



Nutrition Session 1

Registered Dietitians;

Amy Dow, RD

Nutrition at Cardiac Rehab

Session 1 Label reading and dietary fats

Session 2 Sugar, salt, fibre, caffeine, and alcohol

Session 3 Cooking tips, dining out and
Mediterranean diet



Please bring grocery shopper/cook to
classes!

Nutrition at Cardiac Rehab

- **Individual assessment**

- bring completed 3-day food records
- customized goal-setting
- review of cholesterol blood work and targets
- body measurements and targets



Nutrition Facts Label

- 3 possible formats exist for labels



Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

The % Daily Value gives a context to the amount of the nutrient in the specified amount of food. The Daily Values are based on recommendations for healthy eating.

Nutrition Facts		Valeur nutritive	
Amount / Teneur	% DV / % VD*	Amount / Teneur	% DV / % VD*
Fat / Lipides 13 g	26 %	Carbohydrate / Glucides 23 g	8 %
Saturated / saturés 5 g	42 %	Fibre / Fibres 0 g	0 %
+ Trans / trans 3.5 g		Sugars / Sucres 20 g	
Cholesterol / Cholestérol 10 mg		Protein / Protéines 3 g	
Sodium / Sodium 70 mg	3 %		
Vitamin A / Vitamine A	2 %	Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %	Iron / Fer	4 %

Nutrition Facts	
per 1 cup (264 g) Calories 200	
Fat 13 g (26 %)	Saturated Fat 3 g + Trans Fat 2 g (25 %)
Cholesterol 30 mg	Sodium 600 mg (26 %)
Carbohydrate 31 g (10 %)	Fibre 0 g (0 %)
Sugars 5 g	Protein 5 g
Vit A (4 %)	Vit C (2 %)
Calcium (15 %)	Iron (4 %)

If a product is too small the company must provide a toll free phone number to call to access nutrition label information

Nutrition Facts Label

13 Core Nutrients:

fat, saturated fat, trans fat,

cholesterol, sodium

carbohydrate, fibre, sugars

protein

Vitamin A, Vitamin C,

calcium & iron

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	440
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g	21 %
+ Trans / Trans 0.2 g	
Cholesterol / Cholestérol	35 mg
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines	15 g
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

Label Reading – Serving Size

Nutrition Facts	
Per 3/4 cup (100 g)	
Amount	% Daily Value
Calories 80	
Fat 1 g	1 %
Saturated Fat 0 g + Trans Fat 0 g	0 %
Cholesterol 0 mg	
Sodium 2 mg	0 %
Carbohydrate 15 g	5 %
Fibre 3 g	12 %
Sugars 7 g	
Protein 3 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 1 %	Iron 3 %

- the specific amount of food listed under the “Nutrition Facts” title
- all nutrient information is based on this amount of food
- listed in common measures you use at home

Label Reading Targets

Total fat per day = **60** grams

Total saturated fat per day = **10-15** grams

Total trans fat per day = **0** grams

Total cholesterol per day = **200-300** mg

Total sodium per day = **2300** mg

Total sugar per serving = **less than 10 g**

Nutrition Facts			
Per 3 pieces (105 g)			
Amount	% Daily Value		
Calories 220			
Fat 10 g			15 %
Saturated Fat 1.5 g + Trans Fat 1 g			13 %
Cholesterol 15 mg			
Sodium 490 mg			20 %
Carbohydrate 20 g			7 %
Fibre 3 g			12 %
Sugars 6 g			
Protein 12 g			
Vitamin A	8 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %

How much do you eat?

Bran Cereal with Raisins

Nutrition Facts label

serving size:

1 cup (59 g)



Amount you eat

2 cups



You have to multiply everything by 2 to calculate the amounts of nutrients that is in 2 cups

% Daily Value

- Quick tool to determine if a product contains a lot or a little of a nutrient
- Greater than 15% = a lot
- Less than 5% = a little

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 440	
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g + Trans / Trans 0.2 g	21 %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

Looking for Sodium

Nutrition Facts

Per 2 slices (64 g)

Amount		% Daily Value	
Calories	140		
Fat 1.5 g		2 %	
Saturated 0.3 g		4 %	
+ Trans 0.5 g			
Cholesterol 0 mg			
Sodium 290 mg		12 %	
Carbohydrate 26 g		9 %	
Fibre 3 g		12 %	
Sugars 2 g			
Protein 5 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	10 %



Nutrition Facts

Per 1/2 cup (125 mL)

Amount		% Daily Value	
Calories	70		
Fat 0.5 g		1 %	
Saturated Fat 0 g		0 %	
+ Trans Fat 0 g			
Cholesterol 0 mg			
Sodium 250 mg		10 %	
Carbohydrate 13 g		4 %	
Fibre 2 g		8 %	
Sugars 6 g			
Protein 2 g			
Vitamin A	1 %	Vitamin C	2 %
Calcium	0 %	Iron	4 %

Comparing Products

Product #1 Vs. Product #2



Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
Calories 80	
Fat 1 g	1%
Saturated 0 g	
+ Trans 0 g	0%
Cholesterol 0 mg	
Sodium 220 mg	10%
Carbohydrate 15 g	5%
Fibre 1 g	
Sugars 1 g	
Protein 3 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Nutrition Facts	
Per 6 crackers (19 g)	
Amount	% Daily Value
Calories 91	
Fat 3.8 g	6%
Saturated 0.5 g	
+ Trans 1.0 g	9%
Cholesterol 0 mg	0%
Sodium 130 mg	6%
Carbohydrate 13 g	4%
Fibre 1 g	
Sugars 1.5 g	
Protein 1.4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%



**25% less
fat than
our original
crackers**

Comparing Products

Product #1

Frozen marinated
chicken breasts

Nutrition Facts	
Per 1 piece (100 g)	
Amount	% Daily Value
Calories 90	
Fat 0.5 g	1 %
Saturated Fat 0.2 g + Trans Fat 0.1 g	2 %
Cholesterol 40 mg	
Sodium 270 mg	11 %
Carbohydrate 3 g	1 %
Fibre 0 g	0 %
Sugars 2 g	
Protein 18 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 2 %	Iron 4 %

Vs.

Product #2

Frozen breaded
chicken breast strips

Nutrition Facts	
Per 3 pieces (105 g)	
Amount	% Daily Value
Calories 220	
Fat 10 g	15 %
Saturated Fat 1.5 g + Trans Fat 1 g	13 %
Cholesterol 15 mg	
Sodium 490 mg	20 %
Carbohydrate 20 g	7 %
Fibre 3 g	12 %
Sugars 6 g	
Protein 12 g	
Vitamin A 8 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %



Comparing Products

Product #1

Vs.

Product #2

Sirloin Burger

Chicken Burger

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 340	
Fat 27 g	42 %
Saturated Fat 12 g + Trans Fat 2 g	70 %
Cholesterol 70 mg	
Sodium 330 mg	14 %
Carbohydrate 3 g	1 %
Fibre 0 g	0 %
Sugars 3 g	
Protein 24 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %




Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

Dietary Fats

- **Why?**
 - For your heart health
- **What?**
 - Amounts we eat vs recommendations
- **How?**
 - Ideas on how less is more!!
 - less processed fat = more fresh, whole and real!

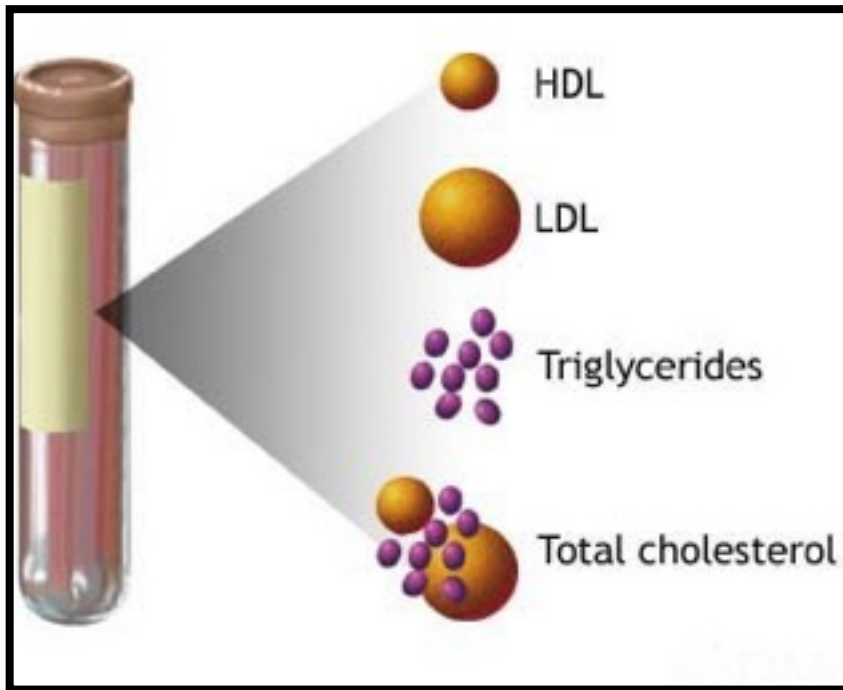
Why?... for your heart health

- Fat (trans) and blood fats
 - decreases HDL
 - increases LDL
 - increases TG
 - increases belly fat
-  **inflammation in body cells**



Blood Fats – Know your target

- LDL targets are seem to always be going lower – less than 2 mmol/L !



- **HDL:** more than 1.1 mmol/L (good cholesterol)
- **LDL:** less than 2 mmol/L (bad cholesterol)
- **Triglycerides:** less than 1.7mmol/L (storage-form of fat)
- **Total cholesterol/HDL ratio:** less than 4 mmol/L

Dietary Fats



♥ Healthiest fats:

- plant sources in oils, nuts and seeds, soy
- animal sources in fish, lean meats, poultry, dairy, eggs

♥ Unhealthy fats:

- trans fat sources in processed foods



Monounsaturated Fats

- **WHY? Lower LDL and protect HDL**
- olive, canola, high oleic safflower, avocado oils
- non-hydrogenated olive/canola oil margarines,
- avocado
- almonds, filberts,
- cashews, pecans, peanuts,
- all natural peanut/almond/cashew butters



Polyunsaturated Fats

- **WHY? Lower LDL and Triglycerides**
- grapeseed, sunflower, corn, soybean, sesame seed oils
- walnuts, pine nuts, brazil nuts,
- pumpkin and sunflower seeds
- ground flaxseeds, chia seeds, hemp seeds
- fatty fish like salmon, trout, sardines, tuna, h mackerel, herring
 - (source of omega 3 fish oils)



Omega 3 Fats

Target 1000mg per day

- Eat fish, especially fattier fish, 2-3 times a week



- Add 2 tbsp. ground flaxseed daily to cereal, yogurt, smoothie



Saturated Fat

- WHY? Raise LDL cholesterol
- coconut oil
- butter, lard
- meat fat, dairy fat
- processed foods
- vegetable shortening

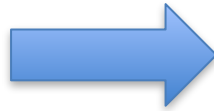


Fat comparison per Tbsp/15ml

	Olive oil	Coconut Oil	Butter	Margarine
Cal.	119kcal	117kcal	100kcal	105kcal
Total	14g	14g	11g	12g
Sat.	2g	12g	7g	1.5g

- ♥ Extra virgin cold-pressed olive oil is the best choice
- ♥ Non-hydrogenated margarine
- ♥ Coconut oil may be used in place of butter for occasional use

Trans Fat



- **WHY? Raises LDL and lowers HDL**
- Partial hydrogenation
 - cheaper
 - prolonged shelf life
 - improved texture and taste

Sources of Trans Fat

- baked goods
- microwave popcorn
- cookies, crackers
- dough, crusts, donuts
- fast food, fried food



www.hc-sc.gc.ca

Where's the Trans fat?

Nutrition Facts
Serving Size: 5 Croutons (7g)
Servings Per Container: About 20

Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS: SALT, MALTED BARLEY, CORN GRITS, WHEY, ROMANO AND PARMESAN CHEESE (PASTEURIZED MILK, PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTER-MILK, SOYBEAN OIL, DISODIUM PHOSPHATE, CITRIC ACID, SOY FLOUR, NATURAL FLAVORS, MALTODEXTRIN, GARLIC, PARSLEY, SPICES, PAPRIKA, DISODIUM INOSINATE AND GUANYLATE, CALCIUM SULFATE, ENZYMES, CALCIUM DIOXIDE, SOY LECITHIN. CONTAINS: WHEAT, MILK AND SOYBEANS.

NO PRESERVATIVES
NO CHOLESTEROL
0g TRANS FAT

Enjoy Our Other
Marie Callender's
Delectable Gourmet Crout

- Whole Grain Caesar
- Cheese & Garlic
- Garlic & Butter
- Ranch
- Fat Free Caesar
- Fat Free Herb Seasoned
- Multi-Grain Organic Sea
- Classic Seasoned

Visit mccroutons.com for salad recipes and more.

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Trans fats can get “fancy”

Partially hydrogenated oils, vegetable oil shortening

How much do I get?



Trans Fat

- 8.4 g daily, 2005; 3.5 g daily, 2009
- **Target** = 0 g or <2 g per 2000 calories

Total Fat

- 80-100g daily
- **Target** = 60 g per 2000 calories

Statistics Canada 2013; Canadian Health Survey 2004; Institute of Medicine DRI's 2009

What is a 60g fat target?

5 g = 1 tsp

15 g = 1 tbsp

60 g = 4 tbsp

Added vs. Hidden Fat

Daily target:

- Keep ***added*** fats to 30 g or 2 Tbsp
- Other 30 g or 2 Tbsp is ***hidden*** fat

How do I get less?

Choose fresh!



Choose whole!

Less is More!

Choose lean!



Choose plant!

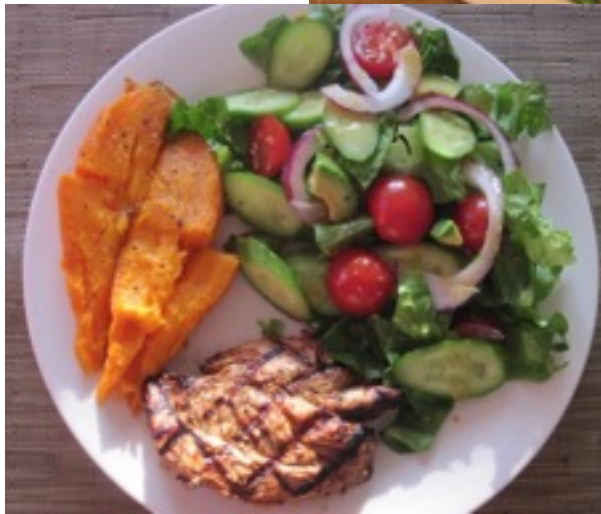
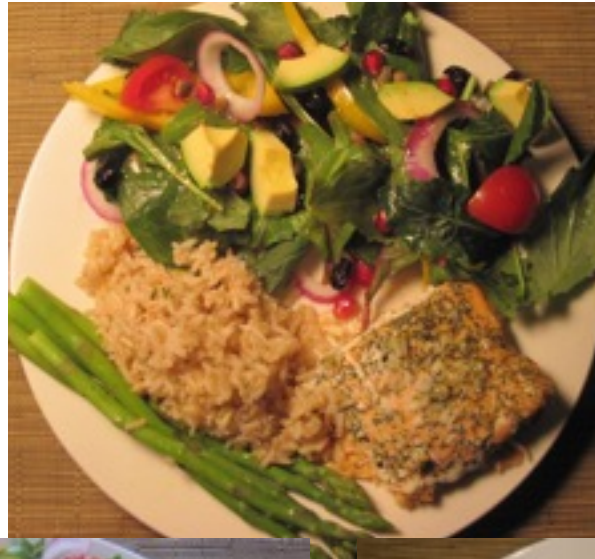


Where do I start?

- ♥ Self-check up for busyness syndrome!
 - Eat regular meals
 - Plan weekly meals/grocery list
 - food categories vs labor-intensive recipes

Prepare food at home using plate method!

Choose simple...





Choose colour!



Paradigm shift



movenourishbelieve.com

Why I should eat more vegetables & fruits?

- High in flavonoids and fibre, low in calories
- Lowers blood pressure and other risk factors



How many should I eat?

4-5 servings **Vegetables**



&



4-5 servings **Fruits**



Go For **Colour!!**



What is a serving?

One Serving



= 1/2 cup most fruits & vegetables

= 1 cup leafy greens spinach, romaine



= 1/4 cup dried fruit

= 1/2 cup 100% pure fruit/veg juice

Try these simple tips:

- fruit choice at every meal
- cereal with fresh/frozen/dried fruit
- raw vegetables with low fat salad dressing or bean dip
- vegetables in casseroles/stews/soups/salads
- always eat seasonal fruits and vegetables
- bite-sized vegetables in containers in fridge

Summary!

- Think fresh!
- Think whole!
- Think real!
- **Less is more!**
- Establish your WHY!
- Process vs project!



Top 3 Website Picks

www.nutritionaction.com



www.eatrightontario.ca



www.cookspiration.com