

CONSUME HEALTHY OILS FOR HEART HEALTH

Fish: Salmon, mackerel, char, herring, sardines, trout and certain other fish are high in omega-3 fatty acids; although fish oils, which contain eicosapentanoic acid and docosahexaenoic acid, are considered the ideal source. Consumption of fish itself is always the optimal choice, but fish oil supplements are available over the counter

Vegetarian and vegan patients can consume flaxseed, walnut or chia seed oils, which contain alpha-linolenic acid, a precursor to the omega-3s

Research has found that Vitamin D works in conjunction with the omega-3's to improve cognitive function and social behavior, as well as overall mood

Other beneficial fats include: avocado, olive, canola, walnut, flaxseed and chia seed oil

DAILY CONSUMPTION OF WHOLE UNPROCESSED FOODS

Choose foods with a wide variety of colors and textures, in their most natural forms. Foods that are enjoyed in a natural state provide the greatest satiety and nutritional value

The American Heart Association (AHA) promotes the consumption of an array of nuts, seeds, legumes, fruits and vegetables

½ plate full of these nutrient dense foods: one helpful rule of thumb is: ½ plate of vegetables, ¼ plate of lean protein, and ¼

plate of high-fiber complex carbohydrates, plus one serving of healthy fat

Avoid white/refined sugars and artificial sweeteners

Limit sodium and processed foods

CHOOSE REALISTIC, BALANCED DIET FOR WEIGHT LOSS/MANAGEMENT

Increased water intake, at least 2 litres or 8 glasses a day

Increased vegetable and fruit intake

Consume foods that are high in fibre; example would be whole grain foods

Sufficient intake of proteins and healthy fats

Effective diets include: DASH diets (rich in fruits/vegetables, low/nonfat dairy, lots of whole grains, lean meats/poultry) Mediterranean diet (heavy in fruits/vegetables, nuts, fish, whole grains, healthy unsaturated fats i.e. olive, avocados, plant oils

etc.) Nutrisystem, Weight Watchers, and Jenny Craig

****Avoid any diet plans or systems that promote rapid weight loss, which often leads to rapid weight gain afterwards***



REDUCE CONSUMPTION OF RED MEATS AND LIVE LONGER

Research shows that consumption of red meat is linked to increased risks of: cancers, diabetes and cardiovascular disease; all of which decrease longevity and for the most part preventable

Researchers also found that substituting one serving of red meat per day with one serving of fish, poultry, legumes, nuts, whole grains, and low-fat dairy was associated with a 7%-19% reduction in mortality risk

Select lean meats and alternatives prepared with little or no added fats, trim the visible fats from meats and remove the skin from poultry

CONSUME FERMENTED FOODS/PROBIOTICS AND FIBER

Probiotics contain microorganisms that have gastrointestinal benefits. They are common found in: yogurt, kefir, unpasteurized foods and drinks. They can also be taken in a supplement form as well. In order to thrive, probiotics require pre-biotic rich foods which are primarily those high in fiber.

Probiotics contain nonpathogenic (good) yeast and bacteria that lower intestinal pH, decrease the invasion of pathogenic (bad) organisms in the gut and can modify and improve immune response

One recent study found that indolepropionic acid, a metabolite produced by intestinal bacteria and fortified by a fiber-rich diet, is protective against type 2 diabetes



AVOID ALCOHOL AND SMOKING; BOTH STRONGLY LINKED TO CANCER

Avoid alcohol as much as possible or limit consumption to: 1 drink per day for women or 2 per day for men; avoiding substituting food sources with vitamin supplements

Alcohol has been linked to several conditions and diseases, which includes 7 cancers: oropharynx, larynx, esophagus, liver, colon, rectum and female breast

In breast cancer, alcohol can increase estrogen levels and the activity of insulin-like growth factor receptors, which can stimulate mammary cell proliferation

Any level of alcohol consumption increases the risk of develop an alcohol-related cancer, and that risk rises in relation with the level and frequency of consumption

Alcoholic beverages can contain at least 15 carcinogenic (cancer causing) compounds including: acetaldehyde, acrylamide, aflatoxins, arsenic, benzene, cadmium, ethanol, ethyl carbamate, formaldehyde and lead

Ethanol is the most important and common carcinogen in alcoholic beverages, the rate of ethanol metabolism is genetically determined



RECOMMENDED FOOD GUIDE SERVINGS

FOOD GROUP	AGE GROUP AND SERVING RECOMMENDATIONS	EXAMPLES
VEGETABLES AND FRUITS <ul style="list-style-type: none"> • Have atleast 1 dark green (kale, spinach etc.) and 1 orange vegetable (winter squash, carrots etc.) a day 	8 MALES(19-50): 8-10 FEMALES (51+): 7 MALES (51+): 7	125ML(½ cup) of fresh/frozen/canned vegetables, 125ML(½ cup) of cooked leafy vegetables or 250ML (1cup) of raw leafy vegetables, 125ML (½ cup) of or 1 fruit, 125ML (½ cup) of 100% juices
GRAIN PRODUCTS <ul style="list-style-type: none"> • Choose grain products that are low in fats/sugars or salt • Make sure that atleast ½ of grain products are whole grain 	FEMALE (19-50): 6-7 MALES(19-50): 8 FEMALES (51+): 6 MALES (51+): 7	35G (1 slice) of bread, 45G (½) of a bagel, 35G (½) of pita/tortilla, 125ML(½ cup) of cooked rice/bulgur/quinoa, 30G cold or 175ML(¾ cup) of hot cereal, 125ML (½ cup) cooked pasta/couscous
MILK AND ALTERNATIVES <ul style="list-style-type: none"> • Have 500ML (2cups) of milk everyday for enough vitamin D 	FEMALE (19-50): 2 MALES(19 50): 2 FEMALES (51+): 3 MALES (51+): 3	250ML (1 cup) of milk, 125ML (½ cup) of canned milk (evaporated), 250ML (1 cup) fortified soy beverages, 175G (¾ cup) of yogurt 175G (¾ cup) of kefir, 50G(1.5 OZ) of cheese
MEATS AND ALTERNATIVES <ul style="list-style-type: none"> • Have atleast 2 food guide servings of fish per week 	FEMALE (19-50): 2 MALES(19-50): 3 FEMALES (51+): 2 MALES (51+): 3	75G (2.5 OZ) or 125ML (½ cup) of cooked fish/shellfish/poultry/lean meats, 175ML (¾ cup) cooked legumes, 150G or 175ML (¾ cup) of tofu, 2 eggs, 30ML (2tbsp) of peanut/nut butters, 60ML (¼ cup) of shelled nuts/seeds

