

Nutrition for Busy People

Outline

- Why make changes to your eating habits?
- Nutrition basics
- Troubleshooting
- What's next?

Why did you come to today's class?

(Choose all that apply)

- Manage my health (e.g. fatty liver, blood sugars, blood pressure, cholesterol, etc.)
- No time to eat healthy
- Too expensive to eat healthy
- I don't know what to eat
- I know what to eat, but I can't seem to stick with my plan
- Other (type your answer in the chat)

Nutrients to Fuel Your Body



Protein



- Builds & repairs muscle
- Helps you feel full (satiety)
- Slows down rise of blood sugar

Carbohydrate



- Provides energy for the body
- Digests and breaks down into sugar (fuel)
- Quality matters!

Fibre



- Found in plant foods only
- The part of plants that we don't digest
- Increases fullness (satiety)
- Regulates blood sugar and energy levels
- Lowers cholesterol
- Prevents or reduces fatty liver
- Protects against cancer
- Promotes regular bowel movements

Sugar

- Contributes to fatty liver, PCOS, weight gain, prediabetes & type 2 diabetes, and high cholesterol
- Consider how often you enjoy desserts, ice cream, muffins/pastries, candy, chocolate, or sugary cereal



Sugar

- Drink water or milk instead of pop, iced tea & juice
 - Eat your fruit, rather than drink it
- Also consider foods with high levels of natural sugars
 - Honey, maple syrup, raw sugar = the same as white sugar





Fat

- Energy for the body
- Helps absorb vitamins
- Fat = Flavour!
- Affects blood cholesterol
- Manages fatty liver
- Quality matters!



Unsaturated Fat



- Protects against heart disease and liver disease

- Olive, canola, sunflower & vegetable oils
- Nuts and seeds
- Avocado
- Fish (salmon, mackerel, trout, sardines, tuna)

Saturated Fat



- Animal fat (beef, pork, sausages, bacon)
- Dairy fat (cheese, cream, butter)
- Coconut and palm oils
- Processed foods
- Restaurant foods

- Less processed = healthier!
 - Choose a pork chop instead of ham, bacon or deli meats
 - Eat homemade baked goods instead of store-bought

Balanced Plate



Balanced Meals



Balanced Meals



Balanced Meals



What's Missing?



Unbalanced vs. Balanced Meals



Play With Your Portion Sizes



Take Home Point: Your Overall Diet Pattern is What Matters Most



Highly Processed Foods

- Often high in sugar, salt, and saturated fat
- Low in fibre and vitamins/minerals
- Consider how often you enjoy these foods



Alcohol

- Maximum 1 drink per day, total 7 drinks per week
 - Don't save them all for the weekend
- When moderation may be too much
 - Avoid alcohol most of the time if you have fatty liver or high triglycerides



Regular beer
(about 5% alcohol)

=



Table wine
(about 12% alcohol)

=



80-proof distilled spirits
(40% alcohol)

Isn't this too basic? **NO!**

These guidelines target many health concerns:

- Fatty liver
- PCOS
- Type 2 diabetes and Prediabetes
- Cardiovascular Disease (high blood pressure, cholesterol, heart attack & stroke)
- Weight management
- Mindless eating or Disordered eating

Where Do I Start?

Troubleshooting

What gets in the way of healthy eating for you and your family?

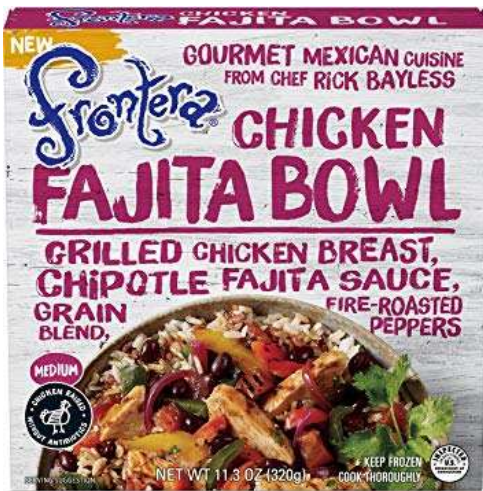
- Lack of time
- Budget
- Eating out
- Food cravings
- Circumstances
- Don't know how to make healthy choices

Lack of Time

Lack of Time

- Map out your week
 - What days can you carve out some time?
 - Who can help? Spouse, children?
 - Create a go-to list of 10 minute meals
- Try bulk meal prep or a meal box subscription
- Use your gadgets: Instant Pot, slow cooker, rice cooker, air fryer
- Buy groceries online
- What other tips do you have? (Type in the chat box)

Options for Convenience



Quick & Easy Breakfast Ideas



Quick & Easy Lunch Ideas



Quick & Easy Supper Ideas



Label Reading



Nutrition Facts Valeur nutritive

Per 6 cm piece (100 g)

2 ½" piece (1/10th of sausage ring)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g	38 %
+ Trans / trans 0.0	
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

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Vitamin A / Vitamine A	0 %
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Calcium / Calcium	2 %
Iron / Fer	4 %

1) Look at the serving size

Compare to your actual intake

Label Reading

1) Look at the serving size
Compare to your actual intake

2) Look at the % daily value (% DV)

Focus on:

- **Sodium** (limit)
- **Saturated fat** (limit)
- **Fibre** (eat more)

Amount Teneur		% Daily Value % valeur quotidienne
Nutrition Facts Valeur nutritive		
Per 6 cm piece (100 g) 2 ½" piece (1/10 th of sausage ring)		
<hr/>		
Amount Teneur		% Daily Value % valeur quotidienne
<hr/>		
Calories / Calories	25	
Fat / Lipides	20.0 g	31 %
Saturated / saturés	8.0 g	38 %
+ Trans / trans	0.0	
Cholesterol / Cholestérol	55 mg	
Sodium / Sodium	100 mg	42 %
Carbohydrate / Glucides	5 g	2 %
Fibre / Fibres	0 g	0 %
Sugars / Sucres	1 g	
Protein / Protéines	12 g	
<hr/>		
Vitamin A / Vitamine A		0 %
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Calcium / Calcium		2 %
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Label Reading



Label Reading

Nutrition Facts Valeur nutritive

Per 6 cm piece (100 g)

2 ½" piece (1/10th of sausage ring)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g + Trans / trans 0.0	38 %
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

a) Sodium

- Aim for 15% DV or less (the lower, the better)
- Remember the serving size
- If you eat a 5-inch piece of sausage = 2 servings

42% DV of sodium per serving
x 2 servings

84% daily value of sodium
(actual intake)

Label Reading

Nutrition Facts	
Valeur nutritive	
Per 6 cm piece (100 g)	
2 ½" piece (1/10 th of sausage ring)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g	38 %
+ Trans / trans 0.0	
Cholesterol / Cholesterol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

b) Saturated Fat

- Total fat content is not very important
- **Total fat** = unsaturated + **saturated** + + trans fats
- **Saturated fat** is a better indicator of the food's overall nutrition quality
- Aim for saturated fat of 15% DV or less (the lower, the better)

Label Reading

Nutrition Facts	
Valeur nutritive	
Per 6 cm piece (100 g)	
2 1/2" piece (1/10 th of sausage ring)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g	38 %
+ Trans / trans 0.0	
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

c) Fibre

- Aim for 15% DV or more (the higher, the better)


Comparing Foods



Comparing Foods



Comparing Foods



Serving Size grams (per 1/4 pizza (208 g))	
Amount Per Serving	% DV
Calories 480 Cal	
Total Fat 18 g	24 %
Saturated Fat 7 g	27 %
Trans. Fat 0.4 g	
Cholesterol 40 Mg	
Sodium 1210 Mg	53 %
Total Carbohydrate 57 g	13 %
Dietary Fiber 3 g	11 %
Sugars 8 g	8 g
Protein 22 g	
Potassium 250 Mg	5 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	20 %
Iron	20 %



Nutrition Facts Valeur nutritive	
Per 1/4 pizza (96 g) pour 1/4 de pizza (96 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 200	
Fat / Lipides 6 g	9 %
Saturated / saturés 2.5 g	13 %
Trans / trans 0.1 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 420 mg	18 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 3 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	10 %
Iron / Fer	10 %

- 1) Serving size
- 2) Saturated fat
- 3) Sodium
- 4) Fibre

How to Balance a Meal

How to Balance a Meal

Lunch 1

- Ham & swiss sandwich
 - On rye bread
 - With mayo & butter



- Chocolate pudding
- Iced tea



Lunch 2

- Tuna, egg salad or roast chicken sandwich
 - Whole wheat bread or wrap
 - With mayo & mustard



- Yogurt
- Water, sparkling water, or hot tea



How to Balance a Meal

Supper 1

- Macaroni & cheese



Supper 2

- Macaroni & cheese
- Add frozen peas
- Add canned tuna or beans



Budget Friendly Meals

Smart Shopping

- Eat at home instead of buying coffee and take-out meals
 - Medium coffee or tea, 5 days a week = over \$500 per year!
- Only buy what's on your list
 - Online grocery shopping can reduce impulse purchases
- Check what foods you already have at home (freezer or pantry) and build meals around those foods
- Be intentional about “first in, first out” eating



Lower Cost Foods

- Frozen and canned vegetables & fruit are less expensive and still nutritious
- Buy foods that don't spoil quickly (e.g. apples, carrots)
- Inexpensive protein: beans, lentils, eggs, canned fish
- For more tips: [UnlockFood.ca/en/Articles/Budget](https://www.UnlockFood.ca/en/Articles/Budget)

Save Money by Reducing Waste

- Don't buy more than you will actually eat
- Give veggies & fruit “center stage” in the fridge
- Consider a meal box subscription (e.g. Chef’s Plate, Hello Fresh)
- Time versus money?
 - Whole vegetables vs. pre-cut fruit & veggie trays
 - Whole chicken vs. boneless skinless chicken breasts

The average Canadian household
wastes \$1,766 of food per year

Eating Out

Strike a Balance While Eating Out

- Buy only part of the meal (burger) and pack veggies and cheese/yogurt on the side
- Drink water and skip the fountain drink
- Order “plain” food to reduce fat and salt intake
- Order from the kids menu for a smaller portion
- Consider the grocery store deli
- Avoid the “health halo” (e.g. Subway)
- Find sit-down restaurants in your neighbourhood that make less processed food and order ahead

Food Cravings

Dealing With Cravings

Cravings are often associated with:

- Intense feelings or emotions
 - Stress, fatigue, sadness, happiness
- Eating too little or skipping meals
- Boredom and personal habits
- Certain circumstances
 - Watching TV or movies
 - Kids going to bed
 - Playing computer or video games

Dealing With Cravings

- Find ways of managing boredom or stress that don't involve food
 - Reading, puzzles, knitting, crafting, exercise
 - Phone or video call with friends & family
- Group classes about managing cravings and/or emotional eating:
 - *Craving Change* class: www.wrha.mb.ca/groups
 - *Eat Your Heart Out* class: <https://womenshealthclinic.org/what-we-do/medical-services/nutrition/>

Consider Your Circumstances

Do you have too much going on?

- Involved in too many activities/commitments?
- Alison's story



But I Need to Lose Weight!



Do I Need to Lose Weight?

John and Linda decide to improve their lifestyle after finding out that John has fatty liver.

They give up pop and start walking together in the evening for 30 min instead of watching TV.

John loses 10 lbs in 2 months, but Linda's weight doesn't change.

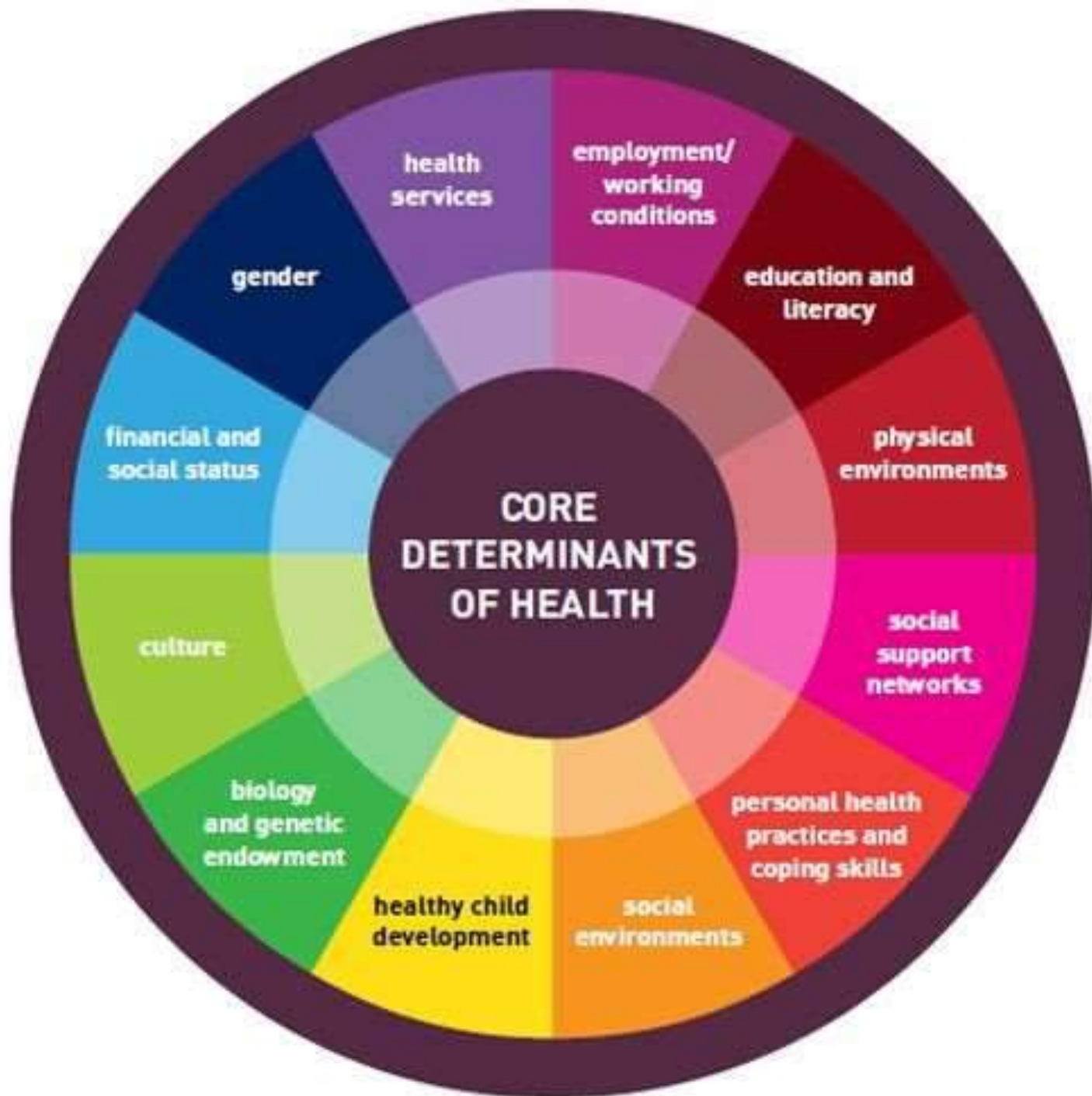
Is he healthier than she is?



What Factors Influence Weight?

- Genetics
- Age
- Hormones
- Some medications
- Some medical conditions
- Family habits and culture
- Social determinants of health
- And many more...





Body Mass Index (BMI)

- BMI is often used to measure health, but it's the *wrong tool* to use
- Can misclassify people in larger bodies to be seen as “not healthy” or people in smaller bodies as “healthy” even when they are not



reduced attention span
feeling of failure
Binge eating fatigue
feel obsessed fixate on food stress
diets don't work harmful
increased hunger
food cravings Lose muscle
emotional distress irritable poor nutrition
Low self-esteem Lower metabolism

95% will regain weight, and often more than they lost originally

Risk of heart attack
Higher body weight
yo-yo dieting
Lowered immune response
Osteoporosis
Lose muscle
Risk of diabetes
Risk of stroke
Cancer risk
Binge eating
Inflammation
Stress
Weight Cycling
Risk of death
Lower metabolism
Overeating
Regain weight
Emotional distress
Low self-esteem
Reduced physical activity
Higher blood pressure

What Can I Do?

- Healthy eating
- Physical activity
- Improve sleep
- Reduce stress
- Quit or reduce smoking & vaping

**More behaviours
= more benefits**

Changing these factors will improve your health
and your weight may not change...
...and that's ok!

If I Don't Lose Weight, Why Bother with Self-Care?

- More energy
- Reduce stress
- Better sleep
- Improve digestion
- Good role modeling for children & grandchildren
- Reduce fatty liver
- Lower blood sugar, cholesterol & blood pressure
- Prevent diabetes, heart attack, stroke
- Longer life and better quality of life

How to Cook an Egg



Something to Ponder



- Are you measuring the right things?
- If I lost weight, how would my life be different?
- Can you achieve that same goal without losing weight? What would that look like?



For More Information

- **Health At Every Size**

[LindoBacon.com/ resources/self-help-resources](http://LindoBacon.com/resources/self-help-resources)

- **What is Diet Culture?**

ChristyHarrison.com/blog/what-is-diet-culture

- **Dieting Causes Weight GAIN**

YouTube.com/watch?v=udvXZY5awGM

"My goal weight? Wherever my body lands
when I'm prioritizing my health
without sacrificing my joy." -*Miranda Galati*

For More Information

- Handout *“Helpful Websites & Apps”*
- Physical Activity WinnipegInMotion.ca
- Sleep SleepFoundation.org/sleep-topics
- Stress HeartAndStroke.ca/healthy-living/reduce-stress
- SmokersHelpline.ca (or call 1-866-366-3667)

For More Information

- Other health education groups, including *Physical Activity Essentials* & *Preparing for Success*
www.wrha.mb.ca/groups
- *Eat Your Heart Out* course (relationship with food)
Women's Health Clinic: (204) 947-1517

For General Nutrition Questions

Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

Need More Support?

Meet with a Registered Dietitian (Optional)

Do you have private health insurance?

Find a private practice dietitian here:

[www.CollegeOfDietitiansMB.ca/find-a-dietitian/
private-practice](http://www.CollegeOfDietitiansMB.ca/find-a-dietitian/private-practice)

If you don't have insurance, you may still be able to see a dietitian. Visit www.wrha.mb.ca/nutrition and select *Find A Dietitian*

Questions?

Un-mute your microphone
or use the chat box

Please complete an evaluation