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Beach days, BBQ's, cold drinks, patio season and fun in the sun...that is what summer is all about! With all the fun things to do during the short-lived summer months, we sometimes forget, or find it quite challenging, to maintain our healthy eating habits and routines.



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## How are you managing this summer so far?

*Have you noticed if you are eating out more? Socializing more with friends/family?*

*Have you been planning your meals and snacks? Or throwing something on the BBQ last minute?*

*Have you been hydrating with water, especially during these hot and humid days? Or are your days so busy, you just forget?*

If you think that there is room for improvement, take some time to reflect on what changes you can make (even small ones).

For example, if you are finding yourself on a patio with your family or friends more often than you intend, what changes can you make to your order that is more aligned with your healthy eating goals? Check out the menu ahead of time and go in with a plan!

If you are finding yourself constantly in the kitchen looking for snacks, ask yourself if you had a balanced meal prior to. Were you so busy that all you ate was a few crackers or a slice of bread and off you went?

We don't have to make big sacrifices to keep up with healthy eating in the summer and we do not need to miss out on the fun! If you are looking for some tips and strategies for the rest of your summer adventures, click [here](#).

*Enjoy the remainder of your summer!*

Filomena and Gabriella

## Popular Summer-time Drinks & Treats

Check out 4 featured items from Tim Hortons, Starbucks and McDonalds!  
*We have healthier options featured...*

**Tim Hortons.**

- 400 calories
- 17g fat
- 12g saturated fat
- 56g sugar

*Small Vanilla Iced Capp*



*Small Iced Capp Light*



- 140 calories
- 1g fat
- 1g saturated fat
- 29g sugar

**Tim Hortons.**

- 230 calories
- 0g fat
- 0g saturated fat
- 53g sugar

*Medium Frozen Lemonade*



*Medium Iced Tea Quencher*



- 80 calories
- 0g fat
- 0g saturated fat
- 19g sugar

*Tall Caramel Ribbon Crunch Frappuccino*



**STARBUCKS**

- 330 calories
- 15g fat
- 10g saturated fat
- 42g sugar

*Grande Chocolate Cream Cold Brew*



**STARBUCKS**

- 250 calories
- 14g fat
- 9g saturated fat
- 25g sugar

*Tall Espresso Frappuccino*



- 140 calories
- 1.5g fat
- 1g saturated fat
- 28g sugar

- 100 calories
- 2g fat
- 1g saturated fat
- 14g sugar

*Grande Shaken Espresso*



*Large Chocolate Milkshake*



- 1160 calories
- 26g fat
- 17g saturated fat
- 163g sugar



*Regular Kit Kat McFlurry*



- 670 calories
- 23g fat
- 16g saturated fat
- 86g sugar

*Fudge Sundae*



- 340 calories
- 10g fat
- 8g saturated fat
- 48g sugar

*Vanilla Cone*



- 240 calories
- 6g fat
- 4g saturated fat
- 30g sugar

**What are your thoughts on the nutritional profiles on some of our favourite summer time go-to's?**

Keep in mind that sharing the nutritional profiles of these items is **NOT** to sway you to never treat yourself to one of these drinks or treats! After all, one of the best parts of summer is enjoying these cool, refreshing and delicious drinks and treats on a hot, sunny day.

This information keeps us informed. It is okay, and part of healthy eating, to treat yourself! However, ask yourself if there are some things you can adjust that won't compromise on taste or partaking in the fun.

*Could it be a smaller size? Less frequent trips? Asking for a lower fat/sugar option?*

Whatever it may be, know that these items aren't off limits.



## STOP & THINK...

But, how much sugar is too much?

Sugar is found in many foods that we eat on a regular and daily basis (yes, healthy foods too!). The amount of **added sugar** that we consume on a daily basis is the main cause of concern, since increased added sugar intake may increase our risk of chronic diseases.

*So, how much added sugar can I have in a day?*

Diabetes Canada recommends that:

"Canadians should limit their intake of free sugars (added sugars) to **less than 10%** of their total daily calorie (energy) intake. This is approximately **50 grams, or 12 teaspoons, per day, based on a 2000 calorie diet**" <sup>(1)</sup>

It is important to note that **ideally**, Canadians should aim to limit their intake of added sugars to **5% of their total daily calories**, for additional health benefits. In other words, this is about **6 teaspoons per day**.<sup>(1)</sup>

Stay tuned to a future newsletter, where we will get into more details about sugar, the differences, where we find them and much more!

## Hot Off the Press!

*Check out this 4 minute interview with Registered Dietitian, Sue Mah, about the front-of-package nutrition labelling that we will see more often on products in the grocery store!*



High in / Élevé en  
Sat fat / Gras sat.

sugars / Sucres

Sodium

Health Canada / Santé Canada

## NEW FOOD LABELS

As of *July 20, 2022*, "Health Canada introduced a new nutrition labelling regulations for packaged foods requiring a symbol on the front of packages indicating that a food is **high in saturated fat, sugars and/or sodium.**"<sup>(2)</sup>

"The new front of package (FOP) nutrition symbol includes a magnifying glass, intended to capture people's attention and act as a quick and easy visual cue to identify foods high in these three nutrients. The FOP nutrition symbol will complement the nutrition facts table, displayed on the back of food packages, to help Canadians make more informed food choices."<sup>(2)</sup>

"Saturated fat, sugars and sodium are nutrients of concern, as evidence is clear that high intakes of saturated fat, sugars and/or sodium can contribute to various diseases, such as heart disease, type 2 diabetes and obesity."<sup>(2)</sup>

**Be on the lookout for this label on packaged products to help guide you in your decision making!**

## Healthy Eating on a Budget

The rising cost of food has made our trips to the grocery store quite frustrating. There is no doubt that inflation has impacted what we decide to put in our grocery cart.

**Here are some tips to help keep you within budget:**

- Plan ahead and make a grocery list
- Choose meatless options more often, such as beans, legumes, and tofu
- Choose frozen produce (fruits & vegetables)
- Choose no name brands



- Use flyers or apps to help price match
- Cook at home more often
- Never shop on an empty stomach!

Click here to read: [8 Healthy Food Swaps That Will Save You Money at the Supermarket](#)

## Summer Fun Recipes



**Watermelon Blueberry Yogurt Pops**  
*by Cookspiration*



**Food Scrap Hummus Garden**  
*by Registered Dietitian Jackie Newgent*



**German Cauliflower Potato Salad**  
*by Registered Dietitian Emily Cooper*



**Chickpea Edamame Salad**  
*by Registered Dietitian Mackenzie Burgess*

### References

1. Diabetes Canada. Sugar and Diabetes. Retrieved from: <https://www.diabetes.ca/advocacy---policies/our-policy-positions/sugar---diabetes#:~:text=Position%20statement,on%20a%202000%2Dcalorie%20diet>

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