

Healthy Eating, Meal Balance & Portion Control

Education Series

Facilitators:

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Survey: Areas of interest...

▶ **Healthy eating**

- ▶ What is the Mediterranean diet?
- ▶ For healthy aging, menopause, heart disease, diabetes, inflammation
- ▶ Good foods/bad foods
- ▶ Curbing evening snacking, stress related eating
- ▶ Reducing sugar/ sweets
- ▶ Label reading
- ▶ Supplements: vitamins, minerals, probiotics



▶ **Portion Control**

- ▶ How to gauge proper amounts
- ▶ Carbs - how to include in a healthy diet / if I have diabetes

▶ **Weight Management**

- ▶ What is a healthy weight?
- ▶ Why is it so hard to lose weight?

Outline

- ▶ **Best Weight & factors affecting weight loss**
- ▶ **Best Diet: evidence-based diet patterns for health and weight management**
 - ▶ Meal Balance & Portion Control
 - ▶ Meal Patterns: Timing, Frequency
 - ▶ Healthy Snacks & Beverages
- ▶ **Setting Goals for do-able change**
- ▶ **Questions:**
 - ▶ Chatbox
 - ▶ In person - unmute at end of presentation



Ideal vs Best Weight

Ideal weight: often unrealistic targets

- ▶ BMI - population tool, many pitfalls when applied to the individual
- ▶ Previous weight - what you weighed 20-30 years ago may not be realistic
- ▶ Genetics at play

BEST weight ... ‘whatever weight you achieve while living the healthiest lifestyle you can truly enjoy. There comes a point when a person cannot eat less or exercise more and still like their life.’

- ▶ Reason why most ‘diets’ inevitably fail ‘You need to actually enjoy the lifestyle that got you there.’

Realistic Weight Loss Expectations

- ▶ 5 - 10% loss of current body weight = health benefits
 - Example: 200 lb... 5% loss = 190 lb; 10% loss = 180 lb
- ▶ Rate of loss: 0.5 - 1.0 lb/week maximum - **in theory**
 - Plateau: new energy balance - smaller body needs fewer calories
 - Other factors at play - biological and environmental (next slide)
- ▶ Consider what's happening in your life - periods of high stress:
 - Not to gain weight
 - Be aware of permissive thoughts
 - Daily routines - establish/maintain
- ▶ Look beyond the weigh scale
 - Ways to Know your Nutrition Plan is Working (handout)

Weight Loss - why is it so hard?

Appetite hormones: ghrelin, leptin

High cortisol: chronic stress, lack of sleep

Calories In

Calories Out

Food is everywhere
- Palatability
- Reward

Food

Body Functions
(BMR, NEAT, TEFF)

Insulin resistance

Beverages

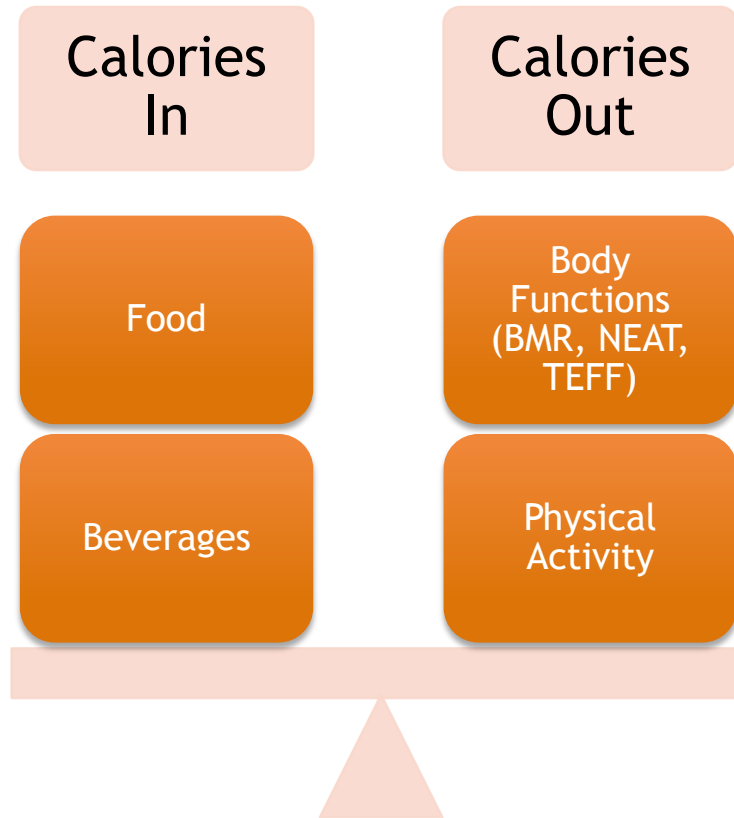
Physical Activity

More sedentary time

Habits/learned Behaviours

Reduced metabolism with age, yo yo diets

Medical conditions
Medications



Weight Loss - why is it so hard?

▶ 3 Characters of the Appetite System

- David Macklin - family MD, career in obesity & lifestyle medicine in Toronto
- <https://www.youtube.com/watch?reload=9&v=VEJ6c5emPE8&feature=youtu.be>

▶ Medications and surgical options do exist - discuss with your doctor



BEST Diet

**Sustainable
long-term**

Evidence-based

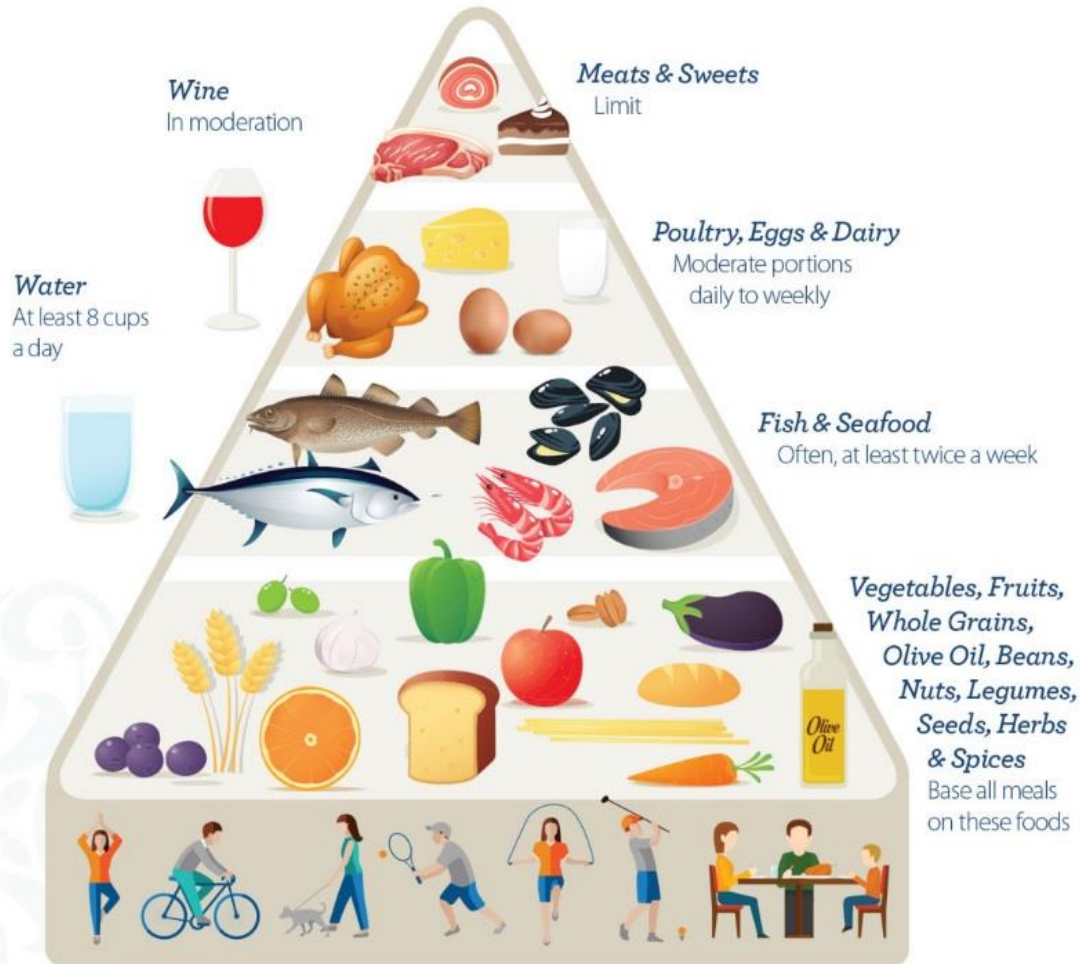
**Minimizes
processed foods**

Ranking of Diets - 2019

► US News Best Diet Ranking (total 35 diets)

Most Popular Diets	Best Diet Overall	Best FAST Weight Loss	Best Weight Loss	Easiest to Follow
Mediterranean	1	27	15	1
DASH	2	23	10	6
Flexitarian	2	13	4	2
Weight Watchers	4	3	1	4
Paleo	29	23	28	28
Keto	34	3	15	32

THE MEDITERRANEAN DIET



Savor meals with loved ones and be active every day.

POLL #1

Poll #1

▶ To lose weight you should avoid eating carbohydrates.

1. True
2. False

FALSE!

The 'right' carbs, portion controlled, play an important role in satiety, steady energy flow, and curbing cravings for treats.

“Right” carbs include:

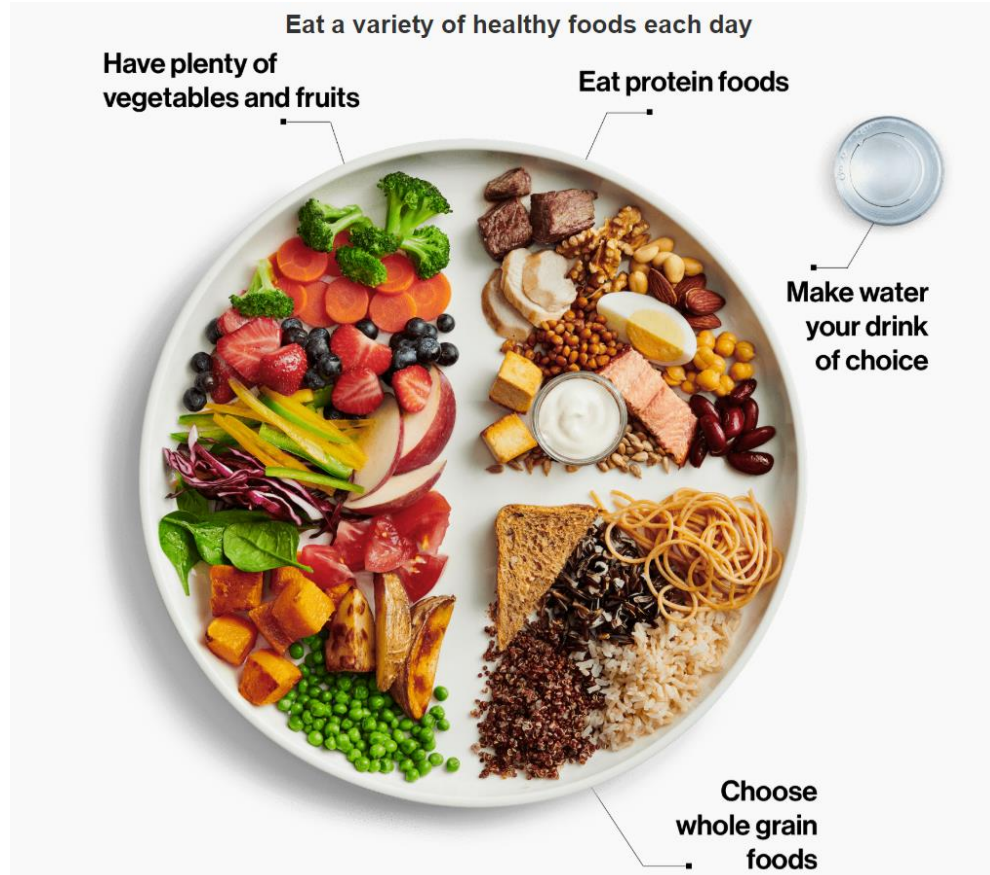
- minimally processed: fruit vs juice
- lower glycemic index: sweet potato vs white potato
- fibre rich: lentils & beans, vegetables, fruits, whole grains

Methods for Portion & Calorie Control

1. Balanced Plate
2. Hand Portion Tracking
3. Calorie Counting

Balanced Plate Method:

Control calories without counting calories



Canada's Food Guide
(2019)

What does your plate look like?



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~ 1000 calories

~ 600 calories

Meal Transformation Game

- ▶ HOW can I make my meal a little bit better?
 - ▶ 1/3 plate of each veg, starch, protein?



Your next move?



Where you
are now

Your end
game

- ▶ Think about a spectrum of food quality rather than “good” foods or “bad” foods



Your next move?

Cultural Foods and Mixed Dishes



Soba noodle stir-fry
with edamame,
mushrooms
& bok choy

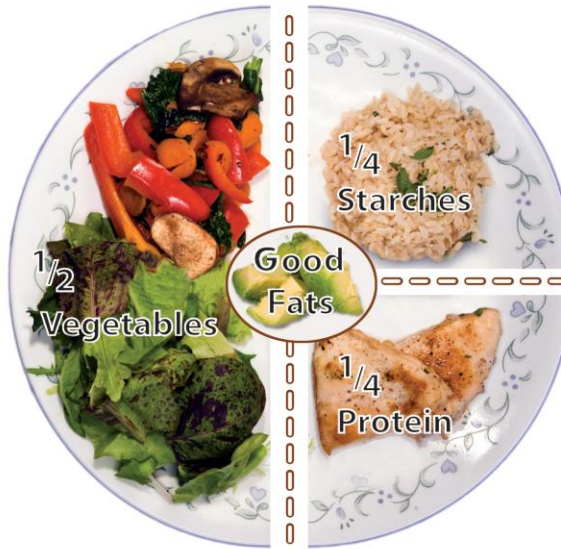
www.mediterrasian.com



The Pretend Chef

Balanced Plate & Hand Portion Guide:

Control calories without counting calories



PROTEIN

A portion of protein is your palm.

Animal:

Lean meat, poultry, fish, eggs, yogurt, cheese

Plant:

lentils & beans
soy



VEGETABLES

A portion of vegetables is your fist.

Non-Starchy:

Greens, broccoli, carrots, sweet peppers, tomatoes, cauliflower, squash etc.



CARBS

A portion of carbs is your cupped hand.

Starches:

Cooked grains
Potato, corn
Bread, crackers
Cereal

Fruit
Milk



FAT

A portion of fat is your thumb.

Veg Oils
Butter / marg
Salad dressing
Avocado
Nuts, seeds

Starting point: 1-2 portions of each food group per meal

Hand Portion Guide: Measurement equivalents



PROTEIN

A portion of protein is your palm.



VEGETABLES

A portion of vegetables is your fist.



CARBS

A portion of carbs is your cupped hand.



FAT

A portion of fat is your thumb.

Meat, Poultry, Fish

3-4 oz
75-100 g

Legumes/Yogurt

$\frac{3}{4}$ cup

Hard Cheeses:

2 oz or 50 g
(6 stacked dice or
2 thick fingers)
 $\frac{1}{2}$ c shredded

1 cup
250 ml

$\frac{1}{2}$ c cooked grain
1 slice bread
4-6 crackers
1 med fruit
1 c milk

1 Tbsp
15 ml

Calorie Counting

1. Precision Nutrition Ultimate Calorie, Portion and Macro Calculator

- ✓ Best on-line calculator for estimating your individual calorie needs

2. Calorie Counting tools - apps




- ✓ Cronometer
- ✓ My Net Diary

** food scales and measuring equipment

Food Diary - app or paper and pen - most effective tool for weight loss but not feasible to do long term

Ultimate Portion, Calorie & Macro Calculator

Daily Portion Tracking Sheet

	 PROTEIN	 VEGETABLES	 CARBS	 FATS
PER MEAL	1 or 2	1 or 2	2	1 or 2
PER DAY	5	4 - 6	6	5
MONDAY	○○○○○	○○○○	○○○○○○	○○○○○
TUESDAY	○○○○○	○○○○	○○○○○○	○○○○○

Carbohydrates

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and include a mix of starches and colorful

EAT MORE	EAT SOME	EAT LESS
 Beans and lentils  Steel-cut, rolled, and old-fashioned oats  Buckwheat  Quinoa  Whole-grain, black, Sorghum	 Couscous  White rice  Granola  Instant or  Milk  Vegetable	 Cereal bars  Fruit juices  Flav  Honey  Canned, dried

Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

EAT MORE	EAT SOME	EAT LESS
 Eggs and egg whites  Fish  Uncultured cottage cheese  Medium-lean meats	 Fried meats  Chicken fingers, nuggets, and wings  Cottage cheese  Meat	 Fried meats  Chicken fingers, nuggets, and wings  Cottage cheese  Meat

Customized plan based on:

Age, gender, fitness goals

Choose macro proportion – low carb, high protein etc

Type of diet – Mediterranean, vegetarian, mixed

Physical Activity levels

<https://www.precisionnutrition.com/nutrition-calculator>



Meal & Snack Patterns



Always Hungry?

- ▶ Make sure your meals have these 3 components:

- ▶ **Fibre:**

- ▶ Vegetables
 - ▶ Fruit
 - ▶ Legumes (beans, lentils, chickpeas)
 - ▶ Whole grains

- ▶ **Protein:**

- ▶ Meat and fish
 - ▶ Tofu and edamame
 - ▶ Legumes (beans, lentils, chickpeas)
 - ▶ Dairy products (cheese, yogurt)
 - ▶ Nuts and seeds

- ▶ **Healthy fats:**

- ▶ Olive oil
 - ▶ Avocado
 - ▶ Nuts and seeds
 - ▶ Fish

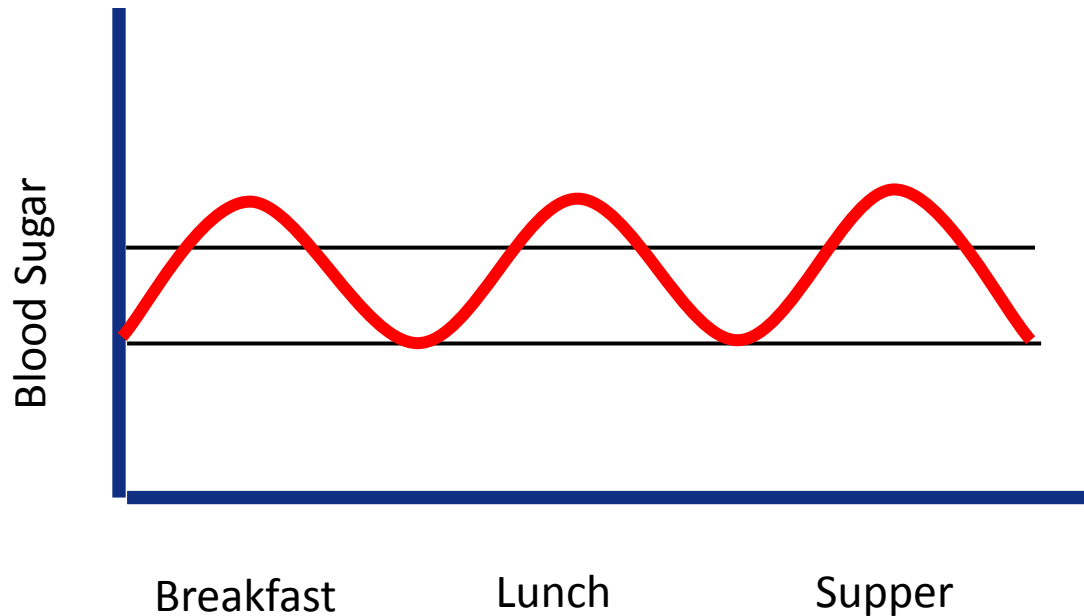


Poll #2

- ▶ How many times a day should you eat if you are trying to lose weight?
 1. 1-2 meals/day
 2. 3 meals/day, no snacks
 3. 3 meals/day + 2 snacks
 4. 5-6 small meals/day



Establish a regular eating pattern



- Regular meals stabilize blood sugars, control hunger
- 4-5 hours between meals +/- snacks
- Overnight fasting / Intermittent fasting
 - Potential benefit for weight loss, blood sugar control

Meal Frequency

- ▶ **Research shows mixed conclusions about the ideal frequency of eating**
 - ▶ Some studies show that higher frequency of eating (6 small meals per day) is associated with reduced waist circumference and reduced risk of obesity, Type 2 Diabetes, and Cardiovascular disease
 - ▶ However, a recent large study showed that eating 1-2 meals per day was associated with lower BMI, and the longer the overnight fast, the lower the BMI

Meal Timing

- ▶ **Research shows that the time of day that you eat does matter**
 - Late night eating is associated with increased risk of obesity and CVD
 - Distributing more calories in the morning (larger breakfast versus larger dinner) may have beneficial effects on weight, appetite hormones, and insulin resistance
 - Eating according to our circadian clock is beneficial for weight control
 - Glucose control is better in the daytime and poorer at night in healthy individuals
 - Eating out of sync with light/dark cues can increase appetite and calorie intake due to hormone changes - increased ghrelin and decreased leptin

Take Home Message

- General recommendations based on research:
 - ✓ Consuming a higher proportion of energy early in the day
 - ✓ 2-3 meals per day with 1-2 healthy snacks if needed
 - ✓ Fasting periods in evening/overnight
- Ideal approach depends on the individual:
 - ✓ Needs to work with your schedule and lifestyle
 - ✓ Consider your hunger levels throughout the day
 - ✓ Consider medications you are on such as insulin



Do you need a snack?

- ✓ If you are hungry between meals
- ✓ If you experience low blood sugar
- ▶ Possible problems with snacking:
 - Overeating calories ... don't know what appropriate hunger feels like at meal time?
 - Unhealthy snacks
 - Mindless eating
 - Snacking late at night



What should a balanced snack include?

- Snacks should include:

- ▶ **Complex carbohydrates - energy**

- ▶ Fruits
- ▶ Vegetables
- ▶ Whole grains

+

- ▶ **Protein - satiety**

- ▶ Nuts/seeds
- ▶ Dairy/dairy alternatives
- ▶ Legumes
- ▶ Fish/shellfish or lean meats/poultry



Example: carb + protein



+



=



+



Mediterranean Diet Tip:
1-2 ounces of nuts 4-5 times per week can help reduce blood pressure & improve cholesterol

Make water your drink of choice!



▶ How much fluid should you drink?

- Depends on your size, exercise level, and health conditions
- Generally, women can aim for 8 cups and men can aim for 10 cups of fluid per day (this includes all fluids, not just water)

▶ Benefits of staying hydrated:

- Increased satiety
- Helps kidneys work properly to filter waste
- Reduced risk of kidney stones
- Regular bowel movements
- Reduced headaches
- Improved mood and concentration

Note: when we feel thirsty, that is a sign that we are already dehydrated

Cravings - Salty Snacks & Sweet Treats?

▶ Salty or Crunchy Snacks:

- ▶ Light popcorn
- ▶ Whole grain tortilla chips with salsa/guacamole
- ▶ Cucumber and tomato salad with olive oil, vinegar, salt and pepper
- ▶ Homemade kale chips
- ▶ Handful of nuts and seeds



▶ Sweet Snacks:

- ▶ Chopped fruit salad
- ▶ Handful of dark chocolate almonds
- ▶ Yogurt with fruit
- ▶ Homemade sorbet - blended frozen fruit
- ▶ Low sugar cereal with milk



Webinar: Stress Eating to Mindful Eating

- ▶ In our next webinar we will discuss more tips on managing food cravings
- ▶ Webinar date: September 30th, 12 to 1 pm



My Goal

A **SMART** goal is:

Specific: Name a specific behaviour, like ‘include 2 cups of vegetables’, instead of ‘eat healthier’.

Measurable: Include an amount, frequency, or duration to your goal, like ‘walking for 30 minutes 3 times per week’, instead of ‘walking more often’.

Achievable: Is this goal within your control? Pick an action goal. Remember, you can control your actions, (like eating more vegetables), but not outcomes (like losing 15 lbs).

Realistic: How confident are you on a scale of 1-10 that you will be able to achieve this goal? If the answer is less than 7, consider starting with a smaller goal.

Time-oriented: Pick a time to do the planned action, like eating vegetables at dinner time, or walking Mon/Wed/Fri after work.



My Plan

- Is there anything I need to do to prepare for my goal?

ex. Make sure I have vegetables available by making a grocery list, planning a time to shop, looking up recipes, etc.

- What challenges might come up as I'm working on my goal? Barriers vs. Solutions

ex. no time to grocery shop vs. keep frozen veggies stocked at home for busy weeks

- When am I going to check in?

Suggested Resources



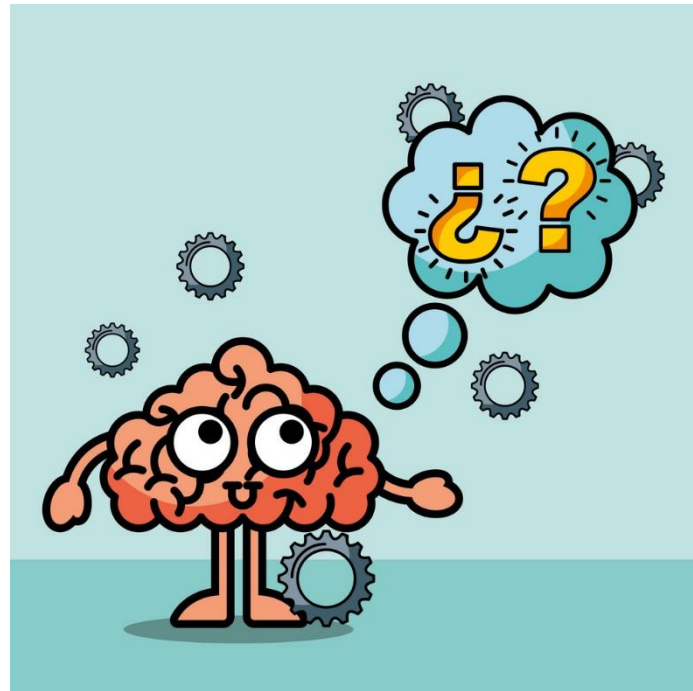
Nutrition information:

- ▶ www.unlockfood.ca
- ▶ www.precisionnutrition.com/blog/food-nutrition
- ▶ www.oldwayspt.org

Recipes:

- ▶ www.tasteofhome.com/collection/healthy-recipes-from-around-the-world/
- ▶ www.greatist.com/eat/mediterranean-diet-recipes-for-beginners#tl-dr
- ▶ www.ohsheglows.com/categories/recipes-2/
- ▶ www.tasty.co/topic/healthy

Evaluation and Questions



Extra Topics



Types of Fats

▶ **Saturated fats** (Solid at room temperature)



- ▶ High intake linked to elevated LDL cholesterol
- ▶ Replacing saturated fats with unsaturated fats may reduce risk of heart disease
- ▶ Meats, cheese, butter, cream, coconut oil

▶ **Monounsaturated fats**



- ▶ Helps reduce LDL cholesterol and triglycerides
- ▶ Olive oil, avocado oil, high oleic safflower & sunflower oils, peanut oil, canola oil, nuts

▶ **Polyunsaturated fats**



- ▶ Includes Omega 3 fats
- ▶ Helps reduce LDL cholesterol and triglycerides
- ▶ Readily available - all vegetable oils and many foods

Added Sugar

► High intake of added sugars:

- Increases blood sugar
- Increases triglycerides
- Decreases HDL
- May increase blood pressure
- Can lead to weight gain



*Added sugars on labels include: glucose, fructose, sucrose, maltose, agave, cane sugar, molasses, fruit juice, honey, syrup etc.

*Does NOT include naturally occurring sugars in whole fruit, milk, plain yogurt

Added Sugar

- ▶ **Limit added sugar to 10% daily calories**

Women < 6 teaspoons/day (< 24 g)

Men < 9 teaspoons/day (< 36 g)

- ▶ **Label awareness:**

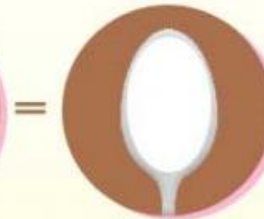
- If sugar is one of the 1st few ingredients → high in added sugar
- Flavoured yogurt: look for <10 g sugar per 100 serving
(this is ~ 1 tsp added sugar since 1 tsp is naturally occurring)
- Cereals: look for < 8g sugar per 30g serving

The best way to think of a gram of sugar is think in quadruples.
The four-gram amounts below should be familiar to you.

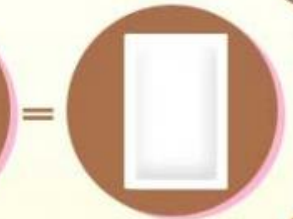
Four grams of sugar equals



one sugar cube



one teaspoon



one packet

What's included on the Nutrition Facts Table?



START with Serving Size

You can find the Serving Size under the header 'Nutrition Facts'.

Information in the Nutrition Facts table is based on this quantity of food.



USE % Daily Value

You can find the % Daily Value on the right side of the Nutrition Facts table.

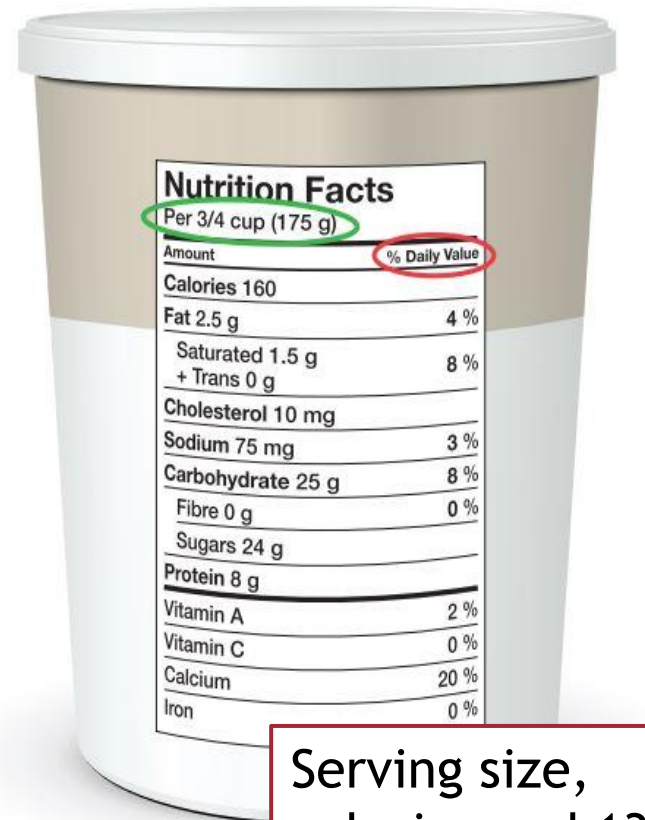
Use the % Daily Value to see if the Serving Size has **a little** or **a lot** of a nutrient.



LOOK at a Nutrient

Choose packaged food that has more of the nutrients you want and less of the nutrients you don't want.

MAKE an informed food choice



Serving size, calories and 13 core nutrients are mandatory but other nutrients may be listed

How to Use the % Daily Value

We want FATS, SUGAR and SODIUM to be lower

We want FIBRE to be higher



LABEL READING CHEAT SHEET



GRANOLA BARS & CEREAL 4 - 8 - 4 RULE

- **4 grams** of fibre or more
- **8 grams** of sugar or less
- **4 grams** of protein or more

AND!

- Whole grain or other wholesome food listed as first ingredient

FLAVOURED YOGURT

- 0 - 2% m.f.
- < 10 grams of sugar* per 100 gram container (~1/2 cup) or
- < 16 grams of sugar* per 175 gram serving (3/4 cup)

*approximately 1/2 of the sugar is naturally occurring

Looking for higher protein? Choose Greek yogurt or Skyr



CRACKERS OR BREADS

- 3 - 4 grams of fibre or more per serving
- < 5% DV (115 mg) for sodium
- Whole grain listed as first ingredient



COMBO FOODS & CONVENIENCE MEALS

- **Total fat** > 15% DV? Check ingredient list for healthy types of fat
- **Saturated fat:** the lower the better
- **Trans fat:** none!
- **Sodium** < 30% DV (700 mg) for a whole combination meal is pretty good!



CHEESE



- Choose "light" for lower saturated fat
- Hard cheeses are usually 30% m.f. or more, so keep portions small, about 50 grams or 6 stacked dice or 1/2 cup grated

Did you know ... cream cheese is low in protein and calcium?

SWEET TREATS & SAVORY SNACKS

Sweets: cookies, chocolate, candy, fruit drinks, pop etc.

- women: limit added sugars to < 6 tsp (24 grams) per day
- men: limit added sugars to < 9 tsp (36 grams) per day

Savory Snacks: chips, pretzels, popcorn, rice crackers, veggie chips etc.

- keep portions reasonable, so that sodium and total fats are < 15% DV





GLYCEMIC INDEX WHAT IS GI?



The GI measures how **carbs** affect your **blood glucose levels**, helping you choose foods for **good health**



High GI carbs cause blood glucose levels to *spike and then crash*
Low GI carbs are digested and released slowly for **sustained energy**



You need **carbs** as they break down into glucose in your body providing **fuel** for most organs • our brain • muscles during exercise



	Low Glycemic Index Foods Eat most often	Medium Glycemic Index Eat more often	High Glycemic Index Choose less often
Breads	Stone ground (Country Harvest) Heavy mixed grain Pumpernickel	Whole wheat breads Rye (dark) Pita/Wraps (brown)	White bread White rolls/Croissants White Bagels
Cereals	All Bran/Oat Bran Brans Buds Steel cut oats	Puffed wheat Oatmeal/Quick Oats Cheerios (plain/multigrain)	Bran flakes/Raisin Bran Corn Flakes/Special K Rice Krispies Cream of Wheat
Grains	Barley Quinoa Pasta (whole wheat/Smart)	Basmati rice Brown rice Couscous (whole wheat)	White Rice
Other	Sweet potato Yam Lentils Chick peas Split peas Kidney beans Soy beans Baked beans	Potato (white, gold, red) Sweet corn Popcorn Stoned Wheat Thins Ryvita (rye crisps) Black bean soup Green pea soup Triscuits	Baking potato (Russet) French fries/chips Pretzels Rice cakes Rice crackers-white Soda crackers (white crackers)