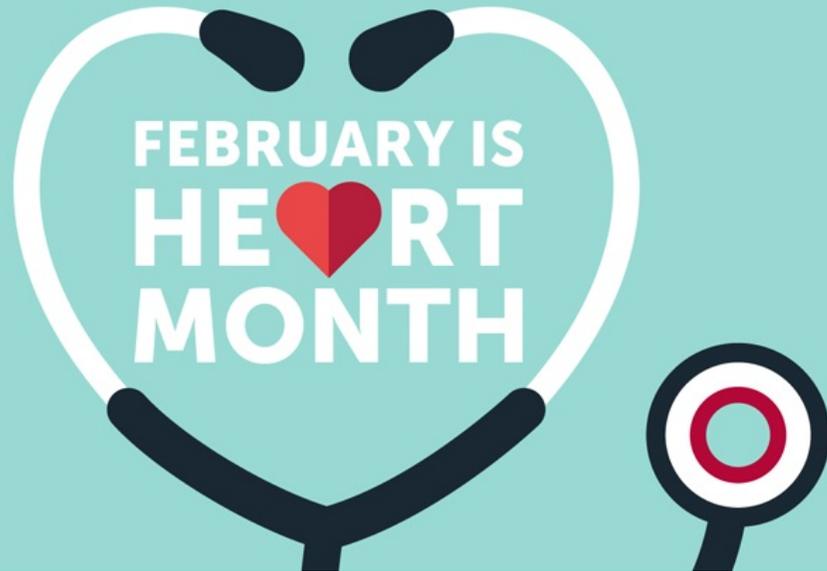


February 2023 Nutrition E-Bites



Healthy Eating & Lifestyle Changes To Benefit Your Heart

FATS & CHOLESTEROL

Fats are an important part of our diet and choosing heart healthy fats most often is one of the main pillars for heart health. **Why?**



Certain types of fat, such as saturated fats and trans fat, have been shown to increase our risk for heart disease, while others have been shown to have a protective effect.

Click on the link below to read all about dietary fats, where to find them, which fats/oils to choose most often, least often, and what to avoid!

"Dietary Fats, Oils and Cholesterol"

SODIUM

Reducing our sodium (salt) intake is another pillar for



heart health. The recommendation is NOT to avoid salt, but to be mindful of our daily intake, since salt is found in many common food items.

Research has shown that generally, Canadians are recommended to consume no more than 2300 mg (1 teaspoon) of sodium each day. Unfortunately, many of us are consuming 2-3 times more than recommended.

Click on the link below to find out ways how to reduce your salt intake and for some shopping tips!

"Reduce your Salt"

"Low Salt Shopping"

FIBRE

Increasing your daily fibre intake has been shown to have heart health benefits, among others. Fibre is found in fruits, vegetables, whole grains, beans, legumes, and nuts.



If you are looking for some tips to increase your fibre intake (slowly, with adequate water intake!) be sure to click on the link below.

"Fibre Facts"

SMOKING

Did you know.... "Tobacco use **increases** your **risk** of developing **heart disease and stroke**. Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, and makes your heart work harder. In fact, smokers are two times more likely to have a heart attack or stroke and are two times more likely to die from them." ⁽⁴⁾

Click on the link below for more information and support on becoming tobacco free!

"Smoking and Tobacco"

PHYSICAL ACTIVITY

We all know that increasing our daily physical activity is important, but what exactly are the benefits?



Here are some to name a few ⁽⁵⁾...

- dramatically lower your risk of heart disease and stroke
- help prevent and control risk factors such as:
 - high blood pressure
 - high cholesterol
 - type 2 diabetes
 - osteoporosis
 - certain types of cancer
 - obesity
- reduce stress levels
- increase energy
- improve sleep
- improve digestion
- and much more...

Looking for tips to get active and wondering how much physical activity to aim for? Check out the links below!

"Tips to Get Physical"

"How Much Physical Activity do you Need?"



ALCOHOL INTAKE

Reducing our overall alcohol intake has consistently been a healthy living message, since we know that alcohol intake can increase our risk for chronic disease, including heart disease. Choosing a calorie and sugar-wise mock-tail over a cocktail has always been encouraged!

While we came to know and follow the alcohol recommendations of:

-3 standard drinks/day, 15 drinks/week for males and

-2 standard drinks/day, 10 drinks/week for females...recently published evidence from

the *Canadian Centre of Substance Abuse and Addiction* is now informing Canadians otherwise!

If you have yet to hear or read about the new alcohol guidelines and recommendations, check out this 3 minute video!



For more details and information on the new alcohol guidelines, check out the infographic below.

And ask yourself....

Where do you fall on this continuum of risk?

Will the new guidelines cause you to change your drinking habits? Why or why not?

What are your thoughts on warning labels on alcoholic beverages?

Do messages on labels (food or drinks) change your purchasing or consumption behaviour?

Drinking less is better

We now know that even a small amount of alcohol can be damaging to health.

Science is evolving, and the recommendations about alcohol use need to change.

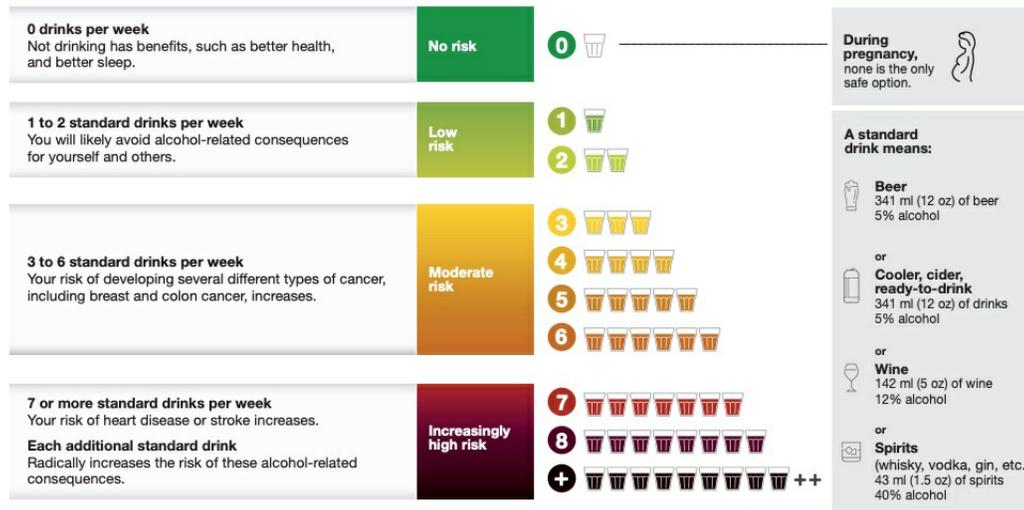
Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits.

Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle.

That's why if you drink, it's better to drink less.

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



Aim to drink less

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.

Here is a good way to do it

Count how many drinks you have in a week.



Set a weekly drinking target. If you're going to drink, **make sure you don't exceed 2 drinks on any day.**

Good to know

You can reduce your drinking in steps! Every drink counts: any reduction in alcohol use has benefits.

It's time to pick a new target

What will your weekly drinking target be?



Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.



Canadian Centre
on Substance Use
and Addiction

The Canadian Centre on Substance Use and Addiction was commissioned by Health Canada to produce Canada's Guidance on Alcohol and Health.
This document is a summary for the public of the new guidance. For more information, please visit www.ccsa.ca.

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Click here to download the infographic

Heart Healthy Treats & Sweets for Your Loved Ones this Valentines Day

Click on the image for the recipe



Chocolate Almond Bites
by the Heart and Stroke Foundation



Apple Pear Crisp
by the American Heart Association



Berry Cheesecake Bars
by Cookspiration



Chocolate Avocado Truffles
by Eating Bird Food



Dark Chocolate Dipped Bananas
by Eat This, Not That!



Easy Fudgy Raspberry Brownie
by Eat This, Not That!

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