Fueling with Food

Feeding Your Heart

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What is a Dietitian?

Individuals	Athletes	Families	Groups
Customized meal planning	Training and competition meal plans	Meal planning for busy families	Presentations and workshops
Supplement and nutrient analysis	Sport-specific body comp optimization	Nutrient optimization for pre- and post-natal	Corporate wellness programs
Computerized dietary analysis	Kinesiotherapy	Support for 'picky eaters'	Facilitate timely return to work
Nutrigenomix	Supplement and nutrient analysis	Establish healthy relationship with food	
Pantry makeovers, grocery store tours, skype visits	Team and individual assessments		
Management of digestive disorders, eating disorders, weight, etc			

1 part Nutrition Educator:1 part Nutrition Coach

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Dietitian	Nutritionist
Bachelor's or Master's degree	n/a
Completion of Dietetic Internship	n/a
Passed National Entrance Exam	n/a
Registered with Provincial College	n/a
Regulated by Health Professions Act	n/a
Maintain ongoing education	n/a
Often covered by extended health plans	n/a

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How does nutrition affect heart health and recovery?

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Can food improve heart health?

- Decreases inflammation
- Increases cell turnover and repair
- Maintains muscle mass
- Improves immune function
- Stabilize cholesterol, blood sugar, blood pressure, liver enzymes
- Improves energy and sleep
- Optimizes hormone function
- Maintains cognitive function and mood

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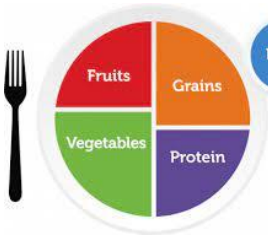
Heart Healthy 'Diet'

- Eat every 2-4 hours
- Include protein, unsaturated fat, fibre with each meal and snack
- Drink 2+L fluid per day



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Feed Your Heart

1. Protein
2. Omega 3
3. Antioxidants
4. Fiber
5. Fluid

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Protein

- Maintains immune function, metabolism, muscle mass, bone density, tissue repair
- *Choose lean meats, fish/seafood, some eggs/dairy*
- *Aim for 1+ plant-based protein per day*




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How?

- Meatless Monday
- Use half meat, half pulses
- Snack on nuts, hummus, roasted chick peas, edamame
- Have protein at each meal plus 1-2 snacks

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Omega-3

- Decreases inflammation, promotes heart health, improves hgh production, maintains brain health
- *Aim for 2 fatty fish sources per week*


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How?

- Aim for 2 tbsp hemp/chia/flax per day
- Choose omega-3 eggs
- Cook with canola, flaxseed or camelina oil
- Try salmon (fresh, smoked, canned), sardines, oysters 2 meals per week

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Antioxidants

- Reduces cell damage and inflammation, repairs heart, reduces risk of cancer, maintains eye sight
- *Aim for 5+ servings of fruits and vegetables per day*

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How?

- Fruits and vegetables every time we eat
- Fresh and frozen
- Get creative!

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Fiber

- Lowers blood sugar, keeps you full, prevents constipation, lowers cholesterol
- *Aim for 25-35g per day*

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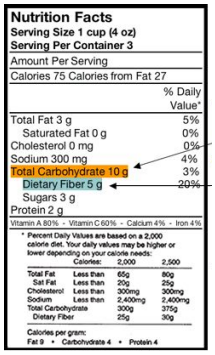
How?

- Fruits and vegetables every time we eat
- Choose whole grains
- Nuts/seeds daily
- Look for foods with >15% DV



Nutrition Facts

Serving Size 1 cup (4 oz)
Serving Per Container 3

Amount Per Serving	
Calories 75 Calories from Fat 27	
	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
Total Carbohydrate 10 g	3%
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	

Vitamin A 80% • Vitamin C 60% • Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Fluid

- Maintains metabolism and energy, keeps blood less viscous, improves mood and concentration
- *Aim for 2+L of fluid, ideally water, per day*

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Habits of Centenarians

- Regularly active
- Maintain social connections
- Often do stress-relieving activities
- Stop eating when 80% full
- Drink alcohol rarely
- Prepare/grow their own food

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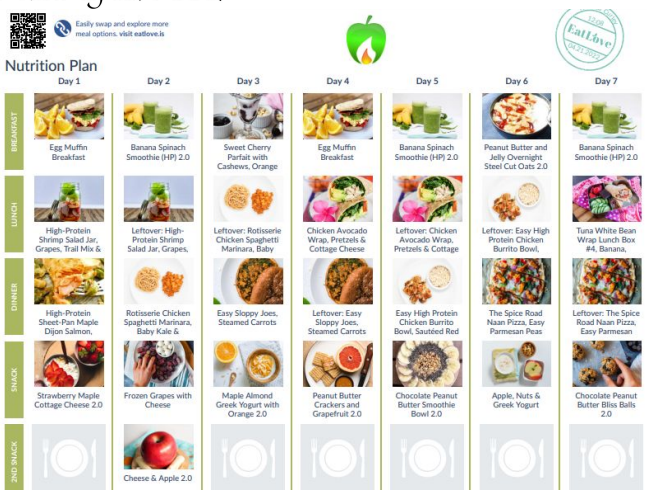
- Nutrition Plan



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What goals will you make today?

- Choose 1-2 goals to work on starting today
- Figure out what supports you need
- *Many extended health plans cover dietitian visits*

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Thank you!

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