



Healthy Eating and You

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Eating for Better Health



This is your guide to healthy eating put together by the dietitians of Humber River Regional Hospital. 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.

Using this guide, you will learn more about:

- desirable cholesterol levels
- portion control
- risk factors for heart disease
- what makes a healthy weight
- choosing healthier foods
- reading food labels
- fats, fibre, salt
- choosing serving sizes
- tips for celebrations
- dining out the healthy way
- cooking the low-fat way
- healthy snacks

What makes you at risk of heart disease?

(Check the boxes that apply)



**For more information,
contact a registered dietitian.**

What you can control:

- smoking
- lack of physical activity (under 20 minutes of vigorous exercise three times a week or under 30 minutes of moderate exercise a day)
- being overweight (see BMI or waist measurements)
- high blood pressure or taking blood pressure medication (if blood pressure is > 140/90 or if you have Diabetes Mellitus/Kidney Disease with blood pressure > 130/80)
- abnormal cholesterol levels
- diet
- stress

Healthy Waist Measurements

North American	South Asian
Women - 35"	32"
Men - 40"	35"

What you cannot control:

- family history of hyperlipidemia
- age: the older you get, the more at risk you are for heart disease as the arteries get harder and narrower (men over the age of 45 and women over the age of 55 or postmenopausal)
- history of premature heart disease in immediate family: mother, father, brother or sister under age 55 (male relatives before age 55 or female relatives before age 65)
- diabetes mellitus

What are blood fats (lipids)?

	Definition	What affects the level?
Blood Cholesterol (less than 5.2 mmol/L)	<ul style="list-style-type: none"> • a wax-like fat made in the liver • high levels increase the risk of heart disease * 80% of cholesterol is produced by the liver 20% is absorbed from the foods that are eaten 	<ul style="list-style-type: none"> • saturated and trans fats increase levels more than cholesterol alone from food (see page 8)
LDL Cholesterol (Low density lipoprotein) • “bad” cholesterol	<ul style="list-style-type: none"> • a type of fat that coats the inside of arteries forming plaque • high levels increase risk of heart disease 	<ul style="list-style-type: none"> • saturated fat and trans fats lead to high levels • soluble fibre helps to decrease levels
HDL Cholesterol (High density lipoprotein) • “good” cholesterol	<ul style="list-style-type: none"> • a type of fat which carries extra cholesterol away from the arteries • the more you have the better since HDL is good for your heart 	<ul style="list-style-type: none"> • too many trans or refined carbohydrates (eg. sugar, white bread) will decrease levels • weight loss, quitting smoking and exercise can help to increase levels
Triglycerides	<ul style="list-style-type: none"> • the form in which the body’s fat is stored • high levels increase risk of heart disease 	<ul style="list-style-type: none"> • alcohol, saturated and trans fats and sugar lead to high levels • weight loss and exercise help to decrease levels

What are desirable blood fat levels*?

Your Risk Category		Target Lipid Levels			Total Cholesterol divided by HDL-C(ratio)	Your Levels
Level of risk	Number of risk factors (See Page 2)	LDL-C (mmol/L)	Triglycerides (mmol/L)	HDL-Cs (mmol/L) Male/Female		
High	Greater than or equal to 4 or already have heart disease or diabetes	<2.0	<1.7	>1.0/>1.3	<4.0	
Moderate	2-3	<3.5	<1.7	>1.3	<5.0	
Low	0-1	<5.0	<1.7	>1.3	<6.0	

* Check with your doctor or health care professional about how many risk factors you may have and which category you fit into. Recommendation for management of dyslipidemia and the prevention of cardiovascular disease: 2006



Rate your weight: Body Mass Index (BMI)

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 12-63. BMI is a useful indicator of weight-related health risks and acceptable weight ranges.

- It's **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 the chart on page 5

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

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

If your BMI is:

Under 18.5 = Underweight

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

18.5-24.9= Healthy weight

Lowest risk of illness, the preferred range.

25-29.9= 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 2.

Obesity Class 1 = 30-34.9

Obesity Class 2 = 35-39.9

Obesity Class 3 = >40

For South Asians:

Healthy BMI= 17-22.9

Overweight BMI= 23-25



Body Mass Index Chart (BMI)

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

Weight	Height (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
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180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
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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

Choosing Healthier Foods

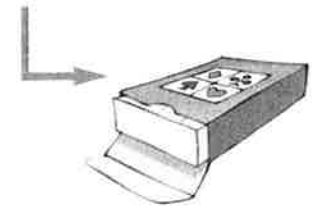
Protein Sources: meat, fish, poultry

2 or less servings daily

Example of 1 serving: 3 oz cooked meat, poultry or fish (size of a deck of cards).

Meat is an excellent source of protein, iron, zinc and B vitamins.
Meat is also a source of saturated fat and cholesterol.

1. Use only lean cuts of meat with little fat or "marbling"
2. Remove all fat from meat and skin from poultry before cooking
3. Bake, broil, barbecue, grill, poach, steam, or stew; avoid frying
4. Include fish 2-3 servings per week



Choose

Red Meat

- lean beef or veal: round, flank, chuck, sirloin, tenderloin, ground, stewing
- lean lamb: leg, loin, rib, shoulder
- lean pork: tenderloin, chop, shoulder, back bacon
- goat

Fish

- fresh, frozen, water packed, canned
- flaked fish: salmon or tuna
- oysters, scallops, clams, lobster, crab, shrimp (not fried)
- sardines (drained of oil)

Poultry

- chicken and turkey with skin removed
- Cornish hens

Cold Cuts (Low-Fat)

- *black forest ham, pastrami
- *Schneiders Lifestyle Products - any variety except bacon and mini sizzlers
- *low-fat hot dogs
- lean roast beef, turkey breast, chicken, roast pork

Choose less often

- fatty cuts of meat: prime rib of beef, pork ribs, spare or short ribs
- marbled meats
- organ meats: liver, kidney, gizzard
- side bacon, pig's feet, ham hocks
- mutton

- commercially fried or battered fish
- fish canned in oil or cream
- caviar
- salted dried fish
- fried or deep-fried calamari



- commercially fried chicken
- poultry skins
- duck, goose and self basting turkeys
- Bombay duck

- Montreal smoked meat, corned beef
- sausages, salami, bologna, proscuitto, sopressata
- patés
- processed canned meats
- mock chicken slices
- regular hot dogs

***These foods should be avoided if you are on a restricted salt diet.**

Meatless Alternatives

Legumes, eggs and tofu are good sources of protein and are low in fat. Include these as part of your 4 to 6 oz of protein servings daily. Include nuts, seeds and nut butters as part of your fat servings daily.



4-5 servings weekly

Examples of 1 serving: $\frac{1}{4}$ cup (60mL) shelled nuts and seeds, $\frac{1}{2}$ cup cooked beans or $\frac{1}{2}$ cup tofu, 2 tbsp nut butters, 1 egg, 2 egg whites.

Choose

- Omega eggs
- egg yolks: maximum five per week
- egg whites, Break-free eggs® as desired
- tofu, legumes, dried peas, beans and lentils
- pecans, walnuts, sunflower seeds, cashews, almonds, pistachios and peanuts (don't eat all the time)

Choose less often

- greater than one egg yolk per day
- pork and beans
- greater than $\frac{1}{4}$ cup of nuts or
- greater than two tbsp of nut butters per day

Fats

Some fats are high in Vitamins A and E. All butters, margarines and oils are 100% fat. Choose non-hydrogenated margarines and oils. These have less of the fats that may be harmful to your heart.

3-6 servings daily: it is better to eat less fat; however it is important to include them daily. Examples of 1 serving: 1 tsp margarine, 1 tsp oil, 1 tbsp low-fat mayonnaise, 2 tbsp light salad dressing, 1 tbsp seeds, 2 tbsp nuts, 2 tbsp nut butters, 1/6 avocado.

*Note: nuts and seeds are also considered a fat.

Choose

- non-hydrogenated soft tub margarines
- **polyunsaturated vegetable oils:** safflower, sunflower, corn
- **monounsaturated vegetable oils:** olive, canola, peanut oil
- light mayonnaise
- low-fat salad dressings
- nuts and seeds
- nut and seed butters: peanut, almond






Choose less often

- butter, hard hydrogenated margarines, lard, shortening, cream cheese, ghee
- **oils high in saturated fat:** palm and coconut oils, peanut oil, lard, beef tallow, butter, bacon fat
- foods containing palm and coconut oils such as cakes, cookies, muffins, potato chips, donuts, danishes, and croissants
- regular mayonnaise
- creamy salad dressings
- gravy, cream sauces, cheese sauces

Fat is an essential part of a diet. It provides fat-soluble vitamins. Be aware of **types** of fats.

Recommendation: Consume more mono and polyunsaturated fats than saturated fats.

**B
A
D**

Types of fat	Major food sources	Effects on the body
Trans/hydrogenated 	<ul style="list-style-type: none"> stick/hard margarines, vegetable oil shortening hydrogenated vegetable oil, lard processed commercial foods eg: donuts, muffins, cakes, cookies fried foods 	<ul style="list-style-type: none"> ↑ LDL cholesterol ↓ HDL cholesterol ↑ Triglycerides
Saturated 	<ul style="list-style-type: none"> animal fat (i.e. poultry skin) Whole fat dairy products, such as butter and cheese egg yolks tropical oils: palm, coconut, cocoa butter 	<ul style="list-style-type: none"> ↑ LDL cholesterol ↑ Total cholesterol
Monounsaturated 	<ul style="list-style-type: none"> oils: canola, olive, peanut, soft margarine avocados nuts: almonds, pistachios, pecans, cashews, peanuts 	<ul style="list-style-type: none"> ↓ LDL cholesterol ↑ HDL cholesterol
Polyunsaturated 	<ul style="list-style-type: none"> oils: safflower, sunflower, soybean, sesame, corn, soft margarines (see below) nuts: walnuts, pine, brazil, chestnuts seeds: sesame, sunflower 	<ul style="list-style-type: none"> ↓ LDL cholesterol
Omega 3 fatty acids 	<ul style="list-style-type: none"> all seafood, fatty fish: salmon, trout, mackerel, herring, sardines, tuna, cod oils: canola, flax, soy, walnut nuts and seeds: walnut, flax, pumpkin, pine 	<ul style="list-style-type: none"> ↓ LDL cholesterol ↓ Triglycerides Prevents clotting of blood ↓ Blood pressure

* Health Canada recommends omega 3 fatty acids daily. Men - 1.6 g/d Women - 1.1 g/d

What to look for in a margarine:

A **good** margarine:

- comes in a soft tub
- is non-hydrogenated
- has less than 2 g of saturated fat per tbsp
- has zero trans fats
- has up to 6 g or more of polyunsaturated and monounsaturated fat in a 2 tsp (10 g) serving
- has a food label
- has liquid vegetable oil as the first ingredient.

Best Margarine Brand Choices:

- Becel®
- Olivina®
- Fleischmann's Non-hydrogenated®
- Fleischmann's 10% Olive oil®
- Blue Bonnet Soft Spread®
- Smart Balance Light®



Milk and Milk Products



2-3 servings daily

Example of 1 serving: 8 oz milk, 1 cup yogurt, 1 oz cheese

All dairy products are **good** sources of protein, calcium, phosphorus, niacin, riboflavin, and vitamins A and D. Regular dairy products are high in saturated fat and cholesterol; choose lower fat products instead.

Look for MF, BF, or MG on labels. These tell you the percentage of milk fat by weight in a product. Choose the product with the lowest number.

Choose

- 1% or skim milk
- buttermilk
- non-fat or low-fat skim milk powder
- 1% or fat-free yogurt
- 1% cottage cheese, ricotta cheese
- 0 - 5% sour cream
- low-fat or light cheeses (7% MF = skim)
(less than 17-20% MF = low-fat/light)
- low-fat ice cream (1% - 8% MF)
- sherbet and water ices
- frozen yogurt (2-3% MF)
- skim milk or 1% milk puddings

Choose less often

- 2% or whole milk or chocolate milk
- evaporated or condensed milk
- regular yogurt (2% MF or more)
- regular cottage cheese
- regular sour cream
- regular cheeses (28-34% MF)
- processed cheese
- ice cream made with cream or whole milk
- regular frozen yogurt
- regular pudding
- coffee and whipping cream

Fruits and vegetables



5-10 servings daily

Example of 1 serving: Fruit = 4 oz juice, 1 medium fruit, ¼ cup dried fruit, ½ cup fresh, frozen or canned fruits

Vegetable = 8 oz juice, 1 cup raw, ½ cup cooked vegetables

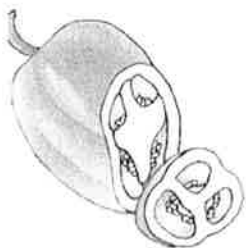
Fruits and vegetables are excellent sources of fibre, vitamin A and C, phytochemicals and minerals. They are also low in fat, calories, sodium, and contain no cholesterol. If your triglycerides are high, limit your fruit juice consumption to 8 oz per day. Include some orange and citrus fruits as well as orange and dark green vegetables daily.

Choose

- fresh or frozen fruits and vegetables
- fruits packed in water or light syrup
- dried fruits

Choose less often

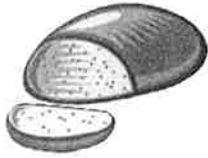
- buttered, creamed or deep-fried vegetables
- vegetables preserved in oil
- canned fruits packed in heavy syrup
- Seville oranges® and tangelos, grapefruit and grapefruit juice (*Ask your pharmacist if on any medications)
- avocados
- coconut



A note about Vitamin K if you are on blood thinners or anti-coagulant medicine

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.

Grain Products



5-8 servings daily

Examples of 1 serving: 1 slice bread, 1 small roll, 1 six-inch Roti, ½ small pita, ½ small bagel, ½ cup ready to eat cereal, ½ cup cooked rice, pasta, cereal, 6 small crackers, 3 cups popcorn

Breads and cereals are low in fat and cholesterol, but be careful what you add to them. They are also high in B vitamins, iron and fibre. To increase the fibre in your diet, choose whole grain breads, grains and cereals. Limit refined white breads, cereals and grains.

Choose

- whole grain breads, buns, rolls, roti, chappati
- English muffins, pitas
- brown rice, whole wheat pasta, barley, quinoa and other grains
- cereals with fibre, for example oatmeal, bran > 4 g/serving
- lower fat crackers: animal, graham, saltines
- angel food cake
- plain cookies: arrowroots, honey graham, social tea, oatbran, ginger crisp, oatmeal
- homemade muffins and cookies
- plain popcorn
- light microwave popcorn

Choose less often

- croissants, egg and cheese breads, padura
- foods that contain shortening, lard, hydrogenated vegetable oil as the first three ingredients
- commercially prepared, canned or boxed pastas such as alphagetti, ravioli, Kraft Dinner, or Rice-a-Roni
- sugar or honey coated cereals
- granola cereals
- higher fat crackers: cheese, butter
- rich cakes, pies, pastries and donuts, sweet rolls, danish pastry
- cream-filled and chocolate cookies
- commercially prepared biscuits, muffins
- granola bars
- potato chips
- cheese, caramel and buttered popcorn

Fibre facts

Fibre

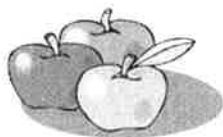
- fibre is the part of a plant food that is not broken down or absorbed by our bodies
- there are two types of fibre: soluble and insoluble

Why is fibre good for you?

- fibre 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

Two types of fibre

	Soluble Fibre	Insoluble Fibre
What is it?	<ul style="list-style-type: none"> • soluble fibre can help to lower blood cholesterol levels and controls blood sugar • controls hunger 	<ul style="list-style-type: none"> • insoluble fibre helps to keep your bowels working in good order
Sources:	<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 	<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



How much fibre do you need?

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

Read the label!

- choose foods with greater than 2 g of fibre
- for more information, refer to page 13



Tips to Increase Fibre in Your Diet

- Have a fibre-rich cereal (4-6g 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
- Try **Dempster's Original White Bread** with fibre if you still do not like whole grain breads

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

4-6 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

2-4 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



Today's Special

Breakfast

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

Sample Menu with 27g of Fibre

Lunch

- 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
- 10 g

Dinner

- 1 (3-4 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
- 9 g

Sweets

Up to 5 servings weekly

Examples of 1 serving: 1 tbsp sugar, 1 tbsp jelly or jam, 8 oz drink crystal juice.

Patients who are overweight, have diabetes or have high triglycerides should limit their sugar intake.

Choose

- sugar substitutes and artificial sweeteners (examples: sorbitol, saccharin, aspartame)
- diet jams or jellies
- diet syrups
- diet Jello or puddings
- diet pop
- sugar-free drinks such as **Crystal Lite**, sugar-free Kool-Aid or light juices
- sugarless gum
- candies made with sugar substitutes
- baked goods made with sugar substitutes

Choose less often

- white sugar and brown sugar
- icing sugar
- jam, jellies, marmalade
- syrups – honey, maple, corn, molasses
- ice cream, sherbet, diet ice cream, ice milk, popsicles
- regular pop
- instant breakfast drinks
- candies, gum, marshmallows, licorice
- baked goods – cakes, pies, cookies, etc.
- sugar or honey coated cereal

Other words that mean “sugar:”

- glucose, dextrose, sucrose, fructose, inverted sugar, honey, dextrin, sorbitol, mannitol, xylitol
- ingredient words ending in "ose" or "ol" also mean sugar



Example of serving: 5 oz glass of wine, 1 bottle or 12 oz beer, 1.5 oz of liquor.

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



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.



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

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

- processed, smoked, salted, cured and pickled meats, fish, and poultry Examples include: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

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.

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 three 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

How to Flavour Your Food 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	
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	
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	
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 Low-Fat

A low-fat 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
Meal Tips:	
• tomato sauce, salsa	• cream sauces
• lean beef, pork, chicken, fish packed in water	• fatty cuts of meat (mutton, spareribs, regular processed meats) poultry skin, meat drippings, fish packed in oil
• 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.
- Fat-free soup thickener: 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 content in recipes.
- Use non-stick baking and frying pans or woks.
- Remove all visible fat from meat before cooking. Defat your soup stocks and gravies by refrigerating them and 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 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

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

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

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" (i.e. light in colour)

Source: Health Canada

Using Food Labels

Reading and understanding food labels will allow you to make heart healthier choices when grocery shopping.

You will find three different types of information on the food label:

1. Nutrition Claims - are 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 - are required on all packaged and pre-packaged foods. It provides the nutritional details of the food item

Calories:

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

Per Serving:

Nutrition information is based on this serving size. Multiply or divide based on your portion.

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 <300mg/day
- Look for food that has <5% DV

Nutrition Facts			
Per mL (g)			
Amount	%Daily Value		
Calories			
Fat g		%	
Saturated <2 g		%	
+ Trans <0.2 g			
Cholesterol mg			
Sodium mg		%	
Carbohydrate g		%	
Fibre g		%	
Sugars g			
Protein g			
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%

% Daily VALUE (DV):

The Daily Value gives a context to the actual amount. It 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. They are based on recommendations for a healthy diet.

- Eat a variety of foods to meet 100% of your daily requirements.

Sodium/Potassium:

Play a role in regulating blood pressure

Sodium: linked to raising blood pressure

- limit to 2400mg per day
- look for foods with less than 200mg of sodium per serving

Potassium: positive role in blood pressure regulation

Protein:

Provides the building blocks of the body.

- Found mainly in meats, poultry, fish, eggs, dairy products, legumes
- Provides 4 calories per gram

Carbohydrates:

A source of energy

- Provide 4 calories per gram

Fibre:

A diet high in fibre has many health benefits

- Aim for 25-35 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, therefore, it is easy to see how much added sugar you are getting from foods that have little or no naturally occurring sugar (i.e. soft drinks, pastries)

- Aim to limit added sugars to 40 grams or 1 teaspoon/day

Source: Health Canada

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 (2g fat or less per serving)
- baked potato crisps or baked tortilla chips, pretzels
- 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 (2g fat per serving) with low-fat milk, or cereal alone
- homemade low-fat muffins (2g fat per serving)
- whole grain toast with jam
- homemade bagel slices or pita triangles dipped in salsa or tzatziki sauce
- freezies or popsicles made with artificial sweetener
- **Crispy Minis®** or **Christie's Crunchers®**



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 high-fat 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.

Dining Out the Healthy Way



Eating out can be nutritious and delicious!

Choose	Choose less often
<ul style="list-style-type: none"> grilled hamburgers 	<ul style="list-style-type: none"> hamburgers with special sauces, bacon, cheese, extra patties, regular mayonnaise
<ul style="list-style-type: none"> grilled chicken breast, kabobs 	<ul style="list-style-type: none"> fried, breaded chicken or chicken burgers
<ul style="list-style-type: none"> grilled, steamed, poached fish 	<ul style="list-style-type: none"> fried, breaded fish or fish burgers
<ul style="list-style-type: none"> baked potatoes 	<ul style="list-style-type: none"> baked potatoes with bacon bits, cheese, regular sour cream french fries, onion rings
<ul style="list-style-type: none"> pizza with vegetables 	<ul style="list-style-type: none"> pizza with more than one meat topping, double cheese, olives
<ul style="list-style-type: none"> whole wheat sandwiches with lean cold cuts. Use mustard instead of butter, margarine or mayonnaise. 	<ul style="list-style-type: none"> sandwich fillings and salads with regular mayonnaise
<ul style="list-style-type: none"> low-fat salad dressings like vinaigrettes 	<ul style="list-style-type: none"> creamy dressings
<ul style="list-style-type: none"> broth based soups, vegetable soups 	<ul style="list-style-type: none"> cream soups, gravies
<ul style="list-style-type: none"> pasta with tomato based sauces 	<ul style="list-style-type: none"> pasta with cream sauces
<ul style="list-style-type: none"> steamed rice, noodles 	<ul style="list-style-type: none"> fried rice, fried noodles, egg rolls
<ul style="list-style-type: none"> angel food cake, fruit, sherbet 	<ul style="list-style-type: none"> high-fat desserts: cakes, pies, ice cream, pastries

Look for "**low-fat**" words in the menu:

- steamed, in it's own juice, au jus, broiled, grilled, barbecued, poached, roasted, tomato sauce, marsala, marinara.

Avoid "**high-fat**" words in the menu:

- buttered, cream, in its own gravy, hollandaise, bearnaise sauce, sautéed, fried, pan-fried, crispy, battered, breaded, au grain, parmesan, cheese sauce, marinated in oil, casserole, hash, pot pie

Questions to ask your server:

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

Questions:


Lined writing area for questions.



Church Street Site,
200 Church St.,
Weston, ON M9N 1N8
Tel: (416) 249-8111

Keele Street Site,
2175 Keele St.,
Toronto, ON M6M 3Z4
Tel: (416) 249-8111

Finch Avenue Site,
2111 Finch Ave. W.,
Downsview, ON M3N 1N1
Tel: (416) 744-2500

 TTY: (416) 243-4638

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