

...just a reminder that you're receiving this email because you have expressed an interest in Inner Health Nutrition Consulting. Don't forget to add dietitian@innerhealth1.ca to your address book so we'll be sure to land in your inbox!

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Happy August! Hope you have been enjoying summer so far! What has summer looked like for you and your family? Has it been week long vacations with family or friends, trips to the cottage, or one day getaways? However you have been celebrating summer, we hope that you built in some 'R and R' (rest and relaxation).

Vacation time is important for our mental health and well being, but have you been struggling with incorporating or maintaining your healthy eating habits or patterns? Did you know that summer is the most challenging time of year to keep to established health and weight loss goals for many of our clients? Summer is distracting and busy! We are on the go...and many pair summer with enjoying foods and drink without any limitations! Is this you? Need some help? Click [here](#) for some great tips and suggestions for eating healthy while on vacation, whether you are on the road, at a resort, at the cottage, or even at a restaurant.

This is what you need to do to help keep you on track this last month of summer:

- ***Stay committed & Plan ahead:***
 - Bring healthy snacks with you in a cooler or snack bag or pick up convenient prepacked vegetable and fruit trays
 - Pack whole grain, high fibre cereal, with re-usable cups, bowls, and spoons for a fast and healthy breakfast or pack instant steel cut oats for a healthy hot cereal choice
 - Seek out restaurants in the area that offer a variety of healthy choices and be sure to check the restaurant's menu before hand
 - If at a buffet, scan your options before filling your plate
- ***Portion control***
 - Fill your plates with vegetables first especially dark leafy greens such as baby kale, spinach, swiss chard, and arugula!

Need some additional tips and suggestions for eating out? Click [here](#) for the Top 10 Tips for Eating Out.

- ***Drink lots of water through out the day and keep your hydration a priority during the hotter days of this month***
- ***Limit the amount of alcohol you consume and especially stay away from fruity-alcohol based drinks***


10
Drinks a week for women,
with no more than
2
Drinks a day most days

**LOWRISK
GUIDELINES**
The Centre for Addiction and
Mental Health advocates these
limits to avoid negative health
effects from alcohol, including
cancer and liver disease.

19%
Of drinkers
consume above the
recommended limits,
according to CAMH.


15
Drinks a week for men,
with no more than
3
Drinks a day most days

WHAT DOES 1 DRINK LOOK LIKE?



How many calories are approximately in 'a Drink'?

- Beer (12 ounces): 150 calories
 - Lighter beer option: 70-80 calories
- Cider or Cooler (12 ounces): 250 calories
 - Many ciders and coolers are flavoured (lemonade, grapefruit, etc.) and contribute to the rise in calories and sugar content
- Wine (5 ounce): 110-120 calories
 - For a lighter option, try a 5 ounce Wine Spritzer (wine + soda water)= 60 calories
- Liquor (1 ounce): 65-80 calories
 - This is **not including** any mix/soda/pop/juice!
 - i.e: vodka + orange juice: 160 calories
 - Try to limit the amount of mix you add to your liquor. Choose more often: water or soda water, and flavour with limes and lemons!

FROZEN TREATS FOR YOUR SWEET TOOTH

Ever stop to wonder what the difference is between ice cream and gelato? Or sorbet versus sherbet? Is frozen yogurt a healthier option than ice cream? These are common questions, especially during this time of year, since these all pair perfectly on a hot, sunny day. Eat Right Ontario has explained the difference between these items.

Ice cream and Gelato

- Both are made with: milk, cream, eggs, flavourings, and sweeteners.
- The difference in texture is attributed to the different preparation technique and holding/storing temperature.
- A common misconception is that gelato is not made with cream, only milk. Gelato is made with cream, but to a lesser extent than ice cream, which is why it often has a lesser fat content.
- Bottom line: Don't forget about portion control while eating either! Try to avoid eating them in a cone or sugar cone, and limit the sauces and toppings.

Sorbet and Sherbet

- Sorbet is usually made with fruit, water, juice and sugar. It does not contain any dairy or milk products, which is why it is suitable for those who are lactose intolerant.
- Sherbet is similar to sorbet, but may contain milk and /or eggs. If you are lactose intolerant, be sure to read the label. The lesser amount of milk added is why it contains less fat than ice cream.
- Although these are both lighter options, be mindful of the added sugar content in these products.

Frozen Yogurt

- Made with yogurt, rather than cream, which is why it has a lesser fat content than ice cream.

Click [here](#) for the full article!

What do the Numbers Show?

The table below shows the difference in calories and fat content between ice cream, gelato, and frozen yogurt.

| <i>Serving 1/2 cup (125 mL)</i> | ICE CREAM | GELATO | FROZEN YOGURT |
|-------------------------------------|--------------|-------------|---------------|
| CALORIES | 150 calories | 90 calories | 120 calories |
| FAT | 7 grams | 3 grams | 3 grams |

These numbers are an average, as different flavours and combinations impact calories, fat, sugar and more. And what about toppings....

If you are adding toppings to your dessert:

- Avoid adding syrups and candies
 - These types of toppings are empty calories and provide no nutritional benefits (such as fiber)
 - 1 tablespoon of chocolate or strawberry syrup is approximately 50 calories
 - 1 tablespoon of sprinkles is approximately 50-60 calories
- Choose more often: **fresh fruit, dried fruit, nuts, granola, or bits of nutritious baked goods**
 - These items will add the texture and flavour you are craving for, without the added sugar, fat, and calories
 - These items will help increase the fiber content of your dessert!
 - Fiber helps control our blood sugar levels by slowing the absorption of sugar

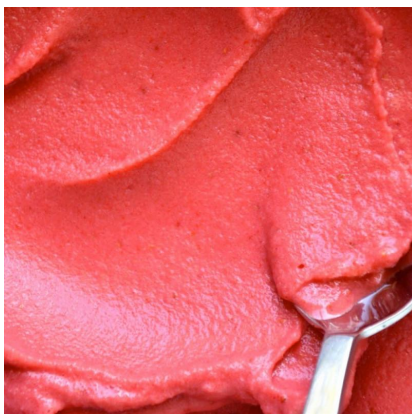
And always be mindful of your portion. Just because gelato appears "better" than the others,

that doesn't mean you should treat yourself to MORE of it!

Here are some tips to help with portion control:

- Avoid eating out of the container. Serve out your portion
- Choose a smaller vessel or bowl
 - As a habit, we tend to fill our plates/bowls without realizing how much we are actually consuming
 - **FYI:** Did you know that over the years, the size of plates, bowls, and glassware have drastically increased
- You don't need to clean your bowl
 - Listen to your body! You can always put it back into the freezer and have the rest another day
- Store your frozen desserts at the back of the freezer, or in the downstairs freezer (if you have one)
 - If desserts are 'out of sight,' they are more likely to be 'out of mind'

LIGHT SUMMER DESSERTS TO MAKE AT HOME!



Strawberry Frozen Yogurt

This is a fast and easy recipe to make at home. All you need is a food processor and 5 minutes!

In this recipe, 100 calories is for 1 cup. You can always substitute the plain low fat yogurt with a greek yogurt, for some additional protein, and reduce the amount of agave nectar or honey you add to the mix.

[Click here for the recipe](#)

Pomegranate and Chocolate Cubes

This simple and fun recipe was created by Registered Dietitian, Crystal Higgins.

Pomegranates have antioxidants, which help protect our body's cells from damage. However, dealing and peeling a pomegranate can be tricky. Check out the recipe below for tips!



[Click here for the recipe](#)

Watermelon Blueberry Yogurt Pops



Featured from the Dietitian of Canada App, Cookspiration.

"These pops are hydrating and also packed with protein, thanks to the Greek yogurt!"

[Click here for the recipe](#)

UPCOMING FALL WELLNESS COOKING CLASSES

Our Fall Line-up of Wellness Cooking Classes is all set! Registration for classes is now open!! Register via Eventbrite or via email to dietitian@innerhealth1.ca. If you Register for all 4 classes, click on the link for September!



SEPTEMBER

Healthy Snacks: Fueling New Fall Routines

*September 13th 2017 7-830pm
Fortinos Hwy 27, Woodbridge*

<https://www.eventbrite.com/e/healthy-snacks-fueling-new-fall-routines-tickets-36218974929>

OCTOBER

Reinventing the Thanksgiving Table: From Healthy Sides to Decadent Desserts

*Wed Oct 4th 2017 7-830pm
Fortinos Hwy 27, Woodbridge*

<https://www.eventbrite.com/e/reinventing-the-thanksgiving-table-from-healthy-sides-to-decadent-desserts-tickets-36219146442>



NOVEMBER

Hormones & Diet: Learn How Foods Can Balance Hormones

*Wed Nov 15th 2017 7-830pm
Fortinos Hwy 27, Woodbridge*



<https://www.eventbrite.com/e/hormones-diet-learn-how-foods-can-balance-hormones-tickets-36219223673>

DECEMBER
Spuntini & Dolcini
Apps & Sweets

Wed Dec 6th 2017 7-830pm
Fortinos Hwy 27, Woodbridge



<https://www.eventbrite.com/e/spuntini-dolcini-holiday-apps-sweets-tickets-36219253763>

Filomena Vernace-Inserra | Inner Health Nutrition Consulting | 905-265-2140
www.innerhealth1.ca