



Nutrition Session #3

Registered Dietitians;

Amy Dow, RD

Nutrition at Cardiac Rehab

Session 1 Dietary fats, fibre, whole foods

Session 2 Sugar, Salt, Caffeine, Alcohol

Session 3 Cooking tips, dining out, Mediterranean diet

Please bring grocery shopper/cook
to classes!



Live it up...

...Mediterranean style!

- **Types** of foods
- **Amounts** of foods
- **Distribution** over the day
- **Frequency** of foods



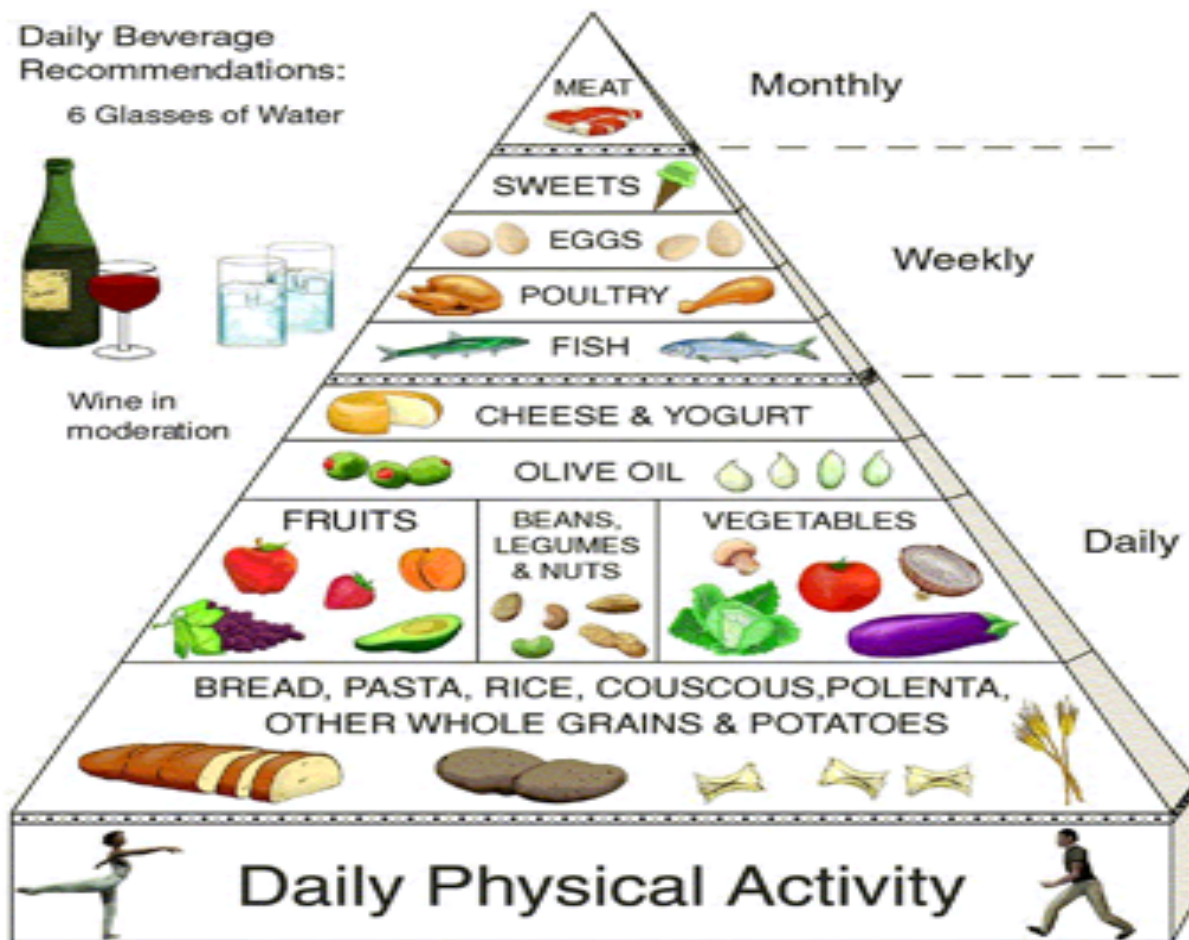
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The Traditional Healthy Mediterranean Diet Pyramid



Dining Out

Restaurants will always give you more...

- Portions
- Salt
- Fat
- Saturated fat



So have a plan ...

Choose



- Baked
- Broiled
- Grilled
- Poached
- Roasted
- Steamed
- Sautéed or stir-fried

Limit

- A la king
- Alfredo
- Au Gratin
- Basted
- Breaded
- Crispy
- Fried
- Hollandaise

Restaurant Tips

- Ask questions and special order
- Plan to use a container for leftovers
- Be prepared to take home 1/3-1/2
- Have a strategy for buffet restaurants
 - may want to avoid for now



Restaurant Tips

- Forget the mayo → order mustard
- Skip the cheese → 1 slice = 8 grams of fat
- Go green → have a salad and not fries
- Dip & Stab → dip your fork into the salad dressing and then into the salad
- Ham it up → order a side of ham & not sausage
- Cut the cream → coffee with milk

Fast Food Wisdom

Option 1

- Quarter Pounder with cheese
- Large Fries
- Large pop

1,116 calories

51 grams fat

1,450 mg sodium

Option 2

- Small Burger
- Salad with low fat dressing
- Water or Large diet pop

481 calories

18 grams fat

665 mg sodium



Fast Food Wisdom

- Get a copy of their nutrient analysis before you eat.
- Make choices **before** you enter the door.

Never Supersize Anything!!

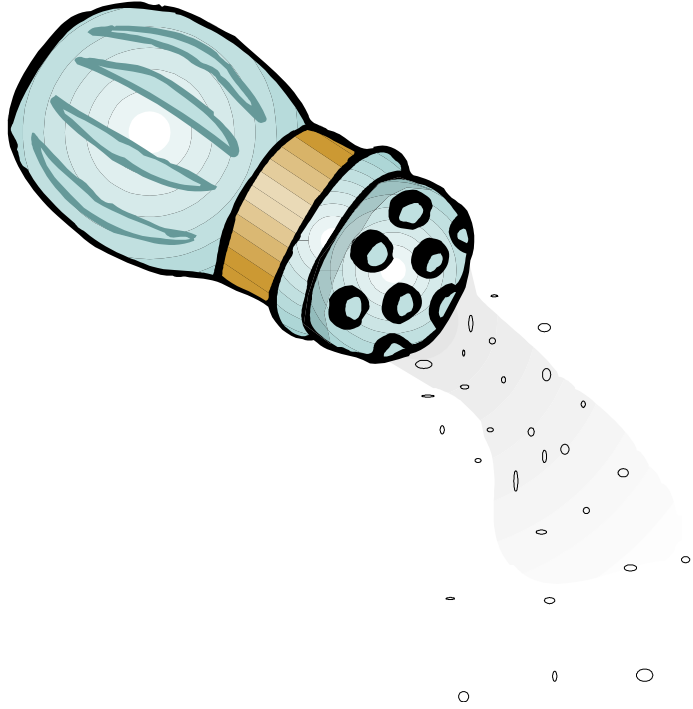




Heart-Healthy Cooking

- Try new heart healthy recipes listed in resources provided
- Experiment using unsaturated healthy fats, variety of fresh/dried herbs;
- Use recipe substitution list to replace unhealthy ingredients with heart healthy ones

Instead of fat and salt...



1. Freshly ground black pepper
2. Freshly minced garlic, onion, leeks
3. Fresh-squeezed lemon and lime juice
4. Savory spices/herbs/seeds such as garlic powder, curry powder, cumin, dill seeds, basil, ginger and coriander
5. Fruit juices/flavoured vinegars/low-sodium broths

How do I get less?

Choose fresh!



Choose whole!

Less is More!

Choose lean!



Choose plant!





Choose colour!



Paradigm Shift



movenourishbelieve.com