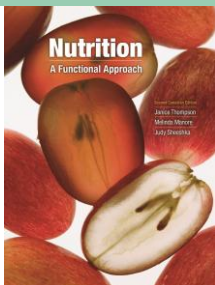


Nutrition: A Functional Approach

Janice Thompson Melinda Manore Judy Sheeshka

2



Planning a Nutritious Diet

Copyright © 2010 Pearson Education Canada

A Healthful Diet

A healthful diet is...

- Adequate
- Moderate
- Balanced
- Varied

Copyright © 2010 Pearson Education Canada

2-2

A Healthful Diet Is Adequate

An **adequate diet** provides enough energy, nutrients, fibre, and vitamins to support a person's health.

A diet that is **nutrient-dense** includes foods that are rich in nutrients and limits foods that provide plentiful energy but few nutrients.

Example of nutrient-dense vs. non nutrient-dense food choice?

Copyright © 2010 Pearson Education Canada

2-3

A Healthful Diet Is Moderate

Another key to a healthful diet is **moderation**.

A healthful diet contains the right amounts of foods for maintaining proper weight.

Copyright © 2010 Pearson Education Canada

2-4

A Healthful Diet Is Balanced

A **balanced diet** contains the right combinations of foods to provide the proper balance of nutrients.



Copyright © 2010 Pearson Education Canada

2-5

A Healthful Diet Is Varied

Variety refers to eating many different types of foods each day.

A healthful diet is not based on only one or a few types of foods.

Copyright © 2010 Pearson Education Canada

2-6

Designing a Healthful Diet

The tools for designing a healthful diet may include:

- Food Labels
- Dietary Guidelines
- Food Guides
- Diet Plans

Copyright © 2010 Pearson Education Canada

2-7

Food Labels

In Canada, food labels are required on most products. These labels can include:

1. Ingredient list [required]
2. Nutrition Facts table [required]
3. Nutrient Content claims
4. Health claims

Copyright © 2010 Pearson Education Canada

2-8

Nutrition Facts Panel

4. Footnote

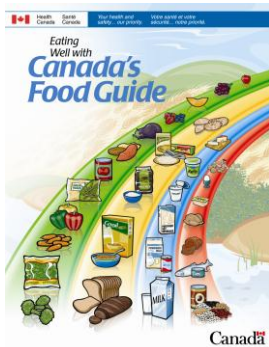
- Appears in expanded format label only
- Informs that %DV are based on a 2000 Calorie diet
- Illustrates differences in recommendations between a 2000 Calorie and 2500 Calorie diet.

Food Guide

Eating Well with Canada's Food Guide (2007)

- Originated as *Canada's Official Food Rules* in 1942
- Designed to reduce the risk of chronic disease and obesity and to help people get all of the nutrients they need for food health
- Available in English, French and 10 additional languages

Food Guide



Food Guide

Food groups:

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

Food Guide

Food Guide Servings for nine age/sex groups:

- Children: 2-3 y, 4-8 y, 9-13 y
- Teens: 14-18 y (males, females)
- Adults: 19-50 y (males, females)
51+ y (males, females)

Food Guide

How to use Canada's Food Guide
The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

	Recommended Number of Food Guide Servings per day			
	Children 2-3 y	Children 4-8 y	Teens 14-18 y	Adults 19-50 y
Vegetables and Fruit Fresh, frozen and canned	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	2-4 2 (males) 3 (females)	3-4 3 (males) 2 (females) 3
Meat and Alternatives	1	1-2	2	3

Food Guide

Serving Sizes

- There is no standardized definition of a serving size for any food.
- A serving size as defined in Canada's Food Guide may not be equal to a serving size listed on a food label.

Food Guide

What is one Food Guide Serving?
Look at the examples below.

Get at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Some vegetables and fruit serve other than listed.

Get three and a half servings of fruit every day.

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

Drink 500 mL of cups of milk, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.

Make meat alternatives such as beans, lentils and tofu often. Get at least two other types (servings) of fish each week. Choose lean meat and alternative proteins with little or no added fat or salt.

Food Guide

Vegetables and Fruit

- Choose one dark green and one orange vegetable each day.
 - Go for dark green vegetables, such as broccoli, romaine lettuce, and spinach.
 - Go for orange vegetables, such as carrots, sweet potatoes, and winter squash.
- Choose vegetables and fruit prepared with little or no added fat, sugar, or salt.
 - Enjoy vegetables steamed, baked, or stir-fried instead of deep-fried.
- Have vegetables and fruit more often than juice.

Copyright © 2010 Pearson Education Canada

2-21

Food Guide

Grain Products

- Make at least half your grain products whole grain each day.
 - Eat a variety of whole grains, such as barley, brown rice, oats, quinoa, and wild rice.
 - Enjoy whole grain breads, oatmeal, or whole wheat pasta.
- Choose grain products that are lower in fat, sugar, or salt.
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

Copyright © 2010 Pearson Education Canada

2-22

Food Guide

Milk and Alternatives

- Drink skim, 1%, or 2% milk each day.
 - Have 500 ml of milk every day for adequate vitamin D.
 - Drink fortified soy beverages if you do not drink milk.
- Select lower-fat milk alternatives.
 - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

Copyright © 2010 Pearson Education Canada

2-23

Food Guide

Meat and Alternatives

- Have meat alternatives, such as beans, lentils, and tofu, often.
- Eat at least 2 Food Guide Servings of fish each week.
 - Choose such fish as char, herring, mackerel, salmon, sardines, and trout.
- Select lean meat and alternatives prepared with little or no added fat or salt.
 - Trim the visible fat from meats. Remove the skin on poultry.
 - Use cooking methods, such as roasting, baking, or poaching, that require little or no added fat.
 - If you eat luncheon meats, sausages, or prepackaged meats, choose those lower in salt (sodium) and fat.

Copyright © 2010 Pearson Education Canada

2-24

Food Guide

Recommendations for oils and fats:

- Include a small amount – 30 to 45 ml (2 to 3 tbsp) – of unsaturated fat each day.
- Use vegetable oils, such as canola, olive, and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, and shortening.

Copyright © 2010 Pearson Education Canada

2-25

Food Guide

Advice for different ages and stages:

- Children
 - Serve small nutritious meals and snacks each day
 - Do not restrict nutritious foods because of their fat content
- Women of childbearing age
 - Take a multivitamin containing folic acid every day
- Men and women over 50
 - Take daily vitamin D supplement of 10 µg (400 IU)

Copyright © 2010 Pearson Education Canada

2-26

Food Guide

Other Food Guides in North America include:

- The USDA MyPyramid
- Vegetarian Diet Pyramid
- Mediterranean Diet Pyramid

Copyright © 2010 Pearson Education Canada

2-27

USDA MyPyramid

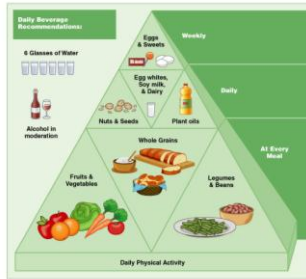


Copyright © 2010 Pearson Education Canada



2-28

Vegetarian Food Guide Pyramid

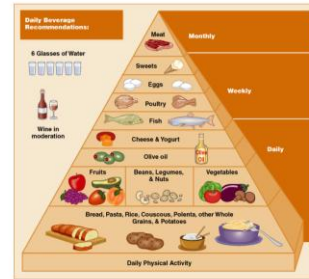


(a) Vegetarian diet pyramid

Copyright © 2010 Pearson Education Canada

2-29

Mediterranean Food Guide Pyramid



(b) Mediterranean diet pyramid

Copyright © 2010 Pearson Education Canada

2-30

Diet Plans

When making choices in each food group, **nutrient dense** foods are the best choice.

Nutrient density: the relative amount of nutrients per Calorie of food.

Low vs. High Nutrient Density



Copyright © 2010 Pearson Education Canada

2-31

Copyright © 2010 Pearson Education Canada

2-32

Diet Plans

Diet Plans can be used to design a healthy diet.

- Eating Well with Canada's Food Guide
- The 5 to10 a Day for Better Health
- The DASH Diet Plan

Diet Plans

Eating Well with Canada's Food Guide

- Use to design a diet with adequacy, moderation, balance and variety
- Visit Health Canada's website to create your own customized My Food Guide

Diet Plans

The 5-to10-a-Day for Better Health



- A campaign involving the Heart and Stroke Foundation of Canada, the Canadian Cancer Society, and the Canadian Produce Marketing Association.
- Recommends everyone over 4 years of age consume 5 to 10 servings of fruits and vegetables every day.

Diet Plans

The DASH Diet Plan

- Dietary Approaches to Stop Hypertension
- Similar to the Food Guide in that it is low in fat and high in fibre
- Sodium content is ~3 grams
- Has been shown to reduce blood pressure

Can Eating Out Be Nutritious?

Eating in restaurants often involves:

- High-fat foods
- Large portion sizes

A restaurant meal can be equivalent to the recommended fat or calorie intake for an entire day!

Can Eating Out Be Nutritious?

Tips for restaurant meals include:

- Avoid whole-milk or cream in beverages
- Avoid breaded or fried foods
- Share your entrée with a friend or take half of your order home for another meal
- Order broth-based instead of cream-based soup
- Order salad with dressing on the side
- Ask for steamed vegetables instead of potatoes or rice
- Skip dessert or share one with a friend.