

# Happy New Year

## January 2023 Nutrition E-Bites

The holidays are now behind us and many of us have returned to our usual daily routines...back to school, back to work, back to reality.

It can definitely be challenging to get back into the swing of things after taking some time off. Many times during the holiday season, we tend to take the opportunity to sleep in, our eating habits and meal timings tend to change, we enjoy a few more holiday treats and sweets, and physical activity tends to slide down on our priority list. *Does this sound familiar to you?*

Personally, on top of all of that, throw in two early January family birthdays and a lot leftovers (mostly pizza, cheesecake and cookies), and I'm having a hard time getting back to my usual routine and norm. I've been feeling sluggish, barely getting my steps in, and taking more naps on the couch after work than needed (which then impacts my sleep schedule, and how rested I feel the next morning...and the cycle of couch naps continues). It took a lot of energy and motivation to find it in myself (just very recently, I might add) to make the necessary changes to get back to my usual routine. With only a few days in, I am starting to see and feel a difference, and am excited to get back into my usual groove. If you are reading this, and in a similar situation, I am happy to share with you some of things that helped me:

- **Out of sight, out of mind.** Personally, I know that if there are cookies on the counter and cake in the fridge, my will power to limit my consumption won't last very long. I decided to freeze some of my favourite treats (and hide them in the back of the freezer, behind my frozen vegetables) and gave out care packages to my friends and neighbours. A win-win situation for everyone.
- I wrote my goals down on two separate pieces of paper and placed them on the kitchen counter and coffee table (**places that are always in sight**). For me, this was the perfect way to give me that

gentle reminder that I needed to help keep me accountable.

- **Limit TV and screen time.** Netflix and Crave are a wonderful thing, but like we always say, too much of anything is not always best. Everything in moderation, balance is key.

I encourage you to find those strategies that will best help you overcome your challenges! Never underestimate the power of just one small change, or taking one step at a time.

Wishing you all a Happy New Year, filled with good health, love and adventure.



Gabriella,  
Newsletter Contributor

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## Meet The Rest of Our Team!

Our services at Inner Health Nutrition Consulting include greater diversity of expertise in specialized areas of nutrition care. We offer nutrition counselling for...

- **Certified Diabetes Educators specializing in:**
  - Type 1 & Type 2 Diabetes management (insulin requiring)
  - Pediatric Type 1 Diabetes management
- **Kidney diseases** requiring specialized dietary modifications (potassium, phosphorus, sodium, protein)
- **Infant & childhood nutrition**, allergies and mealtime/feeding concerns
- **Pre-pregnancy planning, perinatal, post-natal nutrition care**
- **Geriatric nutrition counselling** including optimizing appetite, high protein, high calorie nutrition strategies
- **Certified Intuitive Eating Counselor (CIEC)** using non-weight centric approaches
- **Eating Disorders** including a multidisciplinary team of specialized counsellors

- **Kidney disease** including pre-dialysis, hemodialysis and peritoneal dialysis dietary management
- **Digestive health** concerns including bowel irregularity, bloating, reflux, & microbiome support
- **Women's health** including support through menopause
- **Achieving your healthiest best self** using targeted nutrition strategies including meal planning, simple cooking ideas supported with recipes, balanced meals & snacks, portion control, understanding & managing cravings & much more!
- **Digital technology using Eatlove™** providing over 5000 recipes, meal plans, tracking, grocery lists accommodating your nutrition requirements, allergies & food preferences

We are here to help you using the latest science & techniques to support you through changes to achieve optimal health & well-being. We are regulated health professionals (College of Dietitians of Ontario) providing you with evidence-based nutrition guidelines.

For more information, visit my website Inner Health Nutrition Consulting or give me a call to discuss your specific questions. We look forward to guiding you! Evening & Saturday appointments (virtual) available! In office appointments with Filomena available Mon - Friday until 6pm.



Jasna Robinson-Wright



Akwinder Gill



Filomena Vernace-Inserra

## The Globe & Mail Must Reads

by Toronto based Registered Dietitian, Leslie Beck



Healthy eating habits  
for 2023:  
23 Dietitian approved  
tips



The Healthy Food  
Trends-for you and the  
planet-to watch for in  
2023

## The First Check-in of 2023

Reaching and/or maintaining our goal weight **CAN BE** and **IS** challenging. If it were easy, many of us would not start off the new year with a weight loss goal in mind.

Reaching and maintaining a healthy weight, that is right for you, isn't a quick fix. It won't take a week. Or a month. It takes time. It's important to also keep in mind that all of our weight journey's will be different, and some of us will have more challenges and hurdles to overcome than others.

Wherever you are in your weight journey, remind yourself to take it one day at a time, and one step at a time. And an important reminder, especially as we are working through our new years resolutions, refrain from making goals that are **IMPOSSIBLE** to keep! If you set some goals at the start of January, and now realize that they are too difficult to achieve, don't worry, it's a perfect time to re-focus and re-group.

As we discussed before, the best way to set goals (whether weight related or not) is to ensure they are **SMART!**

**Specific**  
**Measurable**  
**Action oriented**  
**Realistic**  
**Time-Framed**

If you are looking for examples of **SMART** healthy eating goals, be sure to click [here](#) for some guidance!

## 2023 Ranked Best Diets in the WORLD!

What did the National Institute of Health rank as

## the top diet in the following categories:

- \* Best Heart-Healthy Diets
- \* Best Diets for Diabetes
- \* Best Diets for Bone & Joint Health....

### Dietary Approach to Stop Hypertension (DASH) diet

Why? "Studies show that by increasing fiber, protein, and minerals, such as potassium, calcium, and magnesium, people following DASH can naturally lower their blood pressure by 3-20 points within weeks or months-the greatest benefit coming when they also limit salt intake to about 1,150 mg each day." <sup>(2)</sup>

## And what did the National Institute of Health rank as the top diet in the following categories:

- \* Easiest Diets to Follow
- \* Best Family-Friendly Diets....

### Therapeutic Lifestyle Changes (TLC) diet

Why?: "The TLC diet is a heart-healthy eating plan that helps make choosing, preparing, and cooking foods easier and healthier." <sup>(3)</sup>

"The TLC Program combines **diet**, **physical activity**, and **weight management** to help **lower high cholesterol and improve heart health**." <sup>(3)</sup>

"Studies show TLC could lower low-density lipoprotein (LDL) cholesterol levels (*also known as the "bad" cholesterol*) by 20-30% among people with borderline/high LDL levels." <sup>(2)</sup>

## The DASH Diet

*Here are two guides on how you can make changes in your eating habits to follow the DASH diet more closely!*

# DASH Eating Plan

**The Benefits:** Lowers blood pressure & LDL “bad” cholesterol.

 **Eat This**

 **Limit This**

	Vegetables		Fatty meats
	Fruits		
	Whole grains		Full-fat dairy
	Fat-free or low-fat dairy		
	Fish		Sugar sweetened beverages
	Poultry		
	Beans		Sweets
	Nuts & seeds		
	Vegetable oils		Sodium intake

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)



National Heart, Lung, and Blood Institute



# Making the Move to DASH

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.



peas



bell pepper



squash



shrimp



chickpeas

### 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](http://www.nhlbi.nih.gov/DASH).



National Heart, Lung, and Blood Institute

## The TLC Diet

*The TLC 3 part program: Dietary changes, Physical activity & Weight management*

### DIETARY CHANGES

Three important dietary changes of the TLC diet includes (3):

- Decreasing saturated fat

- Saturated fats are found in animal based products, high fat dairy products, baked/fried food, and some oils, such as palm oil. Too much of this type of fat increases cholesterol in the blood, LDL cholesterol in particular, and increases our risk for heart disease



- [Adding plant stanols and sterols](#), found in whole grains, nuts, legumes, and oils, like olive and avocado oil
- [Increasing soluble fibre](#), such as fruits, beans, and oats

***Wondering why adding plant stanols and sterols, and increasing soluble fibre are part of the TLC diet and the core of all heart healthy diets?***

"Soluble fibre blocks cholesterol and fats from being absorbed through intestinal walls into the bloodstream. As with soluble fibre, plant stanols and sterols help block the absorption of cholesterol from the digestive tract, which helps to lower LDL cholesterol." <sup>(3)</sup>



## PHYSICAL ACTIVITY

"Lack of physical activity is a major risk factor for heart disease. Regular physical activity and reducing sedentary behaviour can help with managing weight and, in that way, help lower LDL cholesterol. It also can help raise HDL cholesterol (the "good" cholesterol) and lower triglycerides (fat), improve the fitness of the heart and lungs, and lower high blood pressure." <sup>(3)</sup>

## WEIGHT MANAGEMENT

"Overweight and obesity increase the chances for having high LDL cholesterol and developing high blood pressure, diabetes, heart disease, some cancers, and other serious health problems. Excess weight around the waist also more likely leads to developing metabolic syndrome. Losing any extra weight reduces these risks and improves cholesterol and triglyceride levels. Diet changes and increasing physical activity can get LDL cholesterol and weight under control." <sup>(3)</sup>

To read more about the TLC diet, [click here](#) and download the PDF!

# DASH & TLC Diet Recipes by Heart & Stroke

*Click on the image for the recipe*

*For more recipes by the Heart&Stroke, click here!*



**Almond Oat Bars**



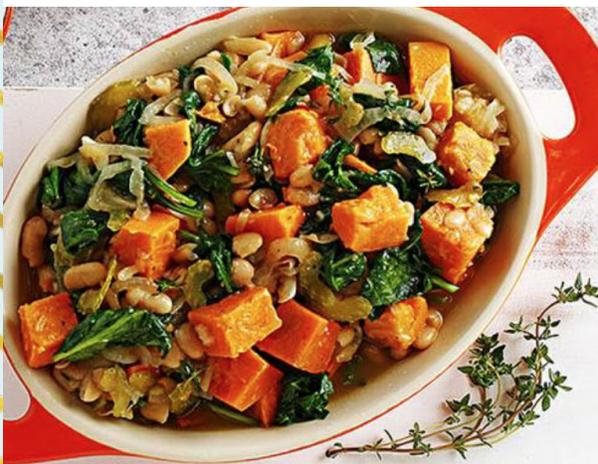
**Chocolate Zucchini Muffins**



**Oven Fried Potato Chips**



**Broccoli and Tofu Sheet Pan Dinner**



**Bean, Sweet Potato and Garlic Stew**



**Chocolate Walnut Brownies**

References:

1. Image of purple sweet potato. Retrieved from: <https://www.theglobeandmail.com/life/health-and-fitness/article-healthy-food-trends-2023/>
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3. National Health Institute. Therapeutic Lifestyle Changes to Lower Cholesterol. Retrieved from: <https://www.nhlbi.nih.gov/education/TLC-Therapeutic-Lifestyle-Changes-Lower-Cholesterol>
4. Image. DASH Eating Plan. Retrieved from: <https://www.nhlbi.nih.gov/education/dash-eating-plan>
5. National Institute of Health. Making the Move to Dash. Retrieved from: <https://www.nhlbi.nih.gov/resources/making-move-dash>

Inner Health Nutrition Consulting | 8333 Weston Rd, Woodbridge ON, Woodbridge , L4L 8Z2  
Canada

[Unsubscribe dietitian@innerhealth1.ca](mailto:unsubscribe.dietitian@innerhealth1.ca)

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