Water



Wine in
moderation



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Dining Out

Restaurants will always give you more...

- Portions
- Salt
- Fat
- Saturated fat



So have a plan...

Restaurant tips

- **Keep it small:** ask for half portions, share a meal or take 1/3-1/2 home.
- **Avoid supersizing anything** – adds extra kcal, fat, sugar and salt.
- **Ask for vegetables:** add extra veggies to wraps, burgers, pizza etc. Choose salad/veggies over fries.
- **Go for whole grain** – buns, wraps, pasta
- **Get sauce on the side**
- **Skip sweet drinks** – go for water, diet pop, milk, black coffee/tea
- Ask how food is prepared, look ahead, avoid buffets

Ask how food is prepared...

Choose

- Baked
- Broiled
- Grilled
- Poached
- Roasted
- Steamed
- Sautéed or stir-fried



Limit

- A la king
- Alfredo
- Au Gratin
- Basted
- Breaded
- Crispy
- Fried
- Hollandaise

Restaurant tips

Forget the mayo	→	order mustard
Skip the cheese	→	1 slice = 8 grams of fat
Go green	→	have a salad and not fries
Dip & Stab	→	dip your fork into the salad dressing and then into
the salad		
Ham it up	→	order a side of ham & not sausage
Cut the cream	→	coffee with milk

Fast Food Wisdom

- **Option 1**

- Quarter Pounder with cheese
- Large Fries
- Large pop

- 1,116 calories
- 51 grams fat
- 1,450 mg sodium

Option 2

- Small Burger
- Salad with low fat dressing
- Water or Large diet pop

481 calories
18 grams fat
665 mg sodium



Heart Healthy Cooking



- Try new heart healthy recipes listed in resources provided
- Experiment using unsaturated healthy fats, variety of fresh/dried herbs and spices;
- Use recipe substitution list to replace unhealthy ingredients with heart healthy ones


Instead of fat and salt...



1. Freshly ground black pepper
2. Freshly minced garlic, onion, leeks
3. Fresh-squeezed lemon and lime juice
4. Savory spices/herbs/seeds such as garlic powder, curry powder, cumin, dill seeds, basil, ginger and coriander
5. Fruit juices/flavoured vinegars/low-sodium broths



Alcohol

- Check with your doctor or pharmacist for possible interactions with your medications.
 - If triglycerides not to target, **AVOID!**
 - To lose body fat/weight, limit or avoid.
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What is one drink?



- 1 1/2 oz. liquor



- 5 oz. wine

- 1 bottle beer



Alcohol

For good health:

- women no more than 1 drink per day
- men no more than 2 drinks per day.



Caffeine

H&S and AHA recommend you:

- Limit to 200mg caffeine daily
- Equal to about 1-2 cups coffee
- Limit other caffeinated beverages (tea, colas)
- Other caffeine sources;
 - “energy” drinks and dark chocolate





Where do I start?

- ♥ Self-check for busyness syndrome!
 - Eat regular meals
 - Plan weekly meals/grocery list
 - food categories vs labor-intensive recipes

Prepare food at home using plate method!



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