

How is **YOUR** Nutrition?



NUTRITION CONSULTING INC.

ASK YOURSELF...	A L W A Y S	S O M E T I M E S	R A R E L Y	WHY IS THIS IMPORTANT
Do I eat breakfast every day within 1 hour of waking?				Breakfast sparks the metabolism, helps control appetite later in the day, helps manage a healthy weight, and improves memory and concentration.
Do I eat at least 3 meals per day?				Eating at least 3 meals per day keeps your energy strong and helps you to manage a healthy weight.
Do I avoid going longer than 3-5 hours without eating?				Waiting longer than 3-5 hours without eating will negatively effect your energy, and may create a rebound hunger and cause you to overeat in the later part of the day.
Do I eat most of my food before 4 pm?				Eat most of your food before 4 pm so that your energy will be sustained when you need it and appetite will be controlled. Large meals later in the day will also be more likely to be stored as fat.
Are my breakfast, lunch and supper meals balanced? (Do they contain 3 things: a grains/starch, vegetable/fruit, and a source of protein)?				These are the components of a balanced meal that will allow you to be sustained with energy, keep full, maintain good long term health, and manage a healthy weight.
Do I plan my meals ahead to avoid quick fixes?				"If you fail to plan, you plan to fail." Plan a grocery shopping day, plan your meals for the week, and plan to take a few minutes each day to prepare healthy food.
Do I avoid eating when I am not really hungry? (stressed, sad, bored, habit, sight, smell etc.)				Before eating something it is useful to ask yourself "What is Eating Me?" Emotions can be triggers to eat even when you are not really hungry which over time can hinder you reaching a healthy weight.
Do I limit saturated fats and trans fats (hydrogenated fats)?				Saturated fat found in butter, margarine, the skin on chicken, the fat around meat, cheese, cream, cookies etc. raise your bad cholesterol in your blood. Trans or hydrogenated fat found in many packaged foods such as chips, fries, cookies, cake, crackers, chocolate bars etc. are even worse for you than saturated fat because they can raise your bad cholesterol and lower your good cholesterol in your blood.
Am I including some fat in my diet and not trying to be too fat phobic?				You need fat for vitamin A, D, E, K absorption, for cell membranes, and healthy skin and hair. If you avoid too much fat in your diet you will frequently be hungry because fat contributes to fullness.

Am I avoiding diet plans that limit most sources of carbohydrates?				If you skimp on carbohydrates which are found primarily in grains, fruits, and vegetables you will be consuming a diet low in fibre, certain vitamins and minerals, and phytochemicals. You will also likely be eating a diet high in saturated fat. This combination will likely lead to negative effects on your long term health. If you are an athlete you will find your muscular strength, endurance, and recovery will also be poor on a low carbohydrate diet.
Do I incorporate sources of omega-3 fatty acids and monounsaturated fat in my diet?				Omega 3 fatty acids found in fish, ground flax seed, walnuts, and canola oil are beneficial in protecting heart health, and decreasing inflammation. Monounsaturated fat found in liquid oils, nuts/seeds, peanut butter, and avocado lower cholesterol levels. Do you know how much you should be eating?
Do I limit high-sugar foods?				Sugar contains “empty” calories with limited nutritional value. Eating lots of sugar can also contribute to an excess of calories taken in through the day and not enough of other nutrient dense foods.
Do I drink at least 6-8 cups of fluid per day?				Water makes up 70% of your muscle and 50-60% of your body weight! Fluid is important for digestion, absorption, and transport of nutrients; elimination of waste products; coolant for maintaining body temperature; and lubricating joints, eyes, and air passages.
Do I drink ½-1 Litre of water per hour of high intensity sport/exercise?				A loss of only 2% or more of your body weight as sweat can contribute to negative effects on your performance. Dehydration increases heart rate, increases body temperature, decreases muscular strength, slows reaction times, increases perceived exertion, and contributes to dizziness, headache, cramps, fatigue, sleepiness, and shortness of breath.
Do I drink less than 4 cups of coffee per day (250 ml = 1 cup)?				Too much caffeine can increase dehydration, headache, insomnia, tremor, heart rate, palpitations, nausea, increase stomach acid secretion, and may increase your risk of heart disease. Coffee also lowers iron absorption and increase calcium excretion in the urine.
Do I eat well during the week and avoid bingeing on the weekend?				Although it is what you eat most of the time that is important rather than once in a while, it is still important to establish consistent meal patterns and food choices.
Do I keep portion sizes under control?				You can eat healthy foods but if you don’t pay attention to portion sizes you may be eating more/less than you think of particular foods. Over time this can contribute to poor energy and stamina, lowered long term health, and an unhealthy weight. Do you know what portion sizes would be appropriate for you?
Am I eating 5-10 servings of veggies & fruit per day?				Vegetables and fruit are low in calories, high in carbohydrates, and rich in vitamins, minerals, and phytochemicals (healthy compounds that protect your long term health).
Am I eating more meals at home and/or eating healthier when I eat out?				Eating out is a challenge because the meals tend to be high in calories, high in fat, and often missing higher fiber foods and vegetables and fruit. There are good choices at every restaurant, do you know which ones would be good choices for you?

Do I rely on food much more than supplements (bars, powders, pills)?			Although bars, protein powder and pills supply you with nutrition, they will likely not be as complete as eating food. For example protein bars and protein powder may provide you with protein but you will be missing out on the trace minerals such as iron, zinc and vitamin B12 found naturally in protein rich food. A vitamin supplement may provide you with vitamins but eating real fruit and veggies will also supply you with phytochemicals to guard your long term health.
Have I planned indulgences so I don't feel too restricted?			You need to "budget" in treats and foods that you really enjoy to keep you on your healthy eating plan. If you avoid these you may find your healthy diet hard to follow or you may overdo it because you felt too restricted.
Do I know the signs of food borne illness?			There are approximately 1 million cases of foodborne illness in Canada each year. However, as many as 96 to 99 percent of foodborne illness and deaths due to foodborne illness are not reported. This is due to the fact that people often mistake foodborne illness for the flu since many symptoms are similar: stomach pain, diarrhea, nausea, chills, fever, and headache. Symptoms of foodborne illness can appear anywhere from thirty minutes to two weeks after an individual has come in contact with foodborne bacteria, although it usually happens in the first 4-48 hours.
Do I know how many milligrams of calcium to consume in a day? Am I getting enough?			Calcium is important not only for bone and teeth health, but new research suggests calcium is important for fat cell regulation in the body and blood pressure regulation, The new Dietary Reference Intakes (DRI's) have increased the calcium recommendation to 1000 mg for adults ages 18-50. Do you know how much you are eating?
Am I eating enough protein? Am I eating too much protein?			Protein is involved in structure and repair of tissues, production of antibodies to fight infection, enzymes for all the reactions in the body, and as an oxygen carrier molecule. If your diet is too low in protein you may find your immunity is decreased and muscle repair and recovery is poor. Do you know there are grams of protein recommended based on your body weight and the type of sport/activity you do?
Do I know what is important to consume in a recovery meal after playing a sport or doing an exercise?			Your recovery meal when you are finished training is the most important meal of the day! What you do today will impact how hard and long you train or compete the next day. Eat on time for the best recovery! It is best to eat a source of carbs within 15-20 minutes post training/competing. There are 5 R's for Recovery: Rest , Replace (carbs), Replenish (fluids), Repair (protein), Rejuvenate (antioxidants). Did you know there are specific goals for carbohydrates and protein based on your weight and the type of sport/activity you do?
Am I taking a multivitamin or a folic acid supplement every day if I am a female of childbearing age?			Health Canada and dietitians suggest that if you are a woman that could get pregnant you should take 0.4 mg of folic acid per day to reduce the risk of neural tube defects in a developing fetus. Since ~50% of pregnancies are unplanned all women of childbearing age should take a supplement.

Am I eating enough fibre?			Fibre is important not only for digestive health, but for blood sugar control, lowering cholesterol levels, and keeping you full. You should consume 25–35 g of fibre per day. Do you know how much is in food? Are you getting enough?
Am I eating enough iron?			Iron is a nutrient of concern particularly for women, vegetarians, and athletes. Iron requirements are 8 mg for men and post-menopausal women, and 18 mg for pre-menopausal women. Vegetarians have 1.8 times the iron requirement of a non-vegetarian! Do you know the best sources of iron and how much you consume in your diet?
Am I aware of the potential side effects, drug/nutrient interactions, and purity of the supplements I am taking?			Just because something is natural does not mean it is safe. Many supplements can have drug like effect so use with caution. The supplement industry is unregulated and therefore what you buy is unreliable for purity and potency. If you are a competitive athlete be aware that banned substances for your sport may and have been present in supplements even though the label may suggest the ingredients look OK. Research the benefits, potential side effects, and if there are any potential drug/nutrient interactions before taking.
Do I know what types of foods to eat before training and competition? Do I know how soon before I should eat?			There is large individual variation on what could be eaten before training and competing. Foods high in carbohydrates (grains/starches, vegetables and fruit) are ideal because they are quickly digested. Foods rich in protein and fat are not ideal unless there is sufficient time before training since these foods are digested slowly. Most athletes find eating 2–3 hours before an event is optimal. This is so that there is adequate time for digestion. Some athletes may be able to eat less than 2 hours before training/competing but the size of the meal may need to be decreased and food selection should be primarily carbohydrates.

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It's your health. Take a stand.



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