HDH
HANOVER & DISTRICT HOSPITAL

Nutrition Session 2

We're Here
www.hdhospital.ca

Information on these slides is used with permission from St. Mary's Cardiac Rehab

Session 2:
Sugar, Salt, Fibre, Caffeine & Alcohol

Why?

For your heart health

What?

Amounts we eat vs recommendations

How?

Ideas on how less is more!!

less fat, sugar & salt = more fresh, whole & real!

Why?... For your heart health

- Fat (trans) and blood fats

- Sugar (added) and blood sugar

- Salt (sodium) and blood pressure

- ↑ **inflammation in body cells**

How much SUGAR do I eat?

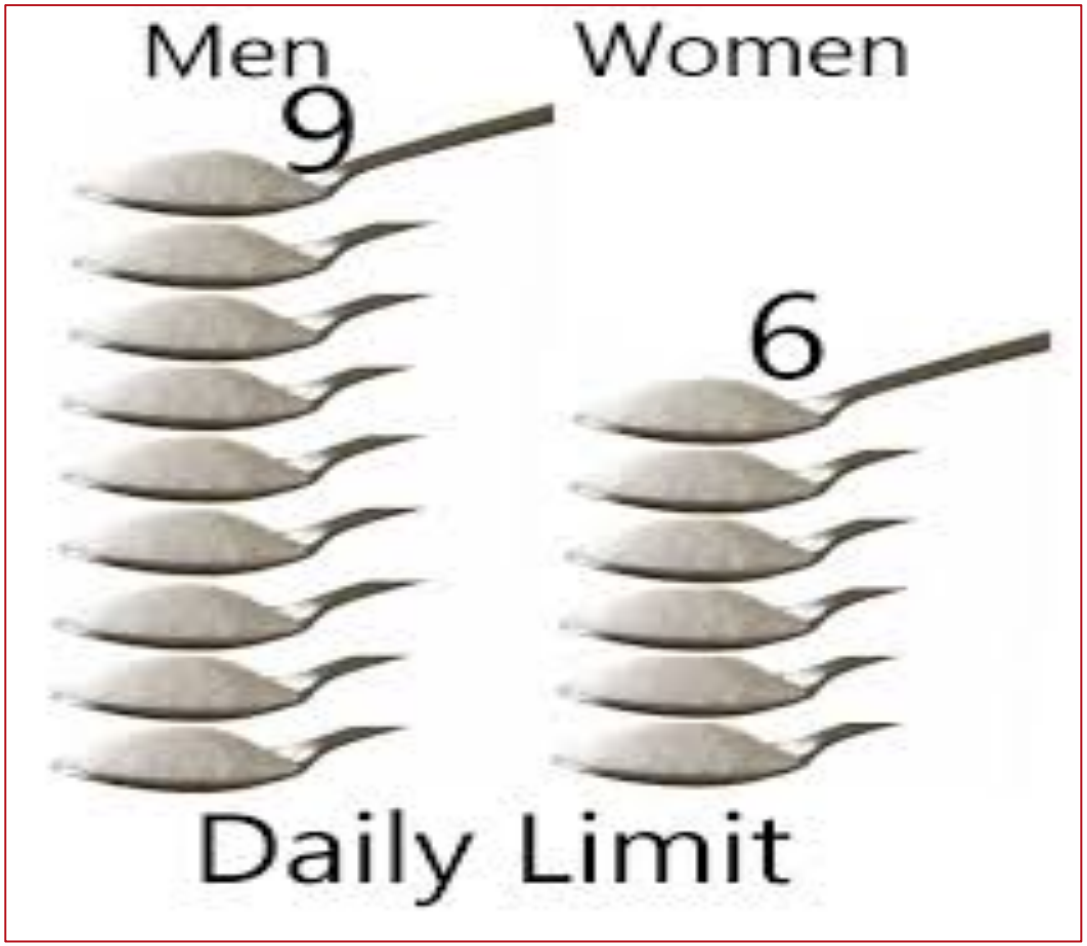
- Sugar-refined/processed or added:
  - 26 tsp/104 g daily
  - Target = 6 tsp (F) to 9 tsp (M)/ 30-45g daily

AHA 2009; Canadian Health Survey 2004; Institute of Medicine DRI's 2009

Sources of Sugar

Major Sources of Sugar in our Diets

- Added sugar (what we added to food)
- Soft drinks/fruit drinks
- Foods that have sugar added into them (refined or processed foods)

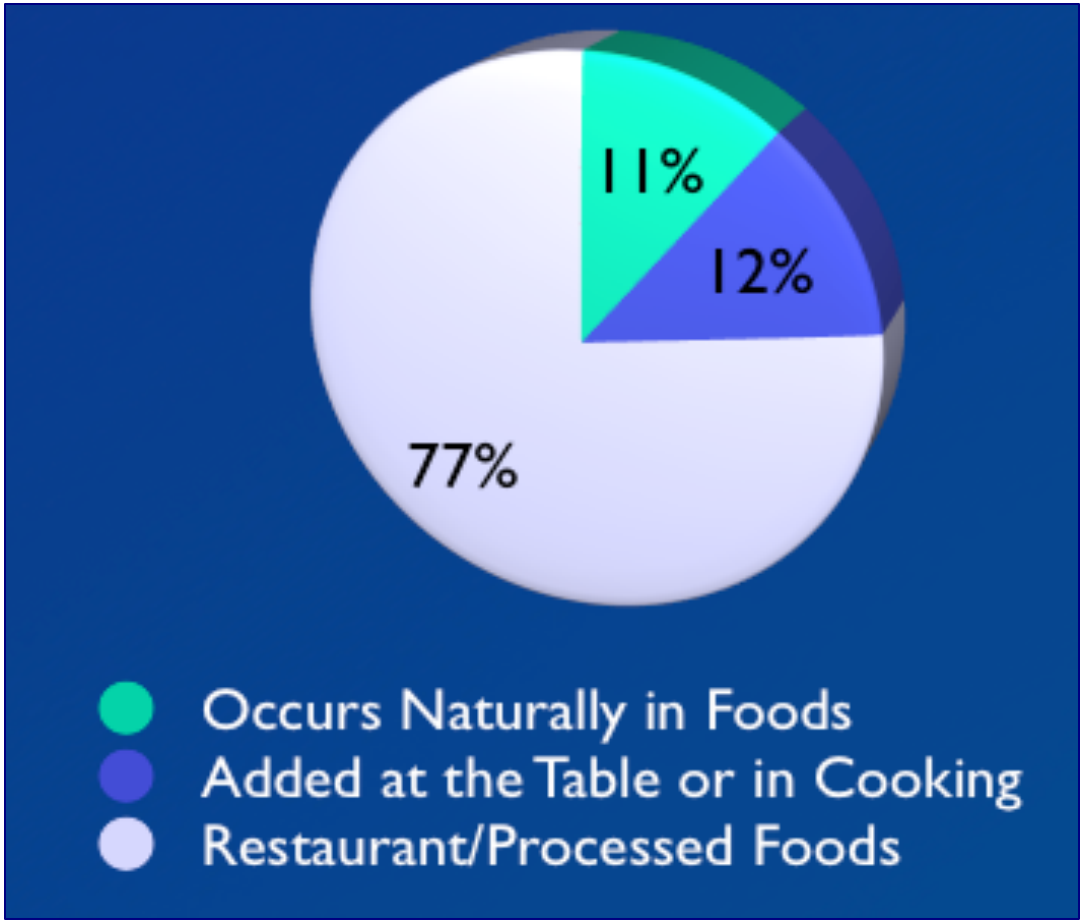

Men
Women
9
6
Daily Limit

How much SALT do I eat?

- Salt/sodium
  - 3400 mg – 4100 mg daily
  - Target= <2300 mg daily (1 tsp)

AHA 2009; Canadian Health Survey 2004; Institute of Medicine DRI's 2009

Sources of Sodium



Blood Pressure Canada

Sodium added in processing:

Food	Sodium (mg)	Food	Sodium (mg)
Plain pasta	5	Pasta & sauce	800
Cucumber	2	Dill Pickle	385
Fresh salmon	56	Canned salmon	272
Cheddar cheese	176	Processed cheese	407
Coffee – cream & sugar	15	Cappuccino – from mix Hot chocolate	250 360

Restaurant Sources

Food **High Sodium**	Sodium (mg)	Food **Low Sodium**	Sodium (mg)
Fast food chicken burger	**990**	**Grilled chicken breast**	**64**
		Baked potato	**33**
Medium French fries	**540**	**Sour cream – 1 Tbsp.**	**6**
Ketchup – 1 Tbsp.	**110**	**Tomato slices – 6**	**11**
		Steamed broccoli – 1 cup	**25**
Milkshake – 16 oz.	**350**		
		Milk – 8 oz.	**122**
Total	1990		261

Ingredients…
also known as sugar, fat & salt

- Any word that ends in “ose” or “syrup”
  - Sucrose, glucose, fructose, **glucose-fructose or high fructose corn syrup**, dextrose
  - cane or beet sugar, cane juice, maltodextrin, barley malt
  - Honey, maple syrup, molasses, brown rice syrup, agave syrup
- Trans fats can get “fancy”
  - Partially hydrogenated oils, vegetable oil shortening
- Any word with “sodium” in it
  - Sodium chloride, sodium phosphate, monosodium glutamate (MSG), sodium nitrite, sodium benzoate, sodium citrate

What am I?

- INGREDIENTS: Enriched flour, vegetable oil shortening (soybean, cottonseed), brown sugar, corn syrup, liquid whole eggs, water, raisins, glucose-fructose, vegetable oil margarine (hydrogenated soybean oil and cottonseed oil, soybean oil, water, salt, dextrose, soy lecithin, potassium sorbate, mono-and diglycerides, citric acid, artificial flavour, vitamin A palmitate, vitamin D3), salt, dextrose, skim milk powder, modified cornstarch, artificial flavour, potassium sorbate, butter, soybean oil, L-cysteine hydrochoride, tricalcium phosphate, amylase.

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…a butter tart

Nutrition Facts Label

Nutrition Facts
Valeur nutritive
Serving Size 2 tarts (90 g)
Portion 2 tartelettes (90 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 460	
Fat / Lipides 23 g	35 %
Saturated / saturés 6 g + Trans / trans 6 g	60 %
Cholesterol / Cholestérol 40 mg	
Sodium / Sodium 340 mg	14 %
Carbohydrate / Glucides 61 g	20 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 26 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %

Targets per serving:

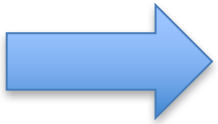
- Trans fat = 0 g
- Sodium = 200 mg or less
- Sugars = 10 g or less

Majority of sugar, fat & salt comes from:

- Processed meat
- Cheese
- Breads/crackers
- Soups/canned food
- Salad dressings
- Cookies/cakes
- Breaded frozen food
- Bread spreads

Food for thought…

As much as nutrition labels help identify products with the lowest sugar, fat and salt, be mindful that it's the foods with no labels that are the **best**!



"Single ingredient foods"

Adapted from sodium101.ca

How do I get less?

Choose fresh!

Choose whole!

Less is More!

Choose lean!

Choose plant!

Choose colour!

gettyimages.com

Paradigm Shift

movenourishbelieve.com

Fibre it up!

- Diets high in fibre tend to be lower in total fat and saturated fat.
- Fibre helps lower blood cholesterol
- Fibre helps slow the release of sugar into blood
- **Aim for 25 – 35 g fibre daily**

Types of Fibre

- There are 2 types of fibre:

Soluble Fibre

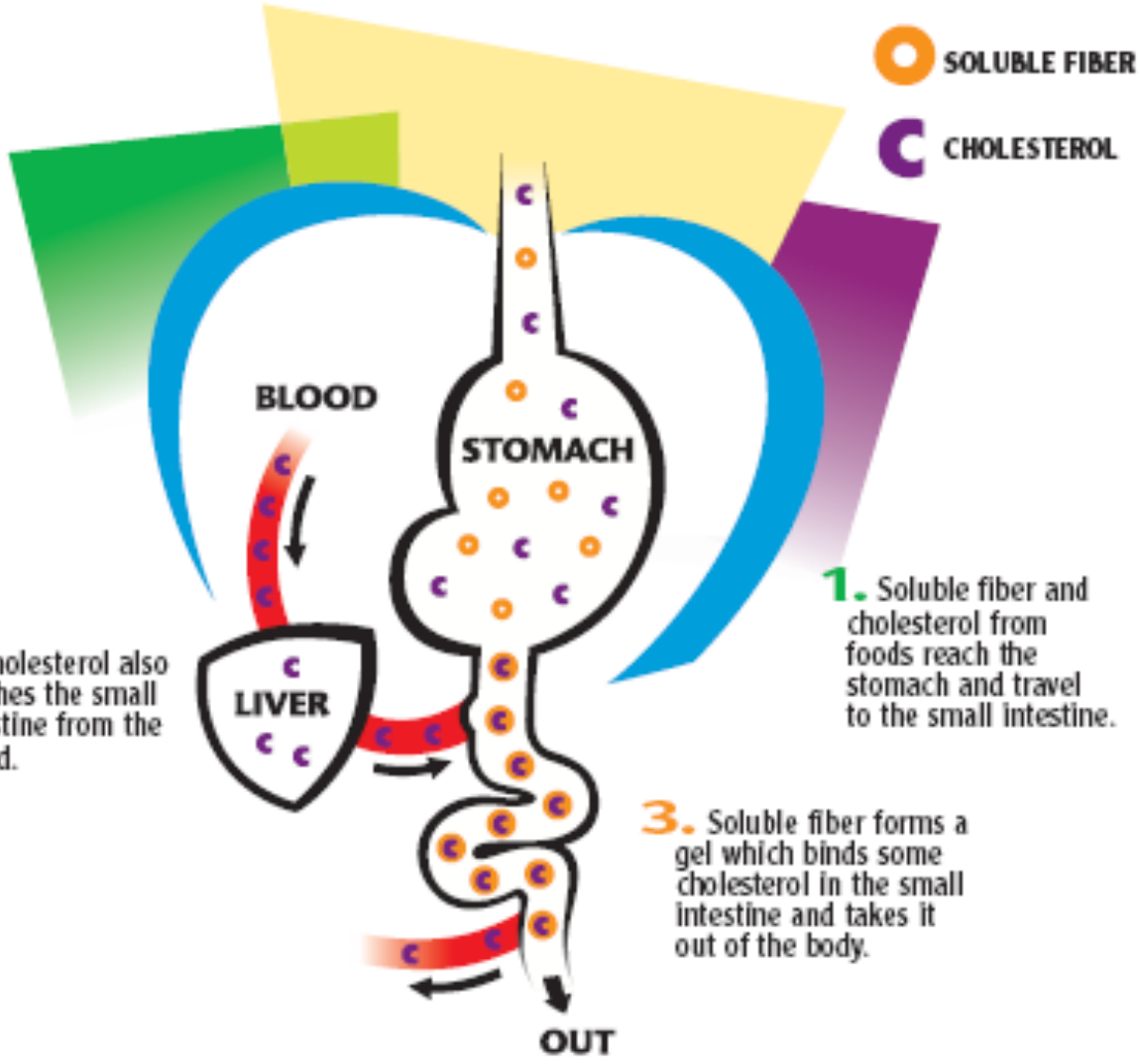
Insoluble Fibre

Soluble Fibre

- forms a gel when mixed with water
- helps lower cholesterol by 5%
- helps slow release of sugar into blood

How Soluble Fiber May Lower Your Cholesterol

While scientists are still unraveling the details, this picture shows how the soluble fiber from the foods you eat can help lower the cholesterol in your blood.



Soluble Fibre

- Aim for minimum **10-15 grams** of soluble fibre daily

Soluble Fibre Sources

- Barley, ground flaxseed, lentils, legumes, oats, apples, oranges, psyllium husk

Insoluble Fibre

- Bowel healthy fibre
- Helps to prevent constipation
- Absorbs water like a sponge when

  when combined

  with water

Insoluble Fibre

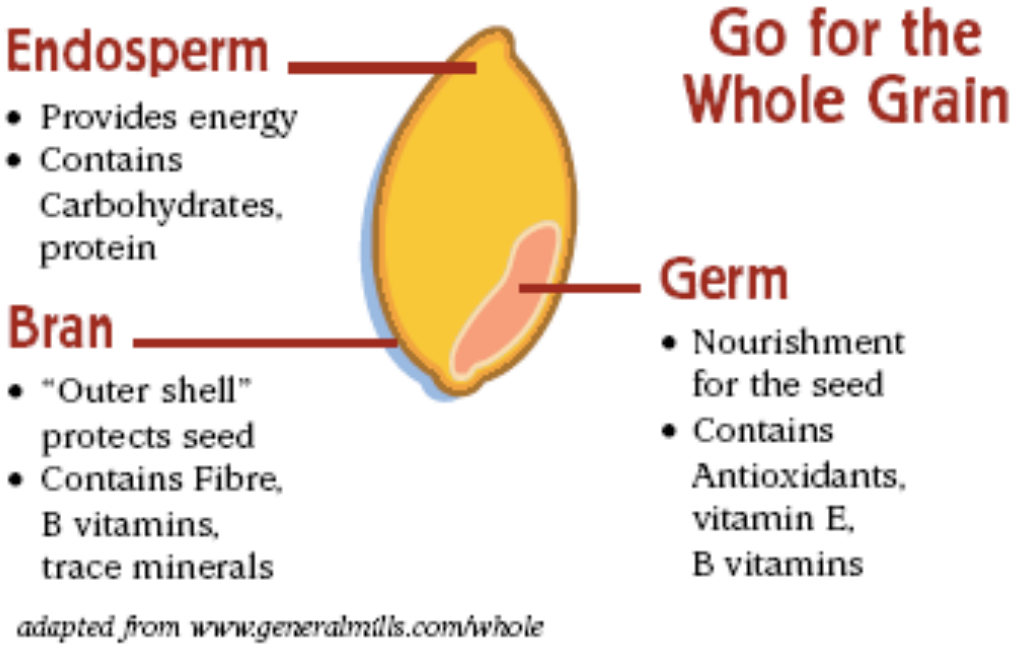
- Aim for **15-25 grams** of insoluble fibre daily

Insoluble Fibre Sources

- Whole grains, whole wheat, wheat bran
- Vegetables and fruits

Finding Fibre

Why choose “Whole Grains”?



Contain:

- Fibre
- Antioxidants
- Phytonutrients
- Minerals

Tips for increasing fibre

- Whole grain cereals:

  Look for : **more than 4 grams of fibre per serving**

- Whole grain breads:

  Look for : **at least 2 grams of fibre per slice**

Finding Fibre

Nutrition Facts

Per 2 slices (64 g)

Amount	% Daily Value
Calories 140	
Fat 1.5 g	**2** %
Saturated 0.3 g + Trans 0.5 g	**4** %
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 %

Kellogg's* All-Bran Buds* cereal

Nutrition Facts

Serving 1/3 cup (28 g)

Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	70	130
	% Daily Value	
Fat 0.5 g†	**1** %	**3** %
Saturated 0 g + Trans 0 g	**0** %	**4** %
Cholesterol 0 mg	**0** %	**2** %
Sodium 190 mg	**8** %	**11** %
Potassium 250 mg	**7** %	**13** %
Carbohydrate 23 g	**8** %	**10** %
Fibre 12 g	**48** %	**48** %
Sugars 8 g		
Starch 3 g		
Protein 3 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	2 %	15 %
Iron	25 %	25 %
Vitamin D	0 %	25 %
Thiamin	45 %	50 %
Riboflavin	4 %	15 %
Niacin	10 %	15 %
Vitamin B_6	10 %	15 %
Folate	8 %	10 %
Vitamin B_{12}	0 %	25 %
Pantothenate	6 %	10 %
Phosphorus	15 %	25 %
Magnesium	30 %	40 %
Zinc	15 %	20 %

† Amount in cereal.

Tips for Increasing Fibre

- high fibre cereal at breakfast
  - add 2 Tbsp ground flax
- 100% whole wheat/whole grain breads
- whole grain side dishes:
  - brown rice, whole wheat pasta, barley
- whole grain snacks:
  - granola bars, crackers, cereal, popcorn

Alcohol

- Check with your doctor or pharmacist for possible interactions with your medications.

- If triglycerides not to target, **AVOID!**

- To lose body fat/weight, limit or avoid.

What is one drink?

- 1 1/2 oz. liquor

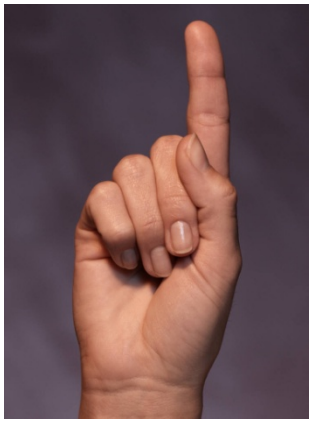
–5 oz. wine

- 1 bottle beer

Alcohol

For good health:

- women no more than 1 drink per day



- men no more than 2 drinks per day.

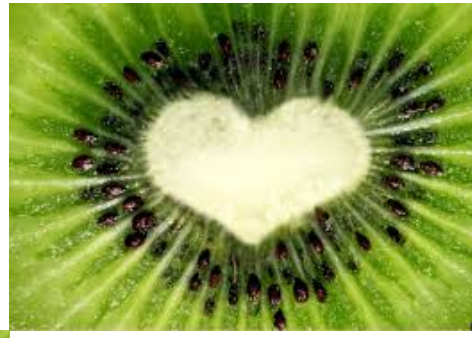
Caffeine

H&S and AHA recommend you:

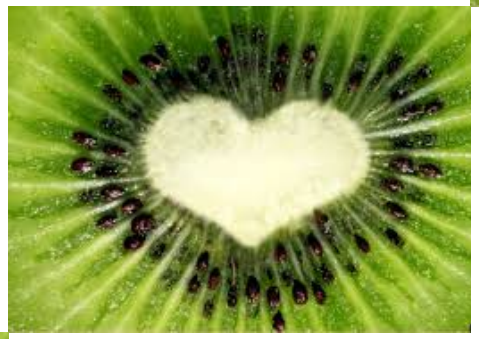
- Limit to 200mg caffeine daily
- Equal to about 1-2 cups coffee
- Limit other caffeinated beverages (tea, colas,)
- Other caffeine sources;
  - “energy” drinks and dark chocolate

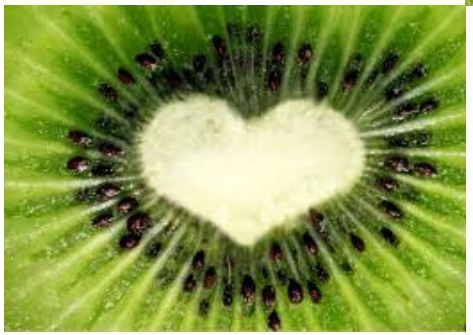
My Top 3 Website Picks

www.nutritionaction.com



www.healthcastle.com





www.sodium101.ca

depositphotos.com