

LIVING FREE - Freedom from Habits that Hurt

THERE ARE TWO FORMS OF CARBOHYDRATES

➤ **Complex carbohydrates** (whole grains, vegetables, beans, and fruits):

- are long chains of glucose units
- provide fibre to slowly release energy over next 4-6 hours
- provide long-lasting energy
- increase serotonin level to help you feel good
- satisfy appetite
- are rich in vitamins, minerals, antioxidants, and phytochemicals
- reduce the risk of disease.

➤ **Simple carbohydrates** (sugar, desserts, sweets):

- are short units of sugar
- go into the system very quickly
- do not promote satiety in high intakes, and they can:
 - compromise nutrition and health
 - provide calories without many nutrients
 - promote insulin resistance
 - turn off appetite-control mechanisms
 - increase appetite for more sugar
 - increase tension and fatigue.

BE SURE TO...

- eat high-fibre, complex carbohydrates
- reduce your sugar cravings by eating adequate complex carbohydrates
- satisfy your sweet tooth with:
 - fresh fruits and
 - cereal sweetened with dried fruit such as cherries, apples, apricots, and raisins instead of refined sugar.
- Limit sugar intake to 30 grams **or less** of added sugars per day
(This does not include fresh fruits that provide natural sugars.)

Remember: 1 teaspoon of sugar = 4 grams of sugar.

 - To find out how many teaspoons of sugar are in a product:
 - Read the label
 - How many grams of sugar are listed per serving?
 - Divide the number of grams by 4
 - This number equals the teaspoons of sugar in a serving
 - How many servings are you planning on consuming from the food or drink? The average pop/fizzy drink [soda] contains 2.5 servings, but we rarely share it!

EASY WAYS TO REDUCE YOUR SUGAR INTAKE

1. Be Aware.

- What are you eating and drinking?

2. Eat more.

- Eat more meals on time. Stay with a schedule for meals.

- Eat more fibre - Fibre helps reduce sugar cravings, gives long-lasting energy, and raises serotonin levels.
- Eat more vegetables and fruits - These provide fibre, vitamins, and minerals for a satisfied appetite.
- Eat more breakfast - A high-fibre breakfast will help control your appetite and desire for sweets.
- Eat a high-fibre lunch - You will be less likely to need an afternoon candy bar.

3. Keep fresh fruit available.

- Stock plenty of fresh fruits.
- Eat fruits to satisfy your sweet tooth.
- Serve fruit for dessert. Few desserts can match the flavour or benefits of some fresh, crisp apple slices, or a few red strawberries.
- Take fresh fruit to work with you to add to lunch or for your snack.

4. Drink water.

- I Drink water instead of high-sugar drinks.

5. Go for a walk.

- Get plenty of exercise to give you energy so you will **not** need a pick-me-up from a sugar snack.

When you get the urge for sweets, take a 10-minute brisk walk.

6. Modify your recipes

- You would be amazed at how much sugar you can cut out of many recipes without anyone ever noticing! Many dessert recipes can actually have the sugar cut in half. Experiment with your recipes; the first time you may want to reduce the sugar by one third. If all is well, the next time cut the sugar by a half.

FAT: Essential for Life

Fats are essential for life and health. Choose plant fats for optimal health.

Why You Need Fat

- Fats are essential for the absorption of phytochemicals and fat-soluble vitamins
- They are important components of hormones and cell membranes
- They are critical to healthy heart, vessel, nerve, and brain function
- They insulate us and help keep a stable body temperature
- They taste good and provide food satisfaction.

Three Intake Guidelines

1. Eat fat and high-fat foods in moderation, according to your age and activity level
2. Select “good fats”
3. Even if you are overweight, you need some fats.

Fat: What Kind is Best?

Plant fats contain mostly unsaturated fats, which include omega-3, omega-6, and monounsaturated fatty acids. Here are some delicious sources to include in your diet: -

- Monounsaturated: nuts (walnuts, pecans, almonds, etc); seeds (sesame, sunflower); avocados; olives; some oils (olive, soya, sesame, rapeseed).
- Omega-3: ground flax seed, walnuts; other nuts, whole soya bean products, rapeseed oil, soya oil.

Fat: How Much Is Enough?

When looking at labels, look for grams of fat:

- 5 grams of fat = 1 teaspoon of fat
- 15 grams of fat = 1 tablespoon of fat (3 teaspoons = 1 tablespoon)
- 1 gram of fat = 9 calories

2 tablespoons of nuts = approximately 10 grams of fat.

• Your fat allowance depends on how many calories you need, which is reflected in age, gender, and activity level. Preventive recommendations suggest 20 to 35% of your calories from fat. If you need 2,000 calories per day, your fat allowance is between 50 to 78 grams of fat per day. Active children and teenagers who need more calories will have a higher fat allowance. Sedentary older adults require fewer calories, therefore fewer fats.

Avoid Unhealthy Fats

Unhealthy fats contribute to heart disease, cancer, stress, and overweight. Reduce intake of:

- Saturated fats: meat, whole-fat dairy, fast food, refined snack foods
- Trans fatty acids: partially hydrogenated fats found in many snack foods such as microwave popcorn, biscuits, crackers, and chips; margarine; and fast foods such as French fries and donuts etc.

High-fat Food	Approx. Grams of Fat
Chips - 8 oz. bag.....	88
Large burger and chips.....	60
Steak - 8 oz.....	50

Making the Switch

Here are some tips for switching to more healthy fats as you make your daily food choices.

- Eat regular meals to cut down the urge to snack
- Fill up on fresh fruits, vegetables, whole-grain breads and cereals, beans, nuts, and seeds instead of calorie-dense snacks and fast foods
- Bake or steam potatoes instead of frying them
- Enjoy salads with mixed dark greens with olive oil and lemon instead of heavy cheese dressings. Top your salads with a healthy variety of olives, avocado, and a sprinkling of walnuts for a real taste treat
- Enjoy spreads such as hummus and nut butter instead of dairy butter. Enjoy trans-fat free margarines
- Choose fresh pineapple, kiwi, or a few strawberries [etc] in place of rich desserts
- Choose fortified soya, almond, rice, or other milk alternatives, to high-fat dairy products
- Use olive oil and garlic on vegetables in place of butter
- Edge out fatty meats by eating more plant-based foods, especially beans and legumes, whole-grain pastas, brown rice, and meat alternatives such as gluten-or soya-based entrees
- Limit high-fat baked products and desserts
- Limit commercial baked goods; make your own baked goods using healthy fats
- Avoid fried foods.