

# YOUR HEALTH IS FOR LIFE: PUTTING IT ALL TOGETHER

The key to living life to its fullest is to optimize your opportunities for health across your lifespan.

With diseases affecting all stages of life, from children to seniors, and all in between, it's important to adopt healthy living strategies to maximize your health building blocks.

## FOR HEART CARE

Soluble fibre has been shown to reduce cholesterol levels.

Recommendation: Aim for 10–15 g of soluble fibre per day  
Heart healthy mixture: 1/3 ground flax, 1/3 oat bran, 1/3 psyllium = 2 Tbsp or 30 mL/day, sprinkle on top of yogurt or cereal.

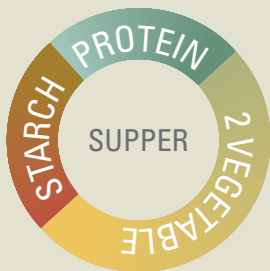
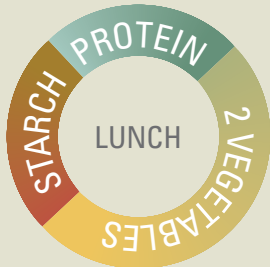
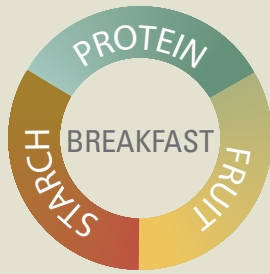
### Foods high in soluble fibre and low in saturated fat

- Grains such as quinoa, barley, cooked (125 mL) 6–8 g
- Prunes (125 mL) 3.9 g
- Flaxseed, ground (60 mL) 2.3 g
- Fruits, whole 1–3 g
- Vegetables, whole 1-2 g
- Bread, multigrain 0.5–1.0 g
- Legumes (125 mL) 0.5–1.4 g
- Nuts (about 10) 1.2 g



In the **FIRST ISSUE** of the Nutritional Fact series, we pull it all together with nutrition & wellness tips

# MEAL BALANCING: HOW TO PLAN MEALS & MENUS



**PROTEIN:** Choose lean chicken, beef, pork, fish, legumes, nuts, eggs, and low-fat dairy products.

**STARCH:** We love starch, so watch the portion size. Always choose whole grain bread, cereal, pasta and rice.

**SNACKS:** Snacking can help you better control your daily food intake, especially at meal times. Your snack should be no more than 100-150 calories and include a fruit or vegetable with a small amount of protein.

## TIPS FOR ADDED WEIGHT LOSS

- Try skipping the “starch” at dinner. Instead, eat a protein and 2-3 vegetables.
- Eat your calories instead of drinking your calories.
- Limit high-calorie beverages such as pop, energy drinks or juice. Choose water with a twist of lemon!



## BROCCOLI, CHICKEN & PESTO ROTINI SALAD Serves: 4

Nutritional content per serving:  
calories 460 | protein 37 g | total fat 15 g |  
carbohydrate 45 g | fibre 4 g | cholesterol 70 mg |  
sodium 300 mg | potassium 22% | calcium 25% |  
iron 20% | vitamin A 30% | vitamin C 90% |  
vitamin B12 20%

This nutritious recipe and others, including a food journal, are available at [www.chicken.ca](http://www.chicken.ca).

## FOR LOWER BLOOD SUGAR AND WEIGHT LOSS CHOOSE FOODS WITH A LOWER GLYCEMIC INDEX (GI)

Definition of GI: Foods are ranked on a scale of 1–100 determining the rate of carbohydrate digestion, absorption and metabolism. Foods with a lower GI value are: digested slower, higher in fibre, less processed, great for weight loss, and healthier for you.

### Lower GI Foods – Eat more of these ‘close-to-the-farm’ foods

- Whole grain & sprouted breads
- Long-grain brown rice
- Barley, quinoa, spelt & amaranth
- Whole wheat pasta (still firm)
- Oats & whole grain cereal
- Whole fruits & vegetables
- Nuts, nut butters & seeds
- Low-fat cheese & dairy
- Beans, peas & lentils
- Chicken, fish & lean meats

### Higher GI Foods – Eat less of these mostly processed foods

- White breads, buns
- Bagels
- Instant rice, short-grain rice
- Processed cereals
- Potatoes
- Rice cakes
- Soda crackers
- Fruit bars
- Most processed foods
- Sport drinks, soda

### Do you need supplements?

We can be deficient in a number of vitamins and minerals, particularly if we are over 50. Always talk to a health professional such as a dietitian to help map out a vitamin & mineral plan according to your food intake and medical history.

## OPTIMIZE YOUR HEALTH: EXERCISE REGULARLY

Recommendations for children = Move More! Children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity on most days. This should include activities (at least 3 days per week) that strengthen muscles and bones.

Recommendations for adults = Move More! All adults need at least 150 minutes of exercise per week. Get a well-fitting pair of shoes and a pedometer. Walk! Walk! Walk! Your goal is 10,000 steps per day. Add strength, balance, and flexibility exercises to your routine 2–4 times per week.