

# PRACTICAL SOLUTIONS FOR HEALTHY EATING

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Indigenous and Global Health Research Group

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Department of Medicine

# Indigenous and Global Health Research Group

- The work presented is the result of the efforts of a large team of staff, students, and post-doctoral fellows

# Who am I?

- Endowed Chair in Indigenous Health, Centennial Professor, Professor in Indigenous and Global Health Research
- Worked in more than 22 countries with over 24 years of experience examining the relation between diet and disease

# Our experience with multi-ethnic populations



## Target populations for dietary inadequacy (last six years)

- Indigenous peoples
- New Canadians
- Pregnant women
- Children
- Youth
- Seniors
- Urban
- Isolated and remote locations





# Areas of focus



Diabetes

Nutrition

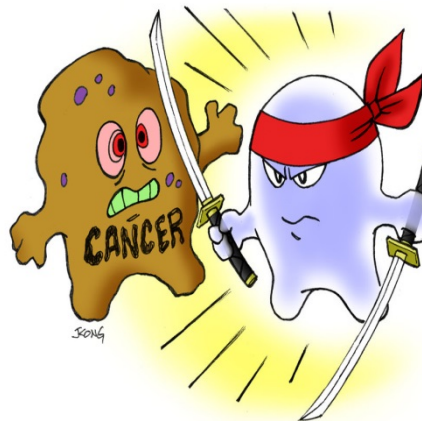


Access and availability of health care services

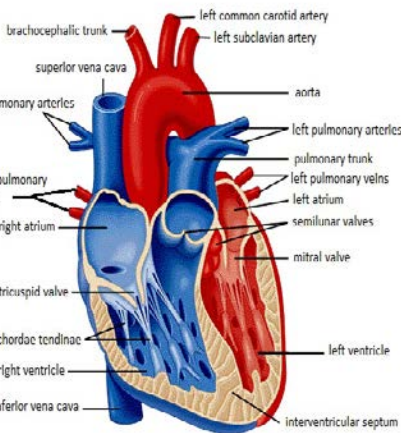
Obesity



Cancer



Child and youth health and wellness



Cardiovascular disease

Maternal health



# WHY ACT NOW

## “Wellness and Health in Youth”

Research was initially funded in 2011 by the Public Health Agency of Canada and Alberta Health  
Interviewed over 1000 children



## Our evidence shows:

- Nutritional inadequacies: vitamins, minerals, folate, fibre
- Nutritional excesses: sugar, salt, fat



# All at risk


- Cancer
- Heart disease
- Diabetes
- Obesity

# What can we do?

- You are doing a fantastic job providing services for vulnerable populations in Edmonton
- Thank you very much for sending your recipes
- Using these examples we can show you how to improve the nutritional quality of the foods provided to directly address the inadequacies we found

# Yogurt Parfait

- Vanilla yogurt – 2 cups
  - Plain yogurt, low fat
- Granola – 1 cup
  - Low sugar
- Blueberries – 1 pint
- Blackberries – 1 pint
- Bananas – 1



Frozen mixed berries  
are as delicious and  
nutritious and less  
expensive!

# Yogurt Parfait

SWAP: Choose plain, low fat yogurt and low-sugar granola  
= 1/3 less sugar and 2/3 less fat!

	Original	New	Difference
Sugar	34 g	23 g	33% lower
Fat	8 g	2.5 g	68% lower

# No-bake Workout Bars

- Protein powder – ½ cup
  - You probably don't need this much extra protein
  - Add in extra nuts, seeds or quinoa for more protein
- Honey (raw honey is possible) – ¼ cup
  - *Raw* doesn't mean *healthier*
  - Honey = 100% added sugar: try adding naturally sweet ingredients like dried fruit
- Mini chocolate chips – ½ cup
  - High in sugar and fat, replace with dried fruit
- Light coconut milk – ½ cup (or as needed to reach desired consistency)
  - Very high in saturated fat, replace with mashed banana
- Rolled oats – 2 cups
- Chia seeds or ground flax seeds – ½ cup
- Raisins – ½ cup
- Natural peanut butter – 1 cup
  
- SWAP: added in pumpkin seeds, dried cherries, mashed banana and cooked quinoa



# No-bake Workout Bars

SWAP: Remove protein powder, coconut milk, honey and chocolate chips and add in pumpkin seeds, dried cherries, mashed banana and cooked quinoa

	Original	New	Difference
Sugar	17 g	12 g	29% lower
Protein	12 g	10 g	16% lower
Fiber	5 g	6 g	20% higher
Fat	20 g	14 g	30% lower

# Zucchini and Tomato Spaghetti Sauce

- Tomato paste – 6 oz.
  - Always look for lower sodium option
- Parmesan cheese – ½ cup
  - Consider lower fat option
- Butter – 2-3 tbsp (or enough to saute)
  - Not necessary, replace with 1 tbsp olive oil
- Carrots, sliced – 1 ½ cup
- Green onion – 2
- Basil – 2 tbsp
- Garlic, chopped – 1 clove
- Tomatoes, chopped – 3 cup
- Zucchini (not peeled), sliced – 3 cup
- Green pepper – 1
- Mushrooms
- Salt – 2 tsp
- Sugar – 1 tsp
  - Not necessary
- Flour – 1 tbsp
  - Not necessary
- Light cream – 1 cup
  - Not necessary- replace with low-sodium tomato sauce

# Zucchini and Tomato Spaghetti Sauce

- **SWAP:** Replace cream sauce (cream, tomato paste, flour and sugar) with a low-sodium tomato sauce, replace 2-3 tbsp butter with 1 tbsp. olive oil and reduce salt to ¼ tsp. Also, add tuna for extra nutrients like protein and omega 3 fats.

	Original	New	Difference
Fat	12 g	2 g	80 % lower
Sugar	9 g	8 g	10 % lower
Sodium	700 mg	270 mg	60% lower
Protein	5 g	12 g	140% higher
Omega 3 fat	0 g	0.79 g	

# Minestrone Soup

- Muir Glen organic diced tomatoes, undrained – 1 can (14.5 oz.)
  - Organic products may be more expensive for similar nutritional quality
- Uncooked elbow macaroni – ½ cup
  - Consider whole grain macaroni
- Progresso vegetable stock – 1 carton (32 oz.)
  - Look for “low sodium” or “no sodium” on the package
- Fresh or frozen green beans, ½-inch – ½ cup
  - Consider frozen green beans
- Shredded Parmesan cheese, if desired
  - Choose “lower fat” option
- Olive oil – 1 tbsp
- Onion, finely chopped – ½ cup
- Salt – ¼ tsp
- Garlic, finely chopped – 2 cloves
- Dried thyme leaves – ½ tsp
- Dried oregano leaves – ½ tsp
- Progresso cannellini beans, drained, rinsed – 1 cup
- Zucchini, ½-inch cubes – 1 medium
- Carrot, thinly sliced – 1 medium

# Minestrone Soup

- SWAP: use “no sodium added” canned tomatoes, whole grain macaroni, “no sodium added” chicken broth and low-fat parmesan cheese

	Original	New	Difference
Fat	4.5 g	4 g	11% lower
Sodium	810 mg	210 mg	75% lower
Fiber	10 g	12 g	20% higher



# Spring Roast Chicken

- Chicken thighs, on the bone, skin on – 8
  - Remove the skin
- Peas (preferably fresh not frozen) – 250 g
  - Frozen peas are as nutritious and perhaps cheaper
- Feta crumbled – 100g
  - Look for “lower fat”
- Olive oil – 2 tbsp
  - Reduce to 1 tbsp
- Lemon, zested, cut into wedges – 1
- Shallots thickly sliced – 4
- Rosemary sprigs – 4
- Small pack tarragon
- Asparagus spears trimmed – 450 g
- Courgettes thickly sliced on the diagonal – 2

# Spring Roast Chicken

- SWAP: Instead of one chicken thigh, serve 1/2 chicken breast per person. Use lower fat feta cheese and reduce olive oil to 1 tbsp.

	Original	New	Difference
Fat	26 g	7 g	73% lower

# Quick Beef Stew with Mushrooms and White Beans

- Boneless beef top sirloin steak, 1-inch cubes – 1 ½ lb.
  - Consider cheaper beef cuts such as stewing beef or blade roast- may also be leaner
- Cremini or button mushrooms, quartered – 4-5 oz.
- Other fresh mushrooms – 4-5 oz.
- Olive oil – 2 tbsp
  - reduce
- Salt
- Carrots, ¼-inch thick slices – 2 medium
- Onion, thin wedges – 1 medium
- Garlic, thinly sliced – 2 cloves
- Dry white or red wine (can sub beef or chicken broth) – ½ cup
  - Use “no sodium added” or “low sodium” broth
- Small white beans (Great Northern, navy, or cannellini), rinsed drained – 16 oz.
  - Use “no sodium added” or “low sodium” canned beans
- Diced tomatoes with garlic and onion, undrained – 12 ¼ oz.
  - Use “no sodium added” or “low sodium” canned tomatoes
- Parsley for garnish, chopped

# Quick Beef Stew with Mushrooms and White Beans

- SWAP: sirloin beef for stewing beef, 2 tbsp olive oil for 1 tbsp, and canned beans, tomatoes and beef broth all “no sodium added”

	Original	New	Difference
Fat	12 g	10 g	16% lower
Sodium	910 g	220 mg	75% lower

# Tuna Burger

- Tuna, flaked – 4 7 oz. cans
  - Choose ‘in water’ and “no sodium added”
- Peanuts, chopped – 1 cup
  - Choose lower-salt option
- Mayonnaise – 2 cups
  - Light mayonnaise
- Cheddar cheese, grated – 1 cup
  - Choose lower-fat option
- Hamburger buns – 20
  - Consider whole grain
- Salt – 1 tsp  
Reduce
- Celery, thinly sliced – 4 cups
- Onion, grated – 4 tsp
- Lemon juice – 4 tsp



# Tuna Burger

- SWAP: use “no sodium added” tuna in water, unsalted peanuts, low fat mayonnaise, low fat cheese, whole wheat buns and only ¼ tsp. salt

Fat	26 g	14 g	46% lower
Sodium	660 mg	500 mg	25% lower
Fiber	1 g	6 g	500% higher

# Chicken Noodle Soup with Broccoli

- Vegetable oil – 1 tsp
  - Preferably canola or olive oil
- Chicken broth – 12 cups
  - Look for “less sodium” or “no sodium” on the package
- Poultry seasoning – 1 tsp
  - You can mix herbs and make your own!
- Wide egg noodles – 2 ½ cup
  - Replace with whole wheat pasta (egg noodles or macaroni)
- Salt – 1 ½ tsp
  - Reduce to ½ tsp.
- Celery or broccoli, chopped – 1 cup
  - Double the broccoli
- Onion, chopped – 1 cup
- Cornstarch – ½ cup
- Water – ¼ cup
- Cooked chicken meat, diced – 3 cups

# Chicken Noodle Soup with Broccoli

- SWAP: Use “no sodium” chicken broth, whole wheat pasta, reduced salt and double the broccoli

	Original	New	Difference
Sodium	1290 mg	110 mg	91% lower
Fiber	1 g	2 g	100% higher
Vitamin C	15% daily value	30% daily value	100% higher

# Recipe Makeover: Taco Salad

**Prep Time:** 20 min.

**Total Time:** 20 min.

**Servings:** 4 servings



## Ingredients

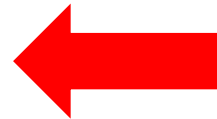
- 1 lb. (450 g) lean ground beef
- 1 onion, chopped
- 1 pkg. (35 g) taco seasoning mix
- 1 cup water
- 1 large head romaine lettuce, coarsely chopped
- 2 tomatoes, chopped
- 1 cup *Cracker Barrel* Shredded Double Cheddar Cheese
- 1/4 cup Ranch Dressing
- 2 cups tortilla chips (110 g), coarsely crushed

# Taco Salad

## Nutrition Facts Valeur nutritive

Serving Size 1 serving (315 g) / Portion 1 (315 g)

Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories</b> 490	
<b>Fat / Lipides</b> 33 g	<b>50%</b>
Saturated / saturés 12 g	60%
+ Trans / trans 0.4 g	
<b>Cholesterol / Cholestérol</b> 90 mg	<b>30%</b>
<b>Sodium / Sodium</b> 950 mg	<b>40%</b>
<b>Carbohydrate / Glucides</b> 20 g	<b>7%</b>
Fibre / Fibres 4 g	15%
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 31 g	
<b>Vitamin A / Vitamine A</b>	<b>8%</b>



High in Fat

# Taco Salad

## Nutrition Facts Valeur nutritive

Serving Size 1 serving (315 g) / Portion 1 (315 g)

Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories</b> 490	
<b>Fat / Lipides</b> 33 g	50%
Saturated / saturés 12 g	60%
+ Trans / trans 0.4 g	
<b>Cholesterol / Cholestérol</b> 90 mg	30%
<b>Sodium / Sodium</b> 950 mg	40%
<b>Carbohydrate / Glucides</b> 20 g	7%
Fibre / Fibres 4 g	15%
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 31 g	
<b>Vitamin A / Vitamine A</b>	8%



High in Salt



# Taco Salad

## Nutrition Facts Valeur nutritive

Serving Size 1 serving (315 g) / Portion 1 (315 g)

Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories</b> 490	
<b>Fat / Lipides</b> 33 g	50%
Saturated / saturés 12 g	60%
+ Trans / trans 0.4 g	
<b>Cholesterol / Cholestérol</b> 90 mg	30%
<b>Sodium / Sodium</b> 950 mg	40%
<b>Carbohydrate / Glucides</b> 20 g	7%
Fibre / Fibres 4 g	15%
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 31 g	
<b>Vitamin A / Vitamine A</b>	8%



Low in vitamin A



# Recipe Makeover: Taco Salad



How can I reduce the fat?

- Be aware of fat content of ground meat



Choose extra lean ground beef

Lean: up to 17% fat



SWAP



Extra-lean: up to 10% fat





# Recipe Makeover: Taco Salad



How can I reduce the fat?

- Try replacing half the meat with beans



Taco Salad: 450g ground beef = 225 g ground beef  
225 g kidney beans



SWAP



# Recipe Makeover: Taco Salad



How can I reduce the fat?

- Try replacing half the meat with beans



Taco Salad 50g ground beef 225 g ground beef  
225 g kidney beans



SWAP



# Recipe Makeover: Taco Salad



How can I reduce the fat?

- Make your own salad dressing



From a recipe

Or

## Avocado Dressing

- 1 ripe avocado
- 1 green onion, chopped
- ¼ cup water
- 2 tbsp lime juice
- 2 tbsp sour cream
- ¼ tsp salt



Mix together low sodium salsa and plain 1-2% fat yogurt



SWAP



# Recipe Makeover: Taco Salad



How can I reduce the salt?

- Use ingredients with the least amount of processing
  - Example: Tortilla Chips



Make a healthier version by putting a whole grain tortilla in the toaster/oven to make it crispy and crumble it into chip shapes



SWAP



# Recipe Makeover: Taco Salad



How can I reduce the salt?

- Taco Seasoning Mix: very HIGH in sodium



Try using onion, garlic, herbs (oregano) and spices (cumin, chili powder) to enhance flavour rather than a pre-packaged spice mix



SWAP





# Recipe Makeover: Taco Salad



## Summary

- 1 lb. (450 g) ground beef swap ➡ Extra lean ground beef
- 1 onion, chopped ✓
- 1 pkg. (35 g) taco seasoning mix swap ➡ Cumin, chili powder, garlic
- 1 cup water
- 1 large head iceberg lettuce swap ➡ Romaine lettuce
- 2 tomatoes, chopped ✓
- 1 cup Shredded Cheddar Cheese
- 1/4 cup *Kraft Rancher's Choice* Dressing swap ➡ Homemade dressing
- 2 cups tortilla chips (110 g), coarsely crushed swap ➡ Homemade

# Healthier Taco Salad

## Salad

- 225 g extra-lean ground beef
- 2 cloves garlic
- 1 medium onion, chopped
- Pinch salt
- 1 tsp chili powder
- ½ tsp cumin
- 2 tomatoes, chopped
- ½ head romaine lettuce, shredded
- 1 cup light cheddar cheese
- 1 can kidney beans, rinsed and drained



## Avocado Dressing

- 1 ripe avocado
- 1 green onion, chopped
- ¼ cup water
- 2 tbsp lime juice
- 2 tbsp sour cream

**Prep Time:** 20 min.

**Total Time:** 20 min.

**Servings:** 6 servings

# Recipe Makeover: Taco Salad



Old Taco Salad

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Serving Size 1 serving (315 g) / Portion 1 (315 g)	
Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories 490</b>	
<b>Fat / Lipides 33 g</b>	<b>50%</b>
Saturated / saturés 12 g + Trans / trans 0.4 g	60%
<b>Cholesterol / Cholestérol 90 mg</b>	<b>30%</b>
<b>Sodium / Sodium 950 mg</b>	<b>40%</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7%</b>
Fibre / Fibres 4 g	15%
Sugars / Sucres 6 g	
<b>Protein / Protéines 31 g</b>	
<b>Vitamin A / Vitamine A</b>	<b>8%</b>

VS

Healthier Taco Salad

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Serving Size 1 serving (290 g) / Portion 1 (290 g)	
Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories 280</b>	
<b>Fat / Lipides 8 g</b>	<b>12%</b>
Saturated / saturés 3.5 g + Trans / trans 0 g	19%
<b>Cholesterol / Cholestérol 40 mg</b>	<b>13%</b>
<b>Sodium / Sodium 370 mg</b>	<b>15%</b>
<b>Carbohydrate / Glucides 31 g</b>	<b>10%</b>
Fibre / Fibres 7 g	27%
Sugars / Sucres 3 g	
<b>Protein / Protéines 22 g</b>	
<b>Vitamin A / Vitamine A</b>	<b>50%</b>



# Recipe Makeover: Taco Salad



	Old Taco Salad		Healthier Taco Salad	
	Amount	%DV	Amount	%DV
<b>Fat</b>	33 g	50%	8 g	12%
<b>Saturated Fat</b>	12 g	60%	3.5 g	19%
<b>Sodium</b>	950 mg	40%	370 mg	15%
<b>Vitamin A</b>	-	8%	-	50%

# Recipe Makeover

## Handy Resource:

- Alberta Health Services School Breakfast Program Toolkit



Food Group	Menu Item	Healthier Option
Vegetables and Fruits	Vegetables—sautéed or stir-fried in fat (oil, butter, margarine)	<ul style="list-style-type: none"> <li>Serve raw</li> <li>Steam by using several tablespoons of water or broth and covering the pot.</li> </ul>
Grain Products	Baked goods like muffins, quick-breads and cookies	<ul style="list-style-type: none"> <li>In some recipes you can reduce the amounts of oil, margarine or butter by <math>\frac{1}{4}</math> to <math>\frac{1}{2}</math>. You may need to test it out a few times to determine the maximum amount that can be removed without affecting the quality of the product. Also, part of the oil, margarine or butter can be replaced with pureed fruit such as applesauce or banana in equal amounts.</li> </ul>
Milk and Alternatives	Milk (homogenized)	<ul style="list-style-type: none"> <li>Use skim milk, 1% or 2% milk.</li> </ul>
	Cream	<ul style="list-style-type: none"> <li>Use canned skim milk, 1% or 2% evaporated milk.</li> </ul>
	Yogurt	<ul style="list-style-type: none"> <li>Use lower milk fat (MF) varieties of yogurt 2% or less.</li> </ul>
	Sour Cream (14%)	<ul style="list-style-type: none"> <li>Use lower milk fat sour cream 5–7% or try Greek style plain yogurt.</li> </ul>
	Cheese	<ul style="list-style-type: none"> <li>Use light cream cheese instead of regular or use Quark or Neufchâtel cheese.</li> <li>Use <math>\frac{1}{3}</math> to <math>\frac{1}{2}</math> less cheese in recipes. You can keep the flavour of the recipe when you use less cheese by choosing stronger flavoured cheese (old cheddar, parmesan, etc.).</li> <li>Offer cheese with lower milk fat (closer to 20% MF) or part skim milk varieties.</li> </ul>

# How can I reduce the salt?

Ensure your ingredients have little or no added sodium/salt:

- For ALL canned goods:
  - ➔ Look for “low-sodium” or “no salt added on the front of the label
- If there is no low-sodium option, rinsing can remove some of the salt



# Recipes

- Compare nutrition facts labels to find the item with the lowest sodium (per serving... look at serving size!)



Nutrition Facts Valeur nutritive	
Serving Size 1 serving (28 g) / Portion 1 (28 g)	
Amount Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories 120	
Fat / Lipides 4.5 g	7%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 180 mg	8%
Carbohydrate / Glucides 19 g	6%
Fibre / Fibres 3 g	12%
Sugars / Sucres 0 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	10%

Sodium / Sodium 180 mg

8%

Nutrition Facts Valeur nutritive	
Serving Size 1 serving (30 g) / Portion 1 (30 g)	
Amount Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories 150	
Fat / Lipides 7 g	11%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	2%
Sodium / Sodium 310 mg	13%
Carbohydrate / Glucides 16 g	6%
Fibre / Fibres 1 g	4%
Sugars / Sucres 1 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	8%

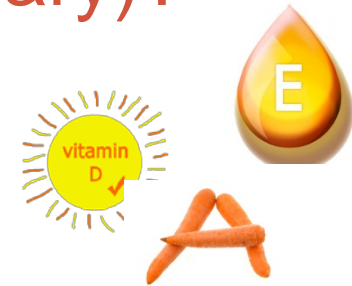
Sodium / Sodium 310 mg

13%



# Recipes

How can I reduce the fat (if necessary)?



Fat is necessary for:

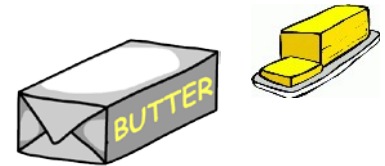
- Flavour and texture
- The absorption of some vitamins
- Normal growth and development of children and youth

Therefore: it may be more important to pay attention to the TYPE of fat rather than the AMOUNT



# Recipes

## How can I reduce the fat?



Replace hard margarines, lard and shortening with healthy fats:

- canola oil
- olive oil
- non-hydrogenated soft margarine (made from vegetable oil)



# Recipes

How can I reduce the fat?

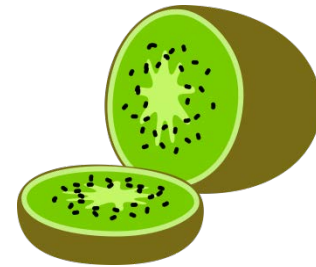


# Recipes



## How can I reduce the sugar?

ALWAYS compare products



- Choose frozen or canned fruit and veggies without added sugar
- Offer white milk, or a combination of white and chocolate milk, instead of juice



# Recipes



## How can I reduce the sugar?

- Consider offering plain yogurt with fresh fruit instead of sweetened/fruit flavored yogurt



Nutrition Facts Valeur Nutritive	
Per 125 g serving / Par portion de 125 g	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 7 g	11 %
Saturated / saturés 4 g	21 %
+ Trans / trans 0.02 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 60 mg	3 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	15 %
Iron / Fer	0 %



3 grams of sugar per  
half cup serving

Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 g) / par 1/2 tasse (125 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 7 g	11 %
Saturated / saturés 4.5 g	24 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 30 mg	
Sodium / Sodium 65 mg	3 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 19 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	15 %
Iron / Fer	0 %



19 grams of sugar per  
half cup serving

# Recipes

## Increase Fiber, Vitamins and Minerals

- Choose whole grains
  - Pick cereals with at least 2 grams of fiber per serving
  - Look for “whole grain whole wheat flour” on the ingredients list
  - Add large flake oats to fruit and yogurt



# Recipes

Increase Fiber, Vitamins and Minerals



Add these to recipes:

- Dark Green (spinach, green peas, broccoli, asparagus)
- Orange (squash, melon, carrots)
- Red (tomatoes, peppers, berries)

Many of these can be purchased canned or frozen



# Healthier Drinks

- **Water**

- Makes up 60-70% of our body weight
- Has very important roles in our body
- Carries nutrients, removes waste, cools the body (sweat)



## **Milk**

- Contains important nutrients: vitamin D and calcium
- Important for teeth and bones

**WHY  
ACT  
NOW**

# Healthy beverages

## **ADD FRUIT!**

It's cheap, easy & combinations are endless!



# Healthy Food on a Budget



- Meat:
  - Choose the cheapest option
  - Try 50% lentils 50% beef in spaghetti sauce
- Dairy:
  - Skim milk powder, evaporated milk (canned) are cheap and can be stored for a long time

# INCORPORATING NUTRIENT DENSE FOODS IN EVERYDAY RECIPES

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# Nutrient dense foods: liver

- Very high in:

- Vitamin A
- Iron
- Vitamin B12
- Protein
- Riboflavin
- Niacin



- Don't like liver?

- Try substituting ground liver (small amounts at first) into meatballs, chili, meatloaf and other recipes that use ground beef.

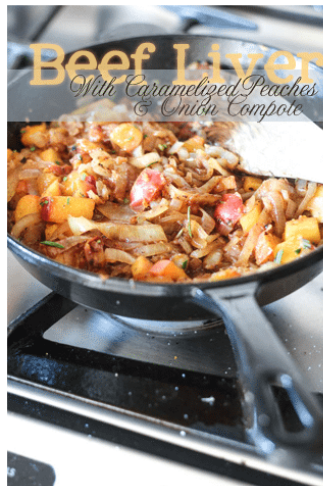


# Nutrient dense foods: liver

## Nutrient Dense Meatloaf

Emily Bartlett ♥ 27 Comments

f 198 p 2.0k t Tweet v 0



<http://thehealthyfoodie.com/beef-liver-with-caramelized-peaches-and-onion-compote/>

## Ultimate Beef & Liver Chili

Heather 107 Comments This post contains affiliate links.

1.2k t Tweet p 3.3k in 0



**OUNCE FOR OUNCE, LIVER IS THE MOST NUTRIENT DENSE FOOD WE KNOW OF**

<http://www.momypotamus.com/ultimate-beef-liver-chili/>

# Nutrient dense foods: liver

- Beef liver is usually affordable



Beef Liver

**5.55** (EST.) EA

10.67 / kg 4.84 / lb



Top Sirloin Steak

**17.18** (EST.) EA ~~23.51~~

11.69 / kg 5.30 / lb



Blade Steak, Boneless,  
Club Pack

**19.19** (EST.) EA

12.88 / kg 5.84 / lb

# Nutrient dense foods: eggs

- High in:
  - Protein
  - Selenium
  - Vitamin B12
  - Riboflavin
  - Omega 3 fat



- Eggs are so inexpensive, often around \$0.25/egg
- Filling, tasty, and simple to cook!

# HEALTHY SNACKS

## HEALTHY SNACK SWAPS:



### Dried Banana Chips (20)



Calories = 145  
Fat = 9g  
Protein = 1g  
Fiber = 2g



### Lays Classic Potato Chips (1 small bag)



Calories = 280  
Fat = 18g  
Protein = 3g  
Fiber = 1g

# HEALTHY SNACKS

## HEALTHY SNACK SWAPS:



### Apple (Medium)



Calories = 62  
Fat = 0g  
Protein = 0g  
Fiber = 2g



### Fruit by the Foot (1 roll)



Calories = 80  
Fat = 1g  
Protein = 0g  
Fiber = 0g

# HEALTHY SNACKS

## Other Easy, Healthy Snacks:

Celery with Peanut Butter & Raisins



# HEALTHY SNACKS

Sliced Apple with Peanut Butter & raisins



# HEALTHY SNACKS

Rye Cracker with cream  
cheese & strawberries





# HEALTHY SNACKS

Veggies with hummus



# HEALTHY SNACKS

## Hard-boiled Egg



# HEALTHY SNACKS

Cucumber with cheese



# HEALTHY SNACKS

Frozen Blueberries dipped in  
Yogurt



# Fruits and Vegetables

**At least 400g (5 portions) of fruits and vegetables daily**



- Always include vegetables in your meals
- Eat fresh fruits and raw vegetables as snacks
- Eat fresh fruits and vegetables in season
- Eat a variety of choices of fruits and vegetables

# Vitamin A

- Comes from orange fruits and vegetables
  - Pumpkin
  - Carrots
  - Mango
  - Sweet potatoes



# Sugars

**<10% of daily total energy intake from added sugars (<50g)**

Reducing to <5% of daily total energy intake may provide additional health benefits



- Limit consuming foods and beverages containing high amounts of sugars.
- Eat fresh fruits and raw vegetables as snacks instead of sugary snacks.

# Fats

## <30% of daily total energy intake

Reducing saturated fat (<10% of daily total energy intake) and trans fats (<1% of daily total energy intake), and replacing both with unsaturated fats may reduce the risk of developing chronic diseases.



- Remove the fatty part of meat.
- Use vegetable oil instead of animal oil.
- Boil, steam or bake instead of fry.
- Avoid processed foods containing trans fats.
- Limit consuming foods containing high amounts of saturated fats.



# Salt, Sodium and Potassium

**<5g of salt daily (1 teaspoon); <2.3g of sodium; >3.5g potassium**



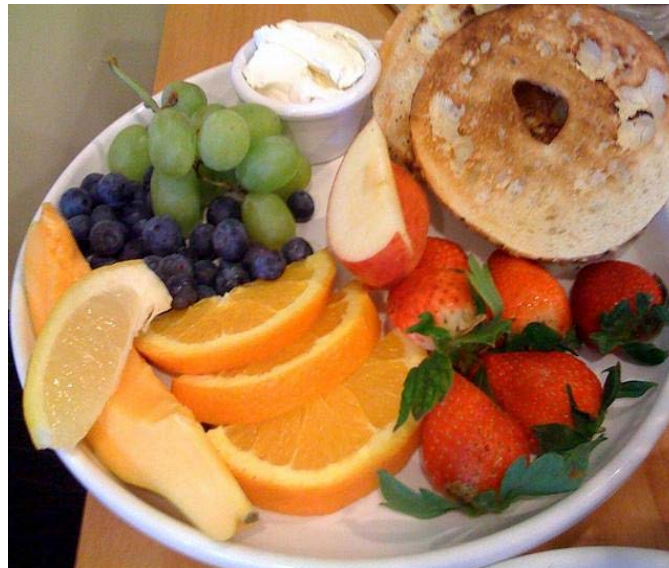
- Avoid adding salt or sauce to food.
- Avoid having salt on the table.
- Limit consuming salty snacks.
- Choose products with lower sodium content.

Potassium mitigates the negative effects of high sodium consumption on the body.

Eat fresh fruits and vegetables.

# Breakfast

- Can enhance diet quality and help you get enough key nutrients like **iron**, **calcium**, **B vitamins** and **fibre**
- Can help reduce the risk of chronic diseases, such as heart disease, obesity, and diabetes
- Can help achieve and maintain a healthy body weight



# Breakfast: tips to remember

- Calcium rich
- Balance: pick from at least three out of four main food groups



# WHY ACT NOW

## BREAKFAST

Or make a smoothie with:  
yogurt, frozen/fresh fruit, milk  
*(you can even make it the night before)*

Fast, easy, *nutritious* & delicious!



# WHY ACT NOW

## BREAKFAST

### Protein Pancakes



1 or 2 eggs



1 banana



spoonful of whole  
wheat flour

=

Mash together  
with fork, fry in  
pan for 7 min

Top with fruit &  
yogurt!



*Add cinnamon, vanilla, coconut flakes, peanut butter or cocoa for different flavours!*

# BREAKFAST

## Breakfast Burrito



2 eggs OR 4 egg whites  
Turkey slices OR other lean meat

Optional: spinach, onions or  
peppers

Serve in 1 small corn or whole  
grain tortilla.

Serve with salsa for added  
flavour!

## One-Minute Jar Parfait



Non-fat or low-fat plain Greek yogurt  
1 cup fresh berries  
1/2 cup quick-cooking oats.

Layer; oats, yogurt, fruit then drizzle  
with honey.

Enjoy immediately.

# **WHY ACT NOW** BREAKFAST

**B**oost brain power & concentrate better at school

**R**educe your risk of chronic disease

**E**nhance your diet, obtain key nutrients

**A**lways keep it balanced (Include 3 out of the 4 food groups in your meal)

**K**ick it up a notch by trying new recipes

**It's called BREAKFAST for a reason, keep it simple & easy**



**WHY  
ACT  
NOW**

# THE HEALTHY CHOICE



## 2 Poptarts

Calories = 380

Fat = 9g

Sugar = 30g

Sodium = 320mg

vs.



## 1 Protein Pancake w/yogurt + blueberries

Calories = 176

Fat = 6g

Sugar = 11g

Sodium = 72mg



**WHY  
ACT  
NOW**

# THE HEALTHY CHOICE



Bagel w/cream cheese

Calories = 332

Fat = 7g

Sugar = 6g

Sodium = 539mg

VS.



Whole wheat toast + peanut butter + banana

Calories = 213

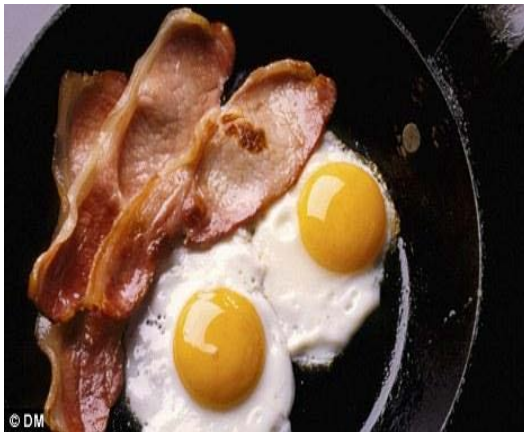
Fat = 9g

Sugar = 9g

Sodium = 135mg

**WHY  
ACT  
NOW**

# THE HEALTHY CHOICE



3 Bacon slices + 2 eggs

Calories = 338

Fat = 27g

Sugar = 1g

Sodium = 905mg

VS.



2 hard boiled eggs + banana

Calories = 227

Fat = 10g

Sugar = 178g

Sodium = 125mg

**WHY  
ACT  
NOW**

# THE HEALTHY CHOICE



VS.



## Wendy's Homestyle Chicken Strips + Fries

Calories = 820

Fat = 38g

Sugar = 0g

Sodium = 2220mg

## Chicken Breast + sweet potato wedges

Calories = 648

Fat = 8g

Sugar = 0g

Sodium = 321mg

**WHY  
ACT  
NOW**

# THE HEALTHY CHOICE



3 slices Pepperoni Pizza

Calories = 690

Fat = 24g

Sugar = 6g

Sodium = 1140mg

VS.



Pita Pizza w/chicken, cheese, sauce

Calories = 405

Fat = 17g

Sugar = 1g

Sodium = 488mg

**WHY  
ACT  
NOW**

# THE HEALTHY CHOICE



## Hungry-Man Beef Pot Roast

Calories = 690

Fat = 24g

Sugar = 6g

Sodium = 1140mg

VS.



## Whole Wheat pasta w/marina + Tilapia

Calories = 379

Fat = 6g

Sugar = 12g

Sodium = 558mg



# THE HEALTHY CHOICE

Alberta Health Services has a list of food from restaurants that meet the 'Choose Most Often' or 'Choose Sometimes' categories from the *Alberta Nutrition Guidelines for Children and Youth*.

- <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-lunch-restaurant-list.pdf>

# SPECIAL DIETARY CONSIDERATIONS

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# Food Allergies

- Example: peanut allergy



- Body's immune response to certain protein in foods
- Severity varies and can be life-threatening
- Reaction appears within 30 minutes after eating or touching the food
- Need to strictly avoid the food causing allergic reactions
- Common food allergens are: peanuts, tree nuts, shellfish, milk, eggs, soy, and wheat



# Food Intolerance

- Example: lactose intolerance, celiac disease
- Sensitivity to chemicals in foods
- Any chemicals either naturally occurring or added in manufacturing
- Reaction may appear in a few days
- Small amounts may be tolerable – need to keep intake below the threshold

# Cultural dietary practices

## Hindu

- Cows are sacred animal – eating beef is taboo
- Devout Hindus may be lacto-vegetarian (no meat, no eggs)



## Judaism

- Need to strictly follow a set of rules to handle and prepare food – ‘kosher’ guidelines
- Only ‘kosher’-certified foods are allc



# Cultural dietary practices

## Muslims

- The Halal (to the law) manner should be followed to when slaughtering meat
- Only Halal meats are allowed
- Haram (not to the law) foods are not allowed – pig meat, birds of prey, wild animals, crustaceans, blood products, fish without scales



## Buddhist

- Mostly vegetarian



# Thank you

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- Alberta Diabetes Foundation
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- Stollery Charitable Foundation
- Edmonton Oilers Community Foundation
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# Questions?

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