

FATS OF LIFE

Fat has a bad reputation, but is essential for good health. Without fat, the body can't make *essential fatty acids* (EFA) which may result in:

- Hormone abnormalities
- Cardiovascular disease
- Decreased brain functioning
- Impaired immune system

Not all fats are equal!

Saturated & trans fat may be linked to a greater risk of heart disease. Saturated fat is found in animal foods such as:

- Fatty cuts of meat
- Poultry skin
- High fat milk, butter, cheese, or yogurt
- Processed foods with butter such as cookies

Trans fat is artificially added to processed foods, & may exist naturally in animal products. However, trans fat is no longer allowed to be added to products in Canada.

What fats should I emphasize?

Try to consume 2 to 3 tbsp of unsaturated fat (monounsaturated & polyunsaturated) each day. These fats are found in:

- Fish (salmon, mackerel, sardines, & tuna)
- Nuts (macadamia nuts, pistachios, almonds, walnuts, cashews, & peanuts)
- Flaxseed (powder, whole seeds, or in cereal)
- Oil (canola, olive)

Read nutrition labels at grocery stores to determine fat contents of products & look for products low in saturated fat. Products with less than 5% Daily Value is a lower fat choice!

Remember that ALL foods fit into a healthy diet - its about VARIETY & BALANCE.

HEALTH AT EVERY SIZE

Did you know that your weight or BMI are not accurate indicators of health? The Health at Every Size (HAES) framework acknowledges that, rather than focusing on calories or weight, it is more important to focus on healthy lifestyle changes such as regular physical activity & nutritious food choices.

Basic Principles of HAES

- Human beings come in a variety of sizes & shapes. We celebrate & respect this diversity as a positive characteristic of the human race.
- There is no ideal body size, shape, or weight that every individual should strive to achieve.
- Self-esteem & body image are strongly linked. Helping people feel good about their bodies & themselves can help motivate them to maintain healthy behaviours.
- Good health is not defined by body size; it is a state of physical, mental, & social well-being.
- Eating nutritious foods & moving your body in a way that you enjoy is beneficial for health, even if it doesn't result in weight loss.

Instead of counting calories or restricting your diet, try to incorporate *gentle nutrition*. You can still honour your health without relying on strict guidelines.

- Listen to your body's cues to determine how much to eat
- Focus on *adding* vegetables, fruits, & whole-grains rather than *cutting out* foods
- Opt for water as your choice of beverage more often

Dangers of Dieting

Did you know - diets are often not sustainable & may result in binge-eating & weight gain in the long-term? Dieting is a major risk factor for the development of eating disorders, which can be fatal. Skipping meals deprives your body of the energy & key nutrients needed to succeed academically!

Bottom-line? Focus on eating nutritious foods rather than skipping meals or food groups!

BEVERAGES

Alcohol

- Excess may result in vitamin deficiencies, heart problems, & liver disease
- One glass of red wine a day may protect against heart disease, but no more than eating a diet rich in fruit & veggies
- Try to limit alcohol to 1 to 2 standard drinks per day, for a weekly maximum of 10 (females) or 15 (males)
 - What is a standard drink?
 - 12 oz (355 mL) bottle of 5% beer
 - 5 oz (150 mL) of 12% wine
 - 1 1/2 oz (45 mL) of 50% spirits or liquor

Coffee

- Contains caffeine, a stimulant which may temporarily increase alertness & reduce fatigue
- Caffeine can also temporarily increase blood pressure, heart, & breathing rate
- Can be enjoyed as part of a well-balanced diet - Health Canada recommends a maximum of 400 mg of caffeine or 3 cups / 750 mL of coffee per day
- If you experience insomnia, nervousness, stomach upset, or muscle tremors, consider decreasing your caffeine intake

Tea

- Counts as part of your daily fluid intake to hydrate you, & may help you de-stress
- Green & black teas both contain caffeine, but in smaller quantities than coffee
- Black, green, & oolong teas contain polyphenols, which act as antioxidants
- Scientists are still researching if drinking tea can lower your risk for some diseases

Soft Drinks

- Made from sugar & flavouring with little or no nutrients
- All foods fit as part of a balanced food routine & it's okay to choose soft drinks from time to time for enjoyment!

Try to choose water or milk more often!



Hospitality's Guide to Nutritious Eating



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 snap@uoguelph.ca

   @SNAPUofGuelph

WHAT IS A BALANCED DIET?

Long-term food choices determine a healthy diet. A positive eating pattern is one that provides sufficient calories & essential nutrients (carbohydrates, proteins, fats, vitamins & minerals) from balanced meals & snacks.

Is it possible to maintain a balanced diet?

Start by getting a copy of Canada's Food Guide from SNAP or online. It emphasizes fruit & veggies, whole grains, protein, & water as key components of your meal.

This guide will show you how simple healthy eating can be!

VARIETY IS KEY!

No single food can provide everything your body needs to perform daily tasks & maintain organ & tissue health.

Here's an example...

- Kiwi fruit are good sources of vitamin C, but they have no vitamin B12!
- However, eggs provide vitamin B12 & most other vitamins & minerals, but have no vitamin C!

Aim for VARIETY - so you can avoid illness caused by *too much* or *too little* of any one nutrient.

Try to fill 1/2 of your plate with fruit & veggies, 1/4 with protein, & 1/4 with whole grains!

NUTRITION BASICS

The body needs over 50 nutrients for good health:

Carbohydrates:

- Primary source of glucose to fuel the brain
- Glucose not used immediately by the body is stored as *glycogen* in the muscle & liver for use during exercise
- Source of soluble & insoluble fibres to improve intestinal health & waste elimination

Protein:

- Needed for growth & repair of tissue & muscle
- Help to maintain fluid balance & hormone levels involved in blood sugar regulation
- Needed for production of antibodies to fight infections
- Source of *essential amino acids*

Fats:

- Concentrated source of calories & energy used during *low-intensity* activities such as walking & cleaning your room
- Needed for the transport & absorption of fat-soluble vitamins (A, D, E, & K)
- Involved in hormone synthesis
- Source of *essential fatty acids* (omega-6 & omega-3s) for immune function & brain & vision development

Vitamins:

- Aid in the release & use of energy found in carbohydrate, fat, & protein
- Assist in the formation of bones, teeth, & muscles

Minerals:

- Source of building materials for bones, teeth, blood, & neurons (nervous system)
- Important for fluid maintenance

Water:

- Helps regulate body temperature
- Needed for transport of nutrients, oxygen, enzymes, blood cells, & waste
- Lubricates tissues to facilitate joint & muscle movement

IMPORTANCE OF BREAKFAST

Why should I eat breakfast?

Your body needs fuel (carbohydrates, proteins, & fats) for proper functioning. Carbohydrates are the best source of glucose for the brain. Eating a balanced breakfast jump starts your mind much better than a morning cup of coffee!

Don't be discouraged if you're not hungry right away or if you don't like milk & cereal. Grab something to go & eat it later in the morning. Perhaps try something different for a change - leftovers can make a tasty & balanced breakfast!

Breakfast Ideas

- Toasted whole grain English muffin with sliced avocado, egg, tomatoes, & lettuce
- Oatmeal topped with nuts, yogurt, & frozen berries
- Burrito bowl with ground meat or eggs, salsa, brown rice, & sautéed veggies
- Whole grain cereal with milk, nuts, & berries
- Yogurt topped with berries, granola, & nuts
- Omelette with frozen or fresh veggies & cheese served with whole grain toast

Grab & Go:

- A piece of fruit & yogurt
- A toasted English muffin with peanut butter & a banana
- Berry smoothie with a handful of nuts
- High fibre, low-sugar granola bar with a small carton of milk or soy milk

The key to making nutritious breakfast choices is to incorporate a source of:

1. **PROTEIN**, such as yogurt, milk, cheese, nuts, seeds, and eggs,
2. **STARCH**, such as whole grain bread, whole grain cereal, oatmeal, whole grain granola bars,
3. & **FRUIT/VEGGIE**, such as bananas, berries, spinach, tomatoes, mushrooms, and peppers.

FRUIT & VEGGIES

Naturally-occurring substances such as antioxidants in fruit & veggies may help protect against cancer & heart disease. The more colourful your fruit & veggie choices, the more nutrients you'll get!

Rate your plate!

HALF of your plate should contain leafy greens, raw or steamed veggies, or colourful fruit!

SNACKING 101

A nutritious diet can contain snacks between meals. Those who find they get groggy or irritable in the morning or late afternoon would benefit from a well-balanced snack. Ideally, plan a snack 2-4 hours after each meal to continually feed the brain & muscles. Try to include a source of fibre, protein, & fat with each snack!

Snack Ideas

- A small handful of mixed nuts & 1 cup of milk
- Yogurt & fresh berries
- Carrot sticks & cottage cheese
- Half a tuna salad sandwich
- 3-bean salad & a boiled egg
- A chunk of low-fat cheese & a banana
- 1/4 cup trail mix with an apple

When done properly, snacking can improve your alertness & mood for the day.

What about cravings?

Avoid the "all-or-none" mindset where you deprive yourself of your favourite foods, to the point where you crave them so much, you end up over-eating. All foods fit in a nutritious diet, so don't feel guilty about enjoying your favourite foods! Remember to be mindful of what & how much you are eating - stop when you feel satisfied & give yourself permission to eat without distractions!