



Hello Summer!

As we find ourselves midway through 2024, we hope you're enjoying a delightful summer! This season is perfect for relaxation, basking in the sunshine, appreciating nature, and creating wonderful memories with loved ones. Along with the warmer weather comes an array of delicious, seasonal fruits and vegetables. There's nothing quite like savouring refreshing watermelon slices after a swim or spending time outdoors. Remember to stay hydrated in the heat and take full advantage of the fresh, nutritious produce available this time of year!

See you in September!



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What's the Deal with Oats?



There has been a lot of NOISE regarding oats in the media recently and I have certainly had many clients ask if they should stop eating oats as part of their morning routine! Negative claims that oats cause blood glucose levels to spike or should be avoided because they are "high in carbs" are some just claims or questions asked. We have also heard of the pesticide used on oats in the US.

Oats have a long reputation of being good for us, and they are a great source of fibre which can help reduce "bad" cholesterol levels. So what's the deal with oats- are they good or bad for us? There's little evidence to back up these negative claims. Rather, the science overwhelmingly shows that oats can be beneficial for your health in many ways so keep eating your oats! Here's some of the reasons why:

Health Benefits of Oats:

Good Source of Fibre

Fibre in oats supports digestive health, helps manage cholesterol levels, aids in weight management, and controls blood sugar levels. This is because oats contain a specific type of fibre called beta-glucans. We encouraged all to increase dietary fibre as we nationally are failing at meeting daily recommendations. Go ahead and add chia seeds, milled flaxseed, nuts, and berries to your diet to further boost the fibre content

of your diet.

Lowers 'Bad' Cholesterol & Benefits Heart Health

Oatmeal can help lower total cholesterol and "bad" LDL cholesterol while increasing "good" HDL cholesterol levels. This effect is largely due to the presence of beta-glucan and other compounds like phytosterols, phenolic compounds, and saponins in oats.

Helps Control Blood Sugar

Oatmeal's high fibre content slows the absorption of carbohydrates, leading to more stable blood sugar levels throughout the day. This makes it a beneficial food for those managing blood sugar levels. However, how oats are milled can affect how quickly it's digested & ultimately impact blood sugar. Instant oats are digested more quickly compared with rolled oats due to the way they're milled. Keep to steel cut or longer cooking oats.

Rich in Essential Nutrients

Oatmeal is nutrient-dense, offering essential vitamins and minerals such as manganese, phosphorus, magnesium, and iron. A cup of raw oats provides significant amounts of these nutrients, contributing to overall health and well-being. A suggested serving of oats is 1/2 cup cooked or 1/4 cup raw.

Different Types of Oats

Steel-Cut Oats:

- Also known as Irish or Scottish oats.
- Processing: Least processed; consist of the entire oat kernel sliced once or twice into smaller pieces.
- Texture: Chewy and nutty.
- Cooking Time: Takes 15-60 minutes to prepare.
- Nutrition: Retains the most nutrients due to minimal processing, making them highly nutritious.

Rolled Oats:

- Also known as old-fashioned oats.
- Processing: Whole oats are toasted, hulled, steamed, and then flattened with giant rollers.
- Uses: Commonly used in muesli and granola.
- Cooking Time: Takes about 15-20 minutes to cook.
- Nutrition: More processed than steel-cut oats but still retain a good amount of nutrients.

Quick Cooking Oats:

- Processing: Similar to rolled oats but are cut before being steamed and flattened to reduce cooking time.
- Uses: Suitable for baked goods like quick breads and muffins.
- Cooking Time: Cooks faster than rolled oats.
- Nutrition: Slightly less nutritious than rolled oats due to additional processing.

Instant Oats:

- Processing: Most processed; oats are cut, pre-cooked, dried, steamed, and flattened.

- Availability: Often found in flavored packets with added salt and sugar.
- Cooking Time: Cooks very quickly.
- Nutrition: Loses most of their nutritional value due to extensive processing steps.

In summary, the less processing the oat grain undergoes, the more nutritious it remains. Steel-cut oats offer the most health benefits, while instant oats score lower due to extensive processing. However, if you prefer a rolled oat over a "grainier" steel cut, go ahead and eat your rolled oats! Pair with fresh fruit, a protein-rich option such as yogurt, kefir or a protein-rich milk alternative option such as soy beverage.

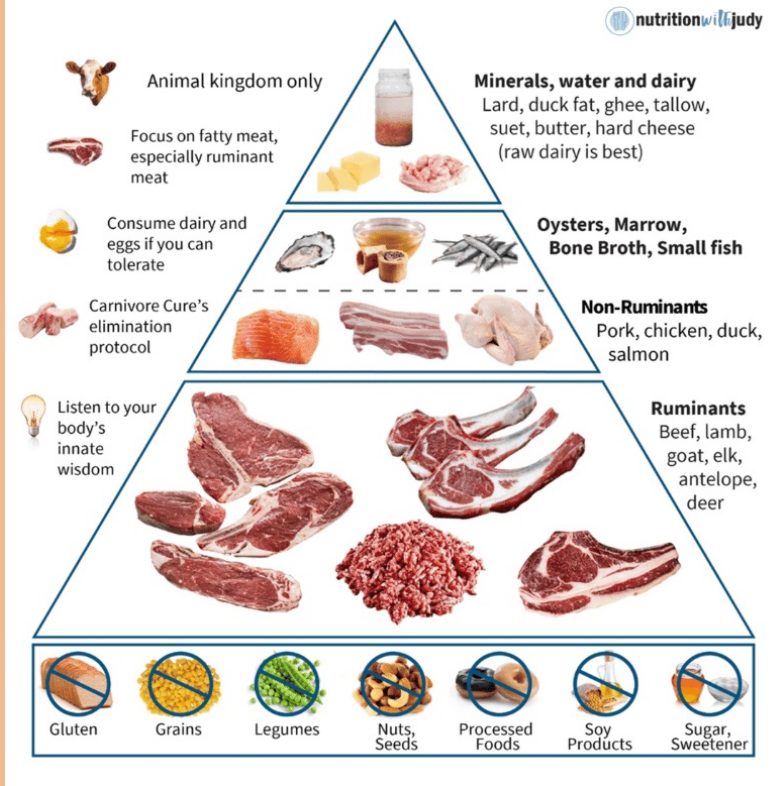
What About Pesticides on Oats?

Chlormequat, a pesticide linked to infertility in animals, has been found in samples of oat-based foods sold in the United States, including cereal brands Quaker Oats and Cheerios. Some studies have shown chlormequat can damage the reproductive system and disrupt fetal growth in animals but we have to determine the effect needed to be of concern, if any in humans. If this makes you concerned, you can reduce your exposure to chlormequat by choosing products made with organic oats, which are grown without synthetic pesticides.

As Dietitians, we continue to recommend and encourage you to consume a nutritious breakfast which can include a variety of oat-based products!

Nutrition Facts: The Carnivore Diet

CARNIVORE FOOD PYRAMID



What is the Carnivore Diet?

The carnivore diet is a restrictive eating plan that includes only meat, fish, and other animal foods like eggs and certain low-lactose dairy products, while excluding all plant-based foods such as fruits, vegetables, legumes, grains, nuts, and seeds. Proponents of the diet believe that human ancestors primarily consumed meat and fish and argue that high-carb diets contribute to modern chronic diseases. Unlike other low-carb diets like keto and paleo, the carnivore diet aims for zero carbohydrates.

What are the Health Claims?

Shawn Baker, an American orthopedic doctor, is a prominent advocate of the diet, claiming it can treat various health issues, including depression, anxiety, arthritis, obesity, and diabetes, based on testimonials. However, there are no scientific studies supporting these claims. A survey promoted by Baker reported positive feedback from diet followers, but nutrition experts have raised concerns about the study's validity due to a lack of verification of the health information provided by respondents.

Negative Effects of the Diet

1. High in fat, cholesterol and sodium
2. Lacks micronutrients and beneficial plant compounds such as antioxidants
3. No fibre intake- the diet does not provide any fibre, which is essential for gut health (and we all know how gut health can impact mental health and other mechanisms including metabolism) and

regular bowel movements.

4. Not suitable for individuals with chronic kidney disease, individuals who are sensitive to dietary cholesterol, children, pregnant women and those who have had an eating disorder.

In Conclusion...

The carnivore diet is highly restrictive and excludes many foods that provide essential nutrients. Although it claims to offer several health benefits, these claims lack scientific evidence, and the diet is likely unsustainable and unhealthy in the long term. Aim for a balance and diversity and consistency each day!

Tips for Eating Healthy While on Vacation



People often find themselves 'falling off the wagon' when it comes to their diet while on vacation. Although vacations allow us to de-stress and unwind, we should remain mindful of what we put into our bodies. This summer, choose to stay healthy while travelling by following some of the tips below:

- **Start your day off right-** have a breakfast which is rich in protein and fibre which will keep you feeling satiated throughout the morning.
- **Stay hydrated-** drinking enough water through out the day can help to reduce junk food cravings and help preventing feeling bloated.
- **Plan ahead-** planning what restaurants you will be having your meals at and keeping healthy snacks on hand will prevent unhealthy last minute decisions from being made.
- **Keep your beverages light-** avoid sugary cocktails, juices and full

sugars sodas and choose reduced sugar and lower alcohol options.

- **Continue to maintain physical activity levels-** stay active even while your relaxing in fun forms such as walking, biking, hiking or swimming.
- **Eat mindfully and savour your food-** One of the best things people can do for themselves is to take time to eat, to sit down and enjoy meals rather than skipping them or eating on the go. Slowing down and eating mindfully allows you to fully enjoy new dishes and local flavours mindfully.

So, if you are travelling this summer, enjoy your time but keep your self-care a priority and your health goals top of mind. Your health does not take a break just because it is summer!

NOURISH: YOUR KITCHEN COMPASS

Inner Health Nutrition's Monthly Group Program



The Goals of the Program...

- Get organized in the kitchen and prioritize healthy home-cooked meals
- Become confident when shopping for healthier foods at the grocery store
- Simplify meal planning and grocery shopping
- Involve family members in meal planning and meal preparation
- Take the confusion out of eating healthy
- Access new healthy recipes each week
- Help you feel less overwhelmed in the kitchen
- Feel supported knowing you are not alone

3 Membership Tiers of NOURISH...

Tier 1 - Introductory 30 minute meeting with RD PLUS...

- goal setting and onboarding to Eatlove Meal Planning App
- Weekly recipe collection sent to your inbox! Get 5 new recipes in each collection weekly
- Private Facebook group to post questions, garner support and connect with others on their healthy eating journey
- Once monthly virtual Facebook group meeting hosted by RD to discuss topics which will help you reach your goals.
- \$79/month

Tier 2 - All the Benefits of Tier 1 PLUS...

- Access to a “Dietitian on Demand” - have a general nutrition question? Send it to our Dietitian and we will have it answered by the next business day.
- \$99/month

Tier 3 All the Benefits of Tier 1 & 2 PLUS...

- Private 30 minute session each month with RD to reassess goals, discuss specific strategies specific to you. Set up or revise a specific meal plan using the Eatlove App
- Private 30 minute session each month with Registered Social Worker to explore barrier to change and other areas of support you need.
- \$179/month

Want to learn more? Click [Here](#)

Be part of our community and get feeling inspired again with an affordable approach to healthy eating!

Want to be part of our Founding Members group? Send me an email **NOW** to join. Space is limited.

Summer Drinks & Recipes

Refreshing recipes to keep you cool and nourished even in the heat! Here are some new and classic recipes you can try!



Berry Kefir Smoothie

[Click here for the full recipe](#)



Anti-Inflammatory Breakfast Smoothie

[Click here for the full recipe](#)



Cucumber, Tomato and Onion Salad



Watermelon Caprese

[Click here](#) for the full recipe

[Click here](#) for the full recipe

Want to book an appointment with one of our Registered Dietitians or Social Workers?

Click [HERE](#)

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Image 1: Summer- <https://www.boldsky.com/health/nutrition/summer-diet-nutrition-mistakes-to-avoid-in-summer-144760.html>

Image 2: Oats- https://www.freepik.com/free-photo/heap-oats-inside-bowl-forming-word_6900815.htm#page=2&query=oatmeal&position=23&from_view=keyword&track=sph&uud=e75d4b69-c19a-49d1-98d7-b0e6c822a51b

Image 3: Carnivore Diet: <https://www.nutritionwithjudy.com/microblog-carnivore-cure-food-pyramid>

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