

WORLD Health DAY



"In the midst of a pandemic, a polluted planet, increasing diseases like cancer, asthma, heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being." ⁽¹⁾

While it may seem that contributing to the health of our planet is above our reach, there are a number of actions that we can all partake in, and encourage others to do, to help our planet and our health.

A white line-art illustration of a basket filled with various vegetables, including corn, carrots, and leafy greens, set against a black background with white stars.

Nutrition

Buy your groceries from local producers and avoid highly processed food.

PAHO PAHO 120th Anniversary logo

A white recycling symbol (three chasing arrows forming a triangle) set against a black background with white stars.

Consumption and shopping

Buy less plastic. Use recyclable grocery bags.

PAHO PAHO 120th Anniversary logo



Healthy Lifestyles

Quit smoking.



Transport

Walk or bike to work at least once a week. Use public transport.



Simple things you can do on April 7th to help protect YOU!



Eat more fruits and vegetables



Go for a walk to get some fresh air



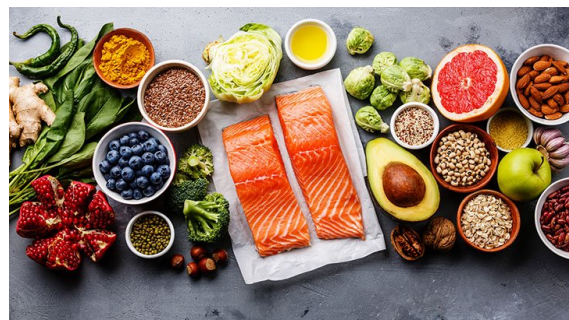
Drink at least 8 glasses of water

Food & Health

Year after year, **THE MEDITERRANEAN DIET**

is consistently recognized as the top diet for chronic disease prevention!

(diabetes, heart disease, high blood pressure) prevention)



WHY?

- HIGHER IN: fibre, healthy fats, vitamins, minerals, healthy plant substances
- LOWER IN: saturated fat, red and processed meats, refined grains, sugar

Ask yourself the following questions to see how close you are to following the Mediterranean Diet ⁽³⁾

- | | | |
|---|------------------------------|-----------------------------|
| 1. Do you eat 5 or more vegetable servings every day? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do you eat 3 or more fruit servings every day? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do you eat whole grains (whole grain or whole wheat breads, cereal, pasta, or rice) every day? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Do you use olive oil for cooking and at the table? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Do you eat nuts, seeds, or avocado at least 3 times a week? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Do you eat beans, peas, or lentils at least 3 times a week? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Do you eat fish at least 3 times a week? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. Do you enjoy at least one meal a day with friends or family? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

How did you do?

If you answered No to any of the following questions, here is a great starting point for you to work on to be that much closer to following the top dietary pattern of 2022!

[Click here to read more on the Mediterranean Diet!](#)

Mediterranean Style Recipes

[Click on the image for the recipe from Cookspiration](#)



Wheat Berry Salad with Dukkah



Grilled Vegetable, Bean and Avocado Tacos



Easy Red Lentil Dhal



Wild Rice & Lentils with Flaked Salmon



Caramelized Onion and Arugula Quinoa

Mediterranean Tomato and Ricotta Pasta

The top heart healthy diet,
THE DASH DIET –
Dietary Approach to Stop Hypertension
(high blood pressure)



WHY?

- HIGHER IN: fruits, vegetables, whole grains, low fat/no fat dairy products, heart healthy fats
- LOWER IN: salt, saturated fat, prepared/processed foods

The DASH diet is very similar to Canada's Food Guide, with an added emphasis on salt/sodium reduction, for blood pressure, heart health and kidney benefits.

So, how much salt should we consume on a daily basis?

Evidence suggests that Canadians should aim for no more than 2300 mg of sodium (1 teaspoon) per day but that is from all sources hidden in food and added while cooking/afterwards.

Aiming for close to 1500 mg of sodium is even better!

Tips To Reduce Salt and Sodium

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.



zucchini

Swiss cheese

bread

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

EASY TIPS FOR DINING OUT

Move the salt shaker away.

This simple first step could become second nature.

Research the restaurant's menu before going out.

Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.

Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.

A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.

Choose fruit or vegetables instead of salty snacks, chips, or fries.

Making the Move to DASH



peas



bell pepper



squash



shrimp



chickpeas

Moving to heart healthy eating may seem difficult, but it doesn't have to be. Here are some tips to make DASH work for you.

Change gradually.

- ➔ If you now eat one or two servings of vegetables a day, add a serving at lunch and another at dinner.
- ➔ If you don't eat fruit now or have juice only at breakfast, add a serving of fruit to your meals or have it as a snack.
- ➔ Gradually increase your use of milk, yogurt, and cheese to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol.
- ➔ Choose fat-free or low-fat (1 percent) milk, yogurt, and reduced-fat cheese to reduce your intake of saturated fat, cholesterol, and calories and to increase your calcium.
- ➔ Read the Nutrition Facts label on frozen and prepared meals, pizza, and desserts to choose those lowest in saturated fat and *trans* fat.

Vary your proteins.

- ➔ Choose lean cuts of meat and remove skin from poultry.
- ➔ Check the labels on ground meats and poultry and select those with lower saturated fat.
- ➔ Serve fish instead of meat or poultry once or twice each week.
- ➔ Include two or more vegetarian (meatless) meals each week.

- ➔ Aim to fill ½ your plate with vegetables and fruits, ¼ with whole grains, and ¼ with fish, lean meat, poultry, or beans.
- ➔ Add extra vegetables to casseroles, pasta, and stir-fry dishes.

Select nutritious, tasty snacks.

- ➔ Fruits offer great taste and variety. Use fruits canned in their own juice or packed in water. Fresh fruits are fast and easy and dried fruits are a good choice to carry with you or to have in the car.
- ➔ Try these snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt; popcorn with no salt or butter added; raw vegetables.

Make healthy substitutions.

- ➔ Choose whole grain foods for most grain servings to get more nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- ➔ If you have trouble digesting milk and milk products, try taking lactase enzyme pills with the milk products. Or, buy lactose-free milk.
- ➔ If you are allergic to nuts, use beans or seeds (such as sunflower, flax, or sesame seeds).

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 150	0%
Fat 0 g	0%
Cholesterol 5 mg	
Sodium 100 mg	4%
Carbohydrate 29 g	10%
Fibre 0 g	0%
Sugars 26 g	
Protein 6 g	

A Tip for Label Reading & Sodium

–*Choose less often*–Foods with a sodium % daily value higher than 15%

–*Choose most often*–Foods with a sodium % daily value of 5% or lower.

–Look for foods *with less than 200 mg of sodium per serving of food.*

Click [here](#) for more on the DASH Diet & [here](#) for more on Sodium and our Diet!

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comeback_challenge

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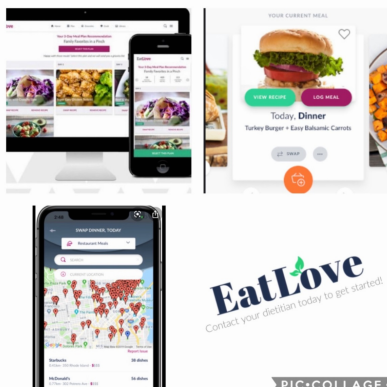


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One Month - \$199.99

[Click here for the Full Program!](#)



References:

- 1.WHO, 2022. Retrieved from: <https://www.who.int/campaigns/world-health-day/2022#>
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