



# ALI 355: Feed Your Family Healthy

Anar Allidina, MPH, RD



# Objectives:

- Tips to boost nutrition in everyday meals
- The power of meal prepping
- Do's and Don'ts of packaged foods
- Is organic and non-GMO foods really worth the hype?
- Healthy grocery list to stock a healthy kitchen.

# Tips to Boost Nutrition in Your Family's Meals

- Fibre – comes from plants and a form of carbohydrates. But unlike other carbs, fibre can't be broken down and absorbed by your digestive system. Instead, as it moves through your body it slows digestion and makes your stools softer and easier to pass.
- Fibre does more than just help keep you regular it helps with lowering cholesterol, keeps your sugars stable, prevent certain cancers and aids in weight loss
- Types of fibre – **soluble and insoluble**
- Soluble - absorbs water, turning into a gel-like mush : oatmeal, nuts, beans, apples, and blueberries
- Insoluble – Found in skins of fruit, whole grains such as brown rice, barely and bran, popcorn, celery, root vegetables, and leafy greens

# How Much Fiber Do We Need?

Age	Grams of fibre/day
1-3	19
4-8	25
9-14	26-31
>15	26-38

Most of us are only meeting  
half of the daily  
recommended amount!

# Easy Ways to Boost Fiber

- Puree vegetables into pasta sauce, baked goods, curries
- Smoothies
- Chia seeds, hemp hearts and flax
- Don't peel fruits
- Switch to whole grains (pasta, and bread, popcorn)
- More lentils, beans
- Nuts and seed butters
- Nutritional yeast - Sold as flakes or powder in natural food stores, nutritional yeast is a source of B vitamins, especially B12.
- Stay with natural fibre sources – avoid inulin or chicory root products

# Examples of Natural Fibre Sources vs. Added



<b>Nutrition Facts</b>	
Serving Size 1 bar (40g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 9g	<b>35%</b>
Sugars 9g	
<b>Protein</b> 2g	
Calcium 10%	• Iron 2%
Not a significant source of vitamin A and vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients: Chicory Root Extract, Whole Grain Oats, Caramel Flavored Drops (sugar, fractionated palm and palm oil, reduced minerals whey, nonfat dry milk, dextrose, soy lecithin, salt, color [yellows 5 & 6 lake, blue 2 lake] natural and artificial flavor), Rice Flour, Barley Flakes, High Maltose Corn Syrup, Sugar, Vegetable Oil (canola oil, fractionated palm kernel oil), Glycerin, Honey, Tricalcium Phosphate, Maltodextrin, Soy Lecithin, Salt, Fructose, Malt Extract, Color (yellow 5 & 6 lake, blue 2 lake and other color added), Nonfat Milk, Baking Soda, Natural and Artificial Flavor, Oil of Rosemary, Mixed Tocopherols Added to Retain Freshness.

**CONTAINS MILK, SOY; MAY CONTAIN PEANUT, ALMOND, SUNFLOWER AND WHEAT INGREDIENTS.**  
 DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55448 USA  
 © General Mills 3957355108  
 Carbohydrate Choices: 2

# More Examples



SEMOLINA (WHEAT), OAT HULL FIBRE, NIACIN, IRON (FERROUS SULPHATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. MAY CONTAIN EGGS.

# Examples



WHOLE GRAIN DURUM WHEAT SEMOLINA.  
MAY CONTAIN EGGS.



# The Power of Meal Prepping

- Feeding your family is a full time job
- Biggest constraint = TIME
- Pick 1 day a week to plan your weekly meals
- There is often wasted time in the day while waiting in line or traffic. Use this time to do some thinking over your weekly meal plan. Planning ahead may take a bit more effort at first, but it will save you time during the week.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Vegetarian	Chicken	Fish	Meat	Fish	Chicken	Meat

# Tips to Stay Organized

- **Make a grocery list.** Plan your family's meals for the week before you go grocery shopping. Grocery shop at least once per week to have all the essentials you need to prepare the week's meals. To save trips to the grocery store, make use of your freezer by buying certain items in larger quantities, such as meats
- **Buy food pre-prepped.** Take advantage of time-savers at the grocery store such as pre-washed, pre-cut fresh vegetables such as baby carrots, broccoli florets, cubed butternut squash, and salad greens. Buy a variety of frozen vegetables to have on hand for last minute additions to pasta sauces, stews or casseroles.
- **Plan for leftovers.** When you do cook a meal, cook extra so that you have enough for lunch the next day or another dinner. If you have more time on the weekend, prepare items for the week that will make for an easy dinner, such as pre-cooking a pot of brown rice, or pasta sauce.
- **Use online resources.** Build your recipe box and get ideas for quick meals

# Do's and Don'ts of Packaged Foods

➔ Read the nutrition label!

<b>Nutrition Facts</b>	
Serving Size 172 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 8
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	1%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 7mg	0%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber 11g	45%
Sugars 6g	
<b>Protein</b> 13g	
Vitamin A 1%	• Vitamin C 1%
Calcium 4%	• Iron 24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>NutritionData.com</b>	

# Nutrition Label Reading

- DO Look at the first 3 ingredients – do your best to make sure sugar is not one of the top 3
- DO choose products with the shortest list and try avoid products that contain ingredients you can't pronounce
- Do try to choose products that have more fibre and protein grams than sugar grams

# Examples



Per 100 gram serving 80 calories, 2 grams of fat, 2 grams of sugar and 10 grams of protein  
 Ingredients: skim milk and active bacterial cultures



# Nutrition Label Reading

- DON'T choose products that have more than **200 grams of sodium per serving** – the goal is 140 mg. Daily intake should not exceed 2300 mg of sodium which is = to 1 tsp.
- DON'T choose products that contain **trans fat**, this term is also known as **partially hydrogenated oils**. Found in fried foods like doughnuts, and baked goods including cakes, pie crusts, biscuits, frozen pizza, cookies, crackers, and stick margarines and other spreads. *Food companies can get away with having a product containing <0.5 grams of trans fat and labeling it as zero.*
- DON'T have products that are made with artificial sweeteners: *Stop confusing your body. If you have a desire for something sweet, have a little sugar, but stay away from “fake” foods*

# Example of sneaky trans fats

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*		
Serv. Size 4 cookies (32g)		Total Fat	7g	11%	Total Carb.	20g	7%
Servings 9		Sat. Fat	4.5g	23%	Dietary Fiber	1g	4%
Calories 150		Trans Fat	0g		Sugars	10g	
Calories from fat 60		Cholest.	0mg	0%	Protein	2g	
		Sodium	115mg	5%			
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					
<b>INGREDIENTS:</b> Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors							

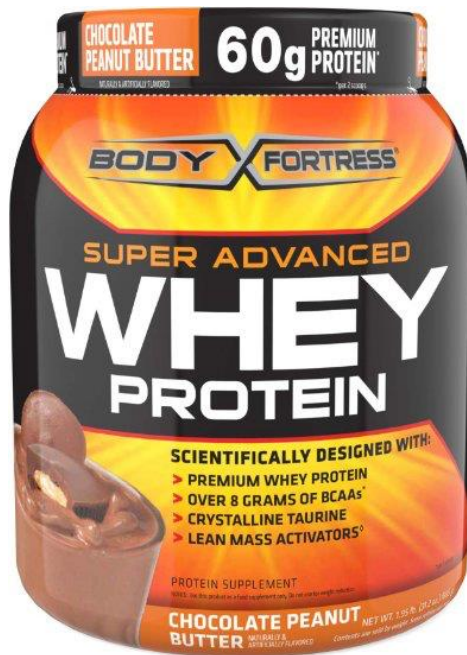


# Examples of trans Fats





# Examples of Artificial Sweeteners



Calories	60 mg	20%	170 mg	56%
Total Fat	7.0 g	25%	14 g	50%
Sugar	2 g	11%	3 g	11%
Protein	30 g	60%	60 g	120%
Sodium	87 mg	4%	175 mg	8%
Total Crap	60 mg	4%	127 mg	13%
Arginine	15 mg	4%	30 mg	7%
Glutamine	70 mg	3%	140 mg	6%
Glutamic Acid	120 mg	4%	250 mg	7%

Ingredients: Super Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Super Recovery Blend (Glycine, Creatine Monohydrate, Taurine, Threonine, L-Glutamine, Leucine, Valine, Isoleucine), Malodestrin, Natural and Artificial Flavors, Soy Lecithin, Cellulose, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.  
Gluten Free

Typical Amino Acid Profile (milligrams per 41 g scoop <sup>***</sup> )			
Essential Amino Acids	Nonessential Amino Acids		
Alanine	341 mg	Alanine	690 mg
Aspartic Acid	1,156 mg	Arginine	450 mg
Glutamic Acid	1,990 mg	Aspartic Acid	2,096 mg
Glutamine	1,857 mg	Cysteine	419 mg
Proline	438 mg	Glutamic Acid	3,011 mg
Threonine	622 mg	Glycine	4,308 mg

Cover and shake for 25-30 seconds.

### GLASS & SPOON - SIMPLEST

Shake for 25-30 seconds or until completely blended.

\*\*For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.  
For Dieting: add lower calorie foods such as rice milk or just use water.

Please note: Crystalline Taurine will appear as small crystals within the powder.

Body Fortress<sup>®</sup> Super Advanced Whey Protein is aspartame free.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

**KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

\*\*\*These statements have not been evaluated by the FDA and this product is not intended to diagnose, cure, treat, or prevent any disease.



Close

CULTURED GRADE A NON FAT MILK, STRAWBERRIES,  
 INULIN, WATER, CONTAINS LESS THAN 1% OF  
 FRUCTOSE, CORN STARCH, MODIFIED CORN STARCH,  
 NATURAL FLAVOR, KOSHER GELATIN, CARMINE (FOR  
 COLOR), SODIUM CITRATE, MALIC ACID, SUCRALOSE

Contains the active cultures *L. Bulgaricus*, *S. Thermophilus*

# Organic Foods and GMO

- Organic foods means free of synthetic additives like pesticides, chemical fertilizers, and dyes, and must not be processed using industrial solvents, irradiation, or genetic engineering
- In Canada all products with an organic content of 95% or greater are considered organic and may be labelled with the word "organic".
- GMO means genetically modified organisms. In genetic modification scientists remove one or more genes from the DNA of another organism, such as a bacterium, virus, animal, or plant and “recombine” them into the DNA of the plant they want to alter.
- Only four main GM crops are currently grown in Canada including canola, soybean, corn and sugar beet. Most of these GM crops are exported to other countries.

# Why Choose Organic?

- Avoid the cocktail of chemicals present in commercially grown food
- More nutrients—vitamins, minerals, enzymes, and micronutrients—than commercially grown foods because the soil is managed and nourished with sustainable practices by responsible standards.
- Taste better
- **Avoid GMO** - choosing organic is the only way to be sure that foods that have been genetically engineered stay out of your diet
- Avoid hormones, antibiotics and drugs in animal products. Conventional meat and dairy are the highest risk foods for contamination by harmful substances due to more antibiotics and hormones which are not broken down and passed to the consumer = early onset of puberty, growth of tumours, heightened cancer risks, hormone imbalance and genetic problems
- Supports farming, environment and health of our future decreasing carbon footprint]]]

# Organic is so Expensive!?

- Costco!
- Shop in season and visit a farmers market
- Grow a vegetable garden
- Pick and choose which foods to buy organic
  - - dairy, eggs, meat, poultry (Blossom Pure)



# Pick and Choose Your Produce

## Dirty Dozen

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce
- Potatoes

## ➤ Clean Fifteen

- Onions
- Avocado
- Sweet Corn
- Pineapples
- Mango
- Asparagus
- Sweet Peas
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya
- Watermelon
- Mushrooms
- Cantaloupe

# Best to Avoid GMOs



- Long term safety has not yet been proven. Animal studies have shown adverse reactions in animals such as damage to kidneys, liver, heart and brain
- Unnatural - plants and animals are manipulated with gene-splitting techniques that creates completely new plants or animals that cannot occur in nature
- GMO crops cross-contaminate. This is also one of the big reasons that GMOs are such an environmental threat. They can invade and mutate regular crops
- GMO seeds are made to be non-renewable. The seeds can't be saved and planted the next year as farmers have always done. For farmers and consumers this means higher costs, which is putting many farmers into debt and driving them to go out of business

# Healthy Grocery Store List

## FRUITS

- Apples
- Apricots
- Berries
- Cherries
- Clementines
- Grapes
- Grapefruit
- Kiwi
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums

## VEGETABLES

- Artichoke
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Eggplant
- Green beans
- Lettuce  
(except iceberg)
- Mushrooms
- Okra
- Onions
- Peppers
- Snow peas or  
sugar-snap peas
- Spinach
- Summer squash
- Tomatoes
- Turnip
- Zucchini

## DAIRY, EGGS

- Plain yogurt, regular  
or 2% fat
- American
- Cheddar
- Cottage cheese
- Feta
- Mozzarella
- Ricotta
- Snack-sized cheese  
(string, Laughing  
Cow® wedges or  
Mini Babybel)
- Swiss
- Regular eggs,  
egg whites,  
egg substitute  
(Egg Beaters® or  
other brands)

## MEAT

- Chicken breast
- Turkey breast
- Turkey sausage
- Pre-cooked/  
sliced chicken
- Clams
- Cod
- Crabs
- Crawfish
- Haddock
- Lobster
- Salmon
- Sardines
- Scallops
- Shrimp
- Squid
- Tuna

## CANNED FOODS

- Artichoke hearts
- Beans (black, pinto,  
garbanzo, etc.,  
no added sugars)
- Fruit (unsweetened)
- Green chilies
- Olives
- Roasted red peppers
- Salmon
- Sardines
- Soup
- Tomatoes
- Tuna
- Water chestnuts
- Wax beans



## GRAINS

- Barley
- Brown rice
- Couscous (whole wheat)
- Millet
- Pasta in various shapes/sizes  
(prepared from dry noodle, not canned)
- Quinoa

## STONE GROUND WHOLE GRAIN BREAD

- Pumpernickel
- Rye
- Whole wheat

## CRACKERS/BREAD PRODUCTS

- Ak-Mak®
  - Triscuits®
  - Finn Crisp®
  - Ry-Crisp®
  - Joseph's Lavash®
  - Tortillas (6" only)
  - Whole wheat mini pita pockets
- \*Look for 3 g of fiber/serving

## SEASONINGS

- Chili seasoning
- Herbs (fresh or dried)
- Hot sauces
- Pepper
- Soy sauce
- Tomato sauce
- Worcestershire sauce

## CONDIMENTS

- Jams, jellies  
(with fruit as the  
first ingredient)
- Mayonnaise
- Mustards
- Sour cream
- Salsa
- Oil-based  
salad dressings

## OILS AND VINEGARS

- Canola oil
- Olive oil
- Peanut oil
- Safflower oil  
("high oleic")
- Sesame oil
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar

## SPREADS

- Almond butter
- Cashew butter
- Guacamole
- Hummus
- Peanut butter

## MISCELLANEOUS

- Tofu, tempeh and  
other soy products
- Dried fruit
- Nuts (almonds,  
cashews, walnuts,  
peanuts, pistachio)
- Seeds (pumpkin,  
sunflower, sesame)

## BEVERAGES

- Water
- Milk (1% or 2%)
- Unsweetened seltzer, mineral water  
or soda water with fruit essence  
(lemon, lime or orange)