

*Personal Profile Report for Jodi Jensen*

*June 2002*

*Height: 5 ft 3 in*

*Weight: 135 lbs*

*Age: 37 yrs*

*BMI: 23.91*



## *Personal Nutrition Profile – Jodi Jensen*

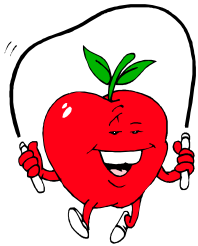
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According to the results of your 4-day eating log your average daily intake is approximately 1700 kcal per day. We have also estimated your energy and nutrient needs for a sedentary day (off day), one training session (moderate training) day and a two training sessions (heavy training) day.

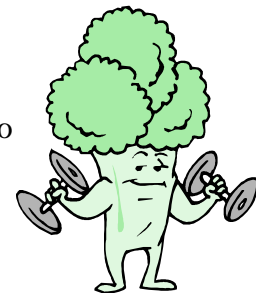
- Your energy needs range from approximately 1720 kcal /day (sedentary day), 2200 kcal/day (moderate training) up to 2600 kcal/day (heavy training day).

## *Personal Health Goals – Jodi Jensen*

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1. To lose approximately 10 lbs over the next 2-3 months;
2. To recover better from tough training sessions;
3. To be better fueled pre-workout, during your workouts, and post workout, and
4. To increase your practical nutrition knowledge so that you may improve your eating habits!



## *How to Achieve These Goals:*

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A nutrient rich diet of healthy food choices will help you achieve your weight loss, energy, and training goals. The following outline contains an eating plan that will help you improve your dietary choices. The following menu plan outlines the number of DAILY servings you should aim to have from each different food group to meet your nutritional requirements. This will be the basis from which you begin to improve your eating habits. Note that to lose 1 lb of fat per week you would need to change your calorie intake by approximately 500 kcal/day. As you are presently eating an insufficient amount of calories to fuel your training, it is NOT appropriate to reduce your calorie intake at this time. Once we have determined your energy balance we can start making changes for weight loss goals.

AVERAGE 4 DAY INTAKE (according to an analysis of your food journal)

<u>Basic Components</u>	<u>Actual Intake</u>	<u>% of Recommended Intake</u>	
		<u>Regular/Heavy Training Days</u>	<u>Regular</u>
<b>Calories</b>	<b>1677</b>	<b>76%</b>	<b>64%</b>
<b>Calories from Fat</b>	<b>239.76</b>	<b>54%</b>	<b>46%</b>
Calories from Saturated Fat	72.10	81%	69%
Total Fat	26.64 g	54%	46%
Saturated Fat	8.01 g	81%	69%
<b>Monounsaturated Fat</b>	<b>8.68 g</b>	<b>44%</b>	<b>37%</b>
<b>Polyunsaturated Fat</b>	<b>4.08%</b>	<b>21%</b>	<b>17%</b>
<b>Protein</b>	<b>63.60 g</b>	<b>84 %</b>	<b>70 %</b>
<b>Carbohydrates</b>	<b>305.17 g</b>	<b>92%</b>	<b>77%</b>
<b>Dietary Fiber</b>	<b>13.99 g</b>	<b>55%</b>	<b>46%</b>
 <i>Vitamins</i>			
A – RE	1085.98 RE	136%	136%
Thiamin-B1	2.04 mg	232%	194%
Riboflavin-B2	1.67 mg	151%	128%
Niacin-B3	14.45 mg	91%	76%
Vitamin-B6	1.46 mg	185%	185%
Vitamin-B12	3.21 mcg	321%	321%
Vitamin C	198.68 mg	377%	377%
<b>Vitamin D IU</b>	<b>131.25 IU</b>	<b>66%</b>	<b>66%</b>
<b>Vit E</b>	<b>1.49 mg</b>	<b>10%</b>	<b>10%</b>
Folate	391.41 mcg	98%	98%
 <i>Minerals</i>			
<b>Calcium</b>	<b>858.98 mg</b>	<b>86%</b>	<b>86%</b>
Copper	1.17 mg	47%	47%
Iron	13.94 mg	107%	107%
Phosphorus	1131.85 mg	133%	133%
Potassium	3191.65 mg	174%	174%
Selenium	65.33 mcg	119%	119%
Sodium	2037.55 mg	370%	370%
Zinc	8.74 mg	97%	97%

<u>Sedentary Days</u> Recommended Daily Nutrient Needs	<u>Regular Training Days</u> Recommended Daily Nutrient Needs
<p><b>Basic Components</b></p> <p><i>Calories</i> 1700</p> <p><i>Protein</i> 55.00 g</p> <p><i>Carbohydrates</i> 300.00 g</p> <p>Dietary Fiber 25.00 g</p> <p>Fat - Total 38.63 g</p> <p>Saturated Fat 7.73 g</p> <p>Mono Fat 15.45 g</p> <p>Poly Fat 15.45 g</p> <p>Cholesterol 300.00 mg</p>	<p><b>Basic Components</b></p> <p><i>Calories</i> 2200</p> <p><i>Protein</i> 75.00 g</p> <p><i>Carbohydrates</i> 350.00 g</p> <p>Dietary Fiber 30.00 g</p> <p>Fat - Total 44.57 g</p> <p>Saturated Fat 8.91 g</p> <p>Mono Fat 17.83 g</p> <p>Poly Fat 17.83 g</p> <p>Cholesterol 300.00 mg</p>
<p><b>Vitamins</b></p> <p>A - Beta Carotene 700.00 mcg</p> <p>Thiamin-B1 0.70 mg</p> <p>Riboflavin-B2 0.87 mg</p> <p>Niacin-B3 12.52 mg</p> <p>Niacin Equiv. 12.52 mg</p> <p>Vitamin-B6 0.79 mg</p> <p>Vitamin-B12 1.00 mcg</p> <p>Vitamin C 75.00 mg</p> <p>Vitamin D IU 200.00 IU</p> <p>Vit E-Alpha Equiv. 15.00 mg</p> <p>Folate 400.00 mcg</p>	<p><b>Vitamins</b></p> <p>A - Beta Carotene 700.00 mcg</p> <p>Thiamin-B1 0.80 mg</p> <p>Riboflavin-B2 1.00 mg</p> <p>Niacin-B3 15.29 mg</p> <p>Niacin Equiv. 15.29 mg</p> <p>Vitamin-B6 1.05 mg</p> <p>Vitamin-B12 1.60 mcg</p> <p>Vitamin C 75.00 mg</p> <p>Vitamin D IU 200.00 IU</p> <p>Vit E-Alpha Equiv. 15.00 mg</p> <p>Folate 400.00 mcg</p>
<p><b>Minerals</b></p> <p>Calcium 1000.00 mg</p> <p>Copper 2.50 mg</p> <p><i>Iron</i> 13.00 mg</p> <p>Magnesium 320.00 mg</p> <p>Phosphorus 850.00 mg</p> <p>Potassium 1837.08 mg</p> <p>Selenium 55.00 mcg</p> <p>Sodium 551.12 mg</p> <p>Zinc 9.00 mg</p>	<p><b>Minerals</b></p> <p>Calcium 1000.00 mg</p> <p>Copper 2.50 mg</p> <p><i>Iron</i> 13.00 mg</p> <p>Magnesium 320.00 mg</p> <p>Phosphorus 850.00 mg</p> <p>Potassium 1837.08 mg</p> <p>Selenium 55.00 mcg</p> <p>Sodium 551.12 mg</p> <p>Zinc 9.00 mg</p>

**Heavy Training Days**  
**Recommended Daily Nutrient Needs**

**Basic Components**

<i>Calories</i>	2600.00 kcal
<i>Protein</i>	90.00 g
<i>Carbohydrates</i>	400.00 g
Dietary Fiber	35.00 g
<i>Fat - Total</i>	56.46 g
Saturated Fat	11.29 g
Mono Fat	22.58 g
Poly Fat	22.58 g
Cholesterol	300.00 mg

**Vitamins**

A - Beta Carotene	700.00 mcg
Thiamin-B1	1.02 mg
Riboflavin-B2	1.27 mg
Niacin-B3	18.29 mg
Vitamin-B6	1.35 mg
Vitamin-B12	2.40 mcg
Vitamin C	75.00 mg
Vitamin D IU	200.00 IU
Vit E-Alpha Equiv.	15.00 mg
Folate	400.00 mcg

**Minerals**

Calcium	1000.00 mg
Copper	2.50 mg
<i>Iron</i>	16.00 mg
Magnesium	320.00 mg
Phosphorus	850.00 mg
Potassium	1837.08 mg
Selenium	55.00 mcg
Sodium	551.12 mg
Zinc	9.00 mg

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HERE IS A REVIEW OF YOUR EATING HABITS BY FOOD GROUP AND WHERE YOU NEED TO MAKE CHANGES:

1. Slightly sub-optimal Calcium and Vitamin D intake – it is important for you to include 3-4 servings of milk, yogurt or fortified soy beverage into your diet EVERY day to ensure adequate calcium and Vitamin D status. Calcium is responsible for muscle relaxation and contraction, normal heart rhythm and strong bones and healthy teeth. Vitamin D is responsible for optimal calcium absorption.

**Milk products**

Meeting your daily requirement for milk products/fortified plant based beverages is important for maintaining optimal calcium and Vitamin D status. Make sure you include two glasses of lactose free fluid milk (or fortified soy milk) in your diet every day. This will help make sure you get enough vitamin D as well as boosting up your calcium intake. Low fat chocolate milk is a great post workout drink, as are berry smoothies made with yogurt, milk, and frozen berries. Your best milk product choices for weight loss are skim milk, 1% MF or lower yogurt and cottage cheeses. Cheese is such a concentrated source of fat and calories that I suggest you eat one-two servings of 15-20% milk fat cheeses no more than twice a week (if at all). Try a bean dip such as hummus or black bean dip with ½ a pita as . When necessary, cook with small amounts of strong cheeses such as parmesan cheese. A little bit of strong cheese adds a lot of flavour and less calories than mild cheeses.

2. Your iron status is fine however it is an area of concern for many female athletes that may have a heavy menstrual blood flow and/or experiencing an increase in training volume. Sub clinical iron deficiency can occur - meaning it can't be seen in a blood test but you may be experiencing fatigue and reduced endurance performance. So here is some information on iron! There are two types of iron in foods: heme iron and non-heme iron.
  - Heme iron is found in animal products (red meat, fish and poultry). This heme form of iron is the most available form of iron for us. Include 3 servings or more of lean red meats each week as an easy way to help "meat" your iron needs.
  - Non-heme iron is mainly of plant origin (vegetables, fruits, grains) and is not as well absorbed. However most cereals and other grain products (such as pasta) are fortified with iron. So look for these products and consume them instead of non-fortified choices. To maximize your absorption of iron choose

foods with higher iron content more often (clue here is to choose the more colorful foods, such as dark green veggies, ruby red meats, brown whole grains).

Regardless of the form of iron you choose to eat, include iron enhancers- consume the iron containing food with Vitamin C rich foods to enhance its' absorption. Examples include tomato meat/bean sauce for spaghetti, a bowl of iron-enriched cereal with strawberries or beef sirloin strips and spinach with orange slices. Finally, be aware of those types of foods that inhibit iron absorption (high fibre content, oxalates in spinach, and phytates in whole grains all inhibit the absorption of iron from these foods).

**Heme Iron**

organ meats  
beef  
Clams, oysters, scallops  
Turkey (dark meat)

**Non-heme Iron**

Dried fruits  
Whole grain cereals  
Enriched cereals and pasta  
Dark green, leafy vegetables  
Lentils, dried peas/beans

**Iron requirements per day:**

General training - menstruating females 12-16 mg/day  
Endurance training - menstruating females 16-23 mg/day

**3. Fat and Vitamin E Intake**

Low intake of calories from total fat and saturated fats, sub-optimal intake of poly and mono-unsaturated fats and Vitamin E. Use NATURAL nut butters as a way to allow for healthy sources of UNSATURATED fats and Vitamin E in your diet.

The omega 3 series of polyunsaturated fats can help with inflammation and recovery after exercise – best sources are the fatty fish such as salmon, lake trout, mackerel, and herring. Other good sources are vegetable oils such as canola and soybean. These oils are the best sources of Vitamin E Typically, foods high in unsaturated fats are also good sources of Vitamin E.

**4. Protein Intake**

You have a low intake of protein, carbohydrate and fibre on higher training days Use alternative sources of protein such as legumes – they are low in fat and saturated fats, while supplying key amounts of protein, carbohydrate and fibre. Alternatives include legumes (kidney beans, chickpeas, lentils, tofu, soybeans), as well as nut butters, nuts and seeds, eggs, fermented soy products and texturized vegetable proteins. Yves Veggie Cuisine has an entire line of products made from soy protein – you can find them in your regular grocery store. Alternatives bring added variety to the diet as well as offer nourishment that you cannot get from meat, poultry, and fish alone. These items offer the body plant-based proteins, they are low in fat, rich in phytochemicals (plant based chemicals) and most are a good source of fibre and carbohydrate. They are great for maintaining a healthy weight AND as well as your training schedule as they can fuel your muscles with

carbohydrate while also being a key protein source. Nut butters are an excellent replacement for butters and margarines, they are lower in fat and are packed with nutrition (unlike fats and oils). Small amounts on a daily basis are an excellent alternative to meat, poultry or fish

## 5. Carbohydrate and Fibre Intake

Sub optimal intake of carbohydrate rich foods on training days. Choose more carbohydrate and fibre rich foods such as grain products and vegetables and fruits.

### **Grain Products**

Grain products are rich sources of carbohydrate. Carbohydrate provides your body with the energy it needs for fueling your active lifestyle. A lack of carbohydrate intake pre-, during, or post workout can lead to fatigue and reduced exercise performance (one of your chief complaints!). Choose whole grain products (example: whole grain/whole wheat breads, whole wheat pasta, brown rice, barley, and whole wheat/oatmeal based cereals)) more often as they are rich in B vitamins, which are vital assistants in the energy production system of the body. Whole grains are an excellent source of fibre in the diet, which can add bulk to a meal (so you are less likely to feel hungry) and promote good GI health.

### **Vegetables and fruits**

Vegetables and fruits are excellent sources of carbohydrates, vitamins and antioxidants, which are vitally important in helping the body recover from the stress of exercise. They are also excellent sources of fibre. Fibre is important for maintaining the health of your gastrointestinal (GI) tract. It is important to eat a variety of vegetables and fruits every day to get the nutrients your body needs.

- Choose dark green and orange vegetables and orange fruit more often as they pack the highest nutrition punch (example: citrus fruits, squash, sweet potatoes, spinach, kale, mango, red peppers, broccoli...).
- Vegetables are lower in calories so choose them more often than fruits when you decide to cut calories
- Fruits are also great choices AND they are higher in carbohydrate (sugar) content – fruit can help you to maintain adequate carbohydrate intake so that you are better fueled for your training.

## 6. Fluid Intake

The amount of fluid that you take in per day should be 1 ml per kcal as a minimum – this means that you should be drinking approximately 2.5 liters of fluid a day. Note that exercise increases your fluid needs – depending upon how much you sweat you may need more than 3L each day, especially when you have a high sweat rate. Beverages that contain caffeine (or alcohol) such as coffee and black tea are not great choices for re-hydration purposes as they have a slight diuretic effect (i.e. they make us lose some of the water in them). Including soups as appetizers is a great idea.

**Menu Planning for Peak Health and Performance**  
**2500 Calories**

Type of Food & Quantity	Fruit	Veggies	Grains	Legumes	Milk Products	Meat, Poultry,	Nuts and Seeds	Fats / Oils	Sugars/Sweets	Fluids
<b>Breakfast</b>										
1 ½ cups cereal			2							
1 cup skim milk					1					1
1 small or ½ large banana	1									
½ cup orange juice	1							1		½
<b>Mid Morning Snack</b>										
375 ml latte (1 cup 1% milk + coffee)					1					1
2 tsp sugar									<1	
1 small apple	1									
3 graham crackers			1							
<b>Lunch</b>										
3 oz (120 grams) salmon						3				
1 tbsp mayonnaise								1		
1 whole wheat pita (8")			2							
1 cup mixed leafy green salad veggies		1								
1 cup fortified skim milk					1					1
Water throughout day, 1 litre										4
<b>Afternoon Snack</b>										
1 slice whole grain toast			1							
1 tbsp peanut butter							½			
1 small or ½ large banana	1									
<b>Dinner</b>										
3 ounces beef, cooked						3				
2/3 cup kidney beans				2						
2 cups mixed stir fry veggies		4						1		
1 cup steamed rice			2							
½ cup peaches	1									
Oatmeal crumble topping			1					1	1	
½ cup skim milk					½					½
¾ cup low fat vanilla yoghurt					½				<1	
<b>Post Workout Snack-IF Weight training or training in the evening **Important**</b>										
2 lowfat oatmeal cookies			1							
175 ml yoghurt or 250 ml skim milk					1					(1)
375 ml sport drink									1	2
<b>DAILY TOTALS</b>	<b>5</b>	<b>5</b>	<b>10</b>	<b>2</b>	<b>4-5</b>	<b>6</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>11</b>
<b>DAILY NEEDS</b>	<b>5</b>	<b>5</b>	<b>10</b>	<b>2-4</b>	<b>4</b>	<b>4-6</b>	<b>1-2</b>	<b>2</b>	<b>3</b>	<b>10</b>

SAMPLE MEAL DISTRIBUTION PATTERNS 2500 CALORIES		
Option 1	Option 2	Option 3
<u>Breakfast</u> 2 grains 2 fruits 1 milk product ½ alternative 2 fluids	<u>Breakfast</u> 3 grains 2 fruits 1 milk product 1 sugar/sweet	<u>Breakfast</u> 2 grains 1 fruit 1 milk 2 nut/seed 1 sugar/sweet
<u>Snack</u> 1 grain 1 vegetable 1 milk product 1 sugar/sweet 2 fluids		<u>Snack</u> 1 grain 1 fruit 1 vegetable 1 legume
<u>Lunch</u> 2 grains 1 fruit 2 vegetables 1 legume 1 fat 2 fluids	<u>Lunch</u> 3 grains 1 fruit 1 milk product 2 vegetables 1 legume 1 meats 1 fat 1 sugar/sweet	<u>Lunch</u> 2 grains 2 vegetables 2 meats 1 fat
<u>Snack</u> 1 fruit 1 legume or 1 grain 1 nut/seed 1 fat 2 fluids		<u>Snack</u> 2 grain 1 milk 1 fruit
<u>Dinner</u> 2 grains 2 vegetables 6 meats 1 milk product 1 fat 1 sugar/sweet 2 fluids	<u>Dinner</u> 4 grains 2 fruits 3 vegetables 4 meats 2 milk products 1 fat 1 sugar/sweet	<u>Dinner</u> 3 grains 2 vegetables 4 meat 2 milk 2 fats 1 fruit 2 sugar/sweet
<u>Snack</u> 1 grain 1 milk product 1 vegetable and/or 1 fruit		

## Putting Your Nutrition Profile Into Practice

### FOLLOW CANADA'S FOOD GUIDE TO HEALTHY EATING!

Canada's Food Guide to Healthy Eating (CFGHE) is the basis of a healthy diet. The four food groups provide you with the nutrients you need to be healthy. You need a variety of foods from within each group because each group gives you the different nutrients that your body needs. If you neglect one food group, you will be missing out on important nutrients!

### EATING HEALTHY GUIDELINES IN A NUTSHELL

- Choose foods from all major food groups, emphasizing vegetables, fruits, and grains.
- Eat a variety of fruits, vegetables and grain products
- Eat at least 5 daily servings from the vegetables and fruit food group
- Choose low-fat or fat-free milk and milk products
- Choose legumes more often than fish, poultry, and lean meats
- Use fats and oils sparingly and choose unsaturated fats/oils
- Eat at least two servings of fish per week
- Limit high fat, high saturated fat and high cholesterol foods
- Limit alcohol, sugars/sweets and caffeine



## Go For the Whole Grains

The Grain Products food group includes all grains such as barley, rye, rice, wheat and oats and products made from grains such as breads, pasta, cereal, couscous, crackers, muffins and cookies. These foods are usually high in fibre and low in fat. They also have no natural dietary cholesterol.

**TABLE of FOOD CHOICES**

Food item	Great Choices	Good Choices	Choose Rarely
<b>Bread</b>	Whole wheat and whole grain breads, bagels, english muffins, tortillas, pitas, scones	Enriched white, brown, cracked wheat, pumpernickel, rye, oatmeal, sour dough, injera	Baked goods such as croissants, sweet rolls,
<b>Cereal</b>	Whole grain and high fibre cereals (hot or cold)	Granola cereals	Sugar coated cereals
<b>Rice &amp; Pasta</b>	Brown rice, whole wheat pasta	White rice, regular pasta, egg noodles, rice noodles	Prepared from commercial mixes or with cream, butter or cheese sauces
<b>Crackers</b>	Low fat, whole grain and high fibre crackers, bread sticks, crisp breads, flatbreads and melba toast	Unsalted soda crackers, rice cakes	Crackers with >3gm of fat per serving
<b>Cookies &amp; baked goods</b>		Oatmeal cookies, Homemade muffins, biscuits, loaf cakes, pancakes, waffles	Cream filled cookies, shortbread, pastries, pies, doughnuts

### Shopping and Preparation tips

- When buying breads, cereal, crackers, muffins or other baked products be sure to look at the ingredient list. The first ingredient listed should be a whole grain flour (e.g. whole wheat flour, whole oat flour, whole rye flour, whole rice flour) and/or a whole grain (e.g. triticale, barley, rolled oats, oatmeal, sorghum, kamut, quinoa, amaranth, rye berries, spelt, millet, buckwheat, bulgur). Sources of fibre such as wheat bran, oat bran and psyllium may also be included on the ingredient list.
- Baked goods such as breads, bagels, rolls and homemade muffins are lower in fat than croissants, store bought muffins, most crackers and baked desserts. Avoid those products made with hydrogenated or partially hydrogenated vegetable oils or shortenings.
- Substitute whole wheat flour for half the regular wheat flour when you bake. You can also add a few tablespoons of wheat bran, wheat germ, oat bran and ground flax seed to your baked goods and casseroles to increase their fibre content.

## Take A Bite From More Vegetables and Fruit

The Vegetables and Fruit food group includes all vegetables and fruits whether fresh, frozen or canned. A diet high in vegetables and fruits can help lower risk for heart disease. They are a great source of fibre and other nutrients while being low in fat and calories (except avocados and olives).

**TABLE of FOOD CHOICES**

<b>Food item</b>	<b>Great Choices</b>	<b>Good Choices</b>	<b>Choose Rarely</b>
<b>Vegetables</b>	Fresh, frozen or canned vegetables, tomato or vegetable juice or cocktails	Avocados and olives in very small amounts	Pickled vegetables Vegetables prepared in butter, cream or sauce French fries or other deep fried vegetables
<b>Fruit</b>	Fresh, frozen & unsweetened canned fruits and juices	Sweetened canned fruits and juices, dried fruits	Fruit drinks, beverages, cocktails

### Shopping and Preparation Tips

- Choose a variety of fruits and vegetables for your snacks and meals.
- Choose dark green and orange vegetables and orange fruit more often – they are rich in antioxidants which help to reduce your risks of heart disease and cancer.
- Always wash your produce in warm water to get rid of any dirt or contaminants.
- Choose 100% pure fruit juices. Fruit drinks, cocktails, beverages and punches have added sugar, contain very little real fruit juice and have limited vitamins/minerals compared to the real thing.
- Don't be fooled by products that claim they have real fruit or fruit juice added. Look at the ingredient list: the further down the list the fruit/fruit juice is, the less of it there is in the product. Beware of products made with concentrated fruit juices or fruit puree; they are often high in sugar and low in nutrients.

## Make Your Day With Milk Products

The Milk Products food group includes fluid milk, yogurt, cheese and fortified soy beverages. Milk products are a great source of protein, as well as vitamins D, A and B12 (fluid milk and fortified soy beverages) and calcium. Soy beverages can be substituted for milk for those who are lactose intolerant or for those who don't enjoy milk. Look for soy beverages that have been fortified with calcium, Vitamin D, A and B12.

**TABLE of FOOD CHOICES**

Food Item	Great Choices	Good Choices	Choose Rarely
<b>Milk, buttermilk, yogurt, cottage cheese,</b>	1% m.f. or less (skim)	2% m.f.	3.25% m.f. (homo) or greater
<b>Fortified beverages</b>	Low fat fortified soy beverage	Fortified soy beverage (approx. 2% m.f.)	
<b>Cheese</b>	15% m.f. or less	15-20% m.f.	20% m.f. or greater
<b>Other</b>			Cream based soups

### Shopping and Preparation Tips

- Choose low-fat milk and Milk Products more often to help decrease total fat and saturated fat in your diet. Regular milk products such as homo milk, regular fat cheese and ice cream are high in total fat, saturated fat and cholesterol.
- Look at the label for the percentage milk fat (% m.f.) in the product. The % m.f. is an indicator of the amount of fat. The higher the % m.f. the more total fat, saturated fat and the product contains. By choosing Milk Products with the lowest % m.f. , you can easily cut out a lot of fat, saturated fat from your diet.
- Prepared products may be high in fat and saturated fat when you see the following terms in the ingredient list: milk, milk products, milk solids, buttermilk, yogurt, evaporated milk, concentrated or condensed milk, dry milk, cheese, milk powder, cream, sour cream. Check the Nutrition Facts label for total fat and saturated fat content.
- Add milk to your soups, puddings or home baked goods.
- Try making your dips with yogurt instead of sour cream or mayonnaise.

## Pick A Lean Protein

The Meat and Alternatives food group includes all meats, poultry, fish and shellfish as well as alternatives to meat such as legumes, tofu, eggs, nuts, seeds and nut butters. This section is divided into Meat, poultry, fish and eggs followed by Plant Alternatives to Meat. However, the recommended number of servings per day is a total for the group as a whole.

**Table of Food Choices for Meat, Poultry, Fish and Eggs**

Food Item	Great Choices	Good Choices	Choose Rarely
<b>Meat</b>	Well trimmed, lean cuts of beef, pork, veal and lamb  Venison, moose, rabbit	Small amounts of low sodium lean ham or bacon	Organ meats, fatty or heavily marbled cuts of beef, pork, veal & lamb, side bacon, side ribs, pigs feet & ham hocks, processed meats
<b>Poultry</b>	Skinless turkey and chicken	Lean turkey or chicken breast lunch meats Ground chicken and turkey	Fried chicken, poultry skin, giblets, duck, goose
<b>Fish &amp; Shellfish</b>	Fresh or frozen fillets	Canned in broth, shrimp, squid, caviar & imitation crab	Salted, smoked or pickled, canned in oil, coated in batter, anchovies & roe
<b>Egg</b>	Egg whites, egg substitutes	Whole egg	

### MEAT, POU TRY, FISH, and EGGS

Meat, poultry, fish, and eggs are great sources of protein and other nutrients (e.g. iron, zinc) but they also contain much of the saturated fat and cholesterol that we eat on a regular basis.

- Red meats such as beef and pork have white streaks of fat (marbling) which can be seen throughout the meat.
- Poultry and fish also have saturated fat but generally less than red meats so they are the best choices on a regular basis.
- Shellfish have little saturated fat but are rich sources of dietary cholesterol.

**Shopping and Preparation Tips**

- Choose lean meats, poultry and fish more often. See chart below for leanest cuts.
- Look for meats with little or no marbling and with the fat trimmed off the edges. Look for lean and extra lean
- Skinless poultry is an excellent choice. Light meat contains less total fat and saturated fat than dark meat. Chicken and turkey are leaner choices while duck and goose are higher fat choices.
- Ground poultry is often made with white meat, dark meat and skin. It is higher in total fat, saturated fat and cholesterol than skinless poultry but still lower than hamburger.
- Most fish is lower in saturated fat and cholesterol than meat and poultry. Fatty fish (trout, salmon) contain high amounts of a special type of polyunsaturated fat – omega 3 fatty acid – which may reduce the risk of heart disease. Try to include fish in your diet 2 to 3 times a week.
- Choose canned fish packed in water.

<b>Leanest cuts of meat, poultry, fish/shellfish</b>					
<b>Poultry</b>	<b>Fish/Shellfish</b>	<b>Meats</b>			
White meat of Chicken and Turkey	Cod Flounder Haddock Lobster Squid/octopus Pollock Scallop Snapper Shrimp Perch Pike Pickerel Sole Flounder Crab Clams	<b>Beef</b> Round (eye and top) Sirloin Chuck Loin Filet Extra lean & lean hamburger	<b>Veal</b> All trimmed cuts, except ground	<b>Pork</b> Tenderloin Leg  Lean Ham  Centre loin chop	<b>Lamb</b> Leg Loin

**PLANT ALTERNATIVES TO MEAT**

Alternatives to meat include legumes (beans, peas and lentils), peanut and nut butters, tofu and soy products. They add variety and good fats to your diet and can be an excellent source of fibre.

**Table of Food Choices for Plant Alternatives to Meat**

Food Item	Great Choices	Good Choices	Choose Rarely
Legumes	Any canned, frozen, or dried beans, peas, lentils	Prepared with lard and sugar (baked beans) Deep fried beans	Prepared bean dishes with high fat sauces
Soy products	Tofu and soybean based products (Yves Veggie Cuisine)	Miso, tempeh	Deep fried soy products
Peanut and nut butters	Natural nut butters	Regular peanut butter	Nutella (hazelnut butter and chocolate spread)

**Shopping and preparation tips**

- Legumes include a wide variety of beans, peas and lentils and are a terrific alternative to meat. They are available dried, frozen and canned which are nutritionally equivalent. They provide protein and fibre but contain almost no fat, which makes them a great choice in a heart healthy diet.
- Natural peanut and other nut butters (almond, cashew, hazelnut) can be used as a healthy alternative to margarine as well as an alternative to meat. Although nut butters are high in fat and calories, most of the fat is unsaturated and they contain no cholesterol. They are also a source of fibre. Nut butters make a fantastic, lower fat and calorie alternative to butter and margarine.
- Tofu and Soy products have received a lot of attention recently because of their reported health benefits. Although they are a great meat alternative and contain heart healthy fats, keep in mind that they are not fat free so watch out for portion sizes.
- Add legumes to soups, salads and casserole to increase your fibre.
- Try one of the many soy based meat alternatives such as tofu dogs, lunchmeats and simulated hamburger to add variety to your diet.



## TAKE IT EASY ON SUGARS AND SWEETS

These foods are low in fat or fat free but may still be high in calories. They are also poor sources of vitamins and minerals. If you have elevated triglyceride levels, diabetes or you need to lose weight, these foods should be used with the guidance of your dietitian.

### Servings per day

No recommendations but amounts should be limited

### Shopping and preparation tips

- Beware of products that list sugar or other sweeteners in the first few ingredients. Sugar may be listed by other names but they still provide the same amount of calories and little nutrients.(see chart below)

<b>Sources of Sugar</b>	
Sugars (all forms)	Dextrose
Glucose	Fructose
Sucrose	Honey
Inverted sugar	Turbinado
Maltose	Syrup (all)
Levulose	Sweetened condensed milk
Molasses	Concentrated fruit juice

Be careful: all ingredient words ending in “OSE” or “OL” are forms of sugar. Even if the product label says “sugar-free”, you should check the label for these other forms of sugar.

- Try fruit based dessert with little added sugar or fat to satisfy your sweet tooth.

Food Item	Serving size
Regular soft drink or fruit drink/beverage	½ cup
Hard candy	2
Honey, molasses, syrup, sugar	1 tbsp
Popsicle	½
Jam and jelly	1 tbsp
Sorbet	3 tbsp

### Artificial sweeteners

Artificial sweeteners are used in products such as soft drinks, candy and yogurt. They provide the sweet taste of sugar with little or no calories.

## KEEP WELL HYDRATED!

### BEVERAGES AND CONDIMENTS

Fluids are an important part of a healthy diet. Water is a great choice if you don't want to add extra calories, sugar or salt to your diet. Include at least eight 250mL (1cup) glasses of water or other fluids like milk, juice, soup and weak tea every day.

Condiments add flavour and enjoyment to food but can sometimes contain a lot of sodium. Choose fresh or dried herbs, unsalted spices, lemon juice and flavoured vinegars to add flavour without the sodium.

**Sodium:** Prepared foods can contain hidden salt in the form of sodium, look in the ingredient list for salt, sodium, soya sauce, sea salt, meat tenderizer, yeast extract, salted herbs or spices and any ingredient with sodium in the name.

**TABLE OF FOOD CHOICES**

Food Item	Great Choices	Good Choices	Choose rarely
<b>Beverages</b>	Tap water Mineral water Unsweetened fruit juices Vegetable juices (low sodium) Cereal beverages Weak tea	Shakes made with low fat milk/yogurt/ice cream Fruit drinks Herbal teas Decaffeinated coffee, cocoa, diet and regular caffeine-free soft drinks Coffee Strong tea	Beverages made with egg yolk, whole milk, coconut oil or palm oil High fat sweet mocktails or cocktails Regular colas
<b>Condiments</b>	Fresh or dried herbs Unsalted spices and seasonings (garlic powder, celery powder, etc) Lemon juice Vinegar Flavouring extracts	Commercial sauces: (tomato ketchup, sodium-reduced soya sauce, BBQ, mustard, horseradish) Small amount of salt in cooking	Sea salt, MSG, salted herbs and spices, table salt Meat tenderizer Yeast extracts Commercial coating for meat, fish, poultry

## SNACK SENSIBLY!

Snacks can be a part of a heart healthy diet when you choose wisely. Use the Food Choices Chart to help you make great choices. Remember that it's a snack so keep portion sizes small.

Food Item	Great Choices	Good Choices	Choose Rarely
<b>Snacks</b>	Fresh vegetables and fruit Cereals (whole grain, high fibre) Popcorn without fat or salt	Most unsalted nuts and seeds Dried fruits Low fat microwave popcorn Pretzels (low salt)	Potato chips, corn chips, nacho chips, tortilla chips Salted nuts and seeds Cookies Chocolate, chocolate bars, candies containing chocolate, butter or cream

## DINING OUT

Busy lifestyles often make eating in fast food outlets and restaurants convenient. For others, dining out is a social activity. If you eat out, the restaurants and type of foods that you choose are very important. When choosing restaurants and ordering meals, keep in mind the principles of the heart healthy diet that we have discussed.

- Choose chicken or fish instead of meat more often and limit the portion size to 4 to 6 ounces. Look for meat, poultry and fish that is steamed, broiled, baked, roasted or poached
- Choose dishes that include a lot of vegetables.
- Limit foods that are either fried, battered, prepared with butter or a lot of oil, served with a cream/hollandaise/cheese sauce, served in it's own gravy or served with cheese.
- Ask that any sauces or salad dressings be served separately so that you can control how much of them you eat.
- If you know the restaurant serves large portions, share the dish with your dinner companion or ask that half of the portion be packaged to take home.
- Request margarine instead of butter and if possible ask that vegetable oil (e.g. sunflower, corn or olive) or margarine be used in preparing the food.
- Don't hesitate to find out how the food is prepared. Remember, the restaurant staff are there to serve you and should be willing to accommodate your needs. The more interest that the consumers show in having heart healthy selections on the menu, the more the restaurants will change to meet this demand.