Burnaby
Division of Family Practice
A GPSC initiative

Healthy Eating

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Division of Family Practice
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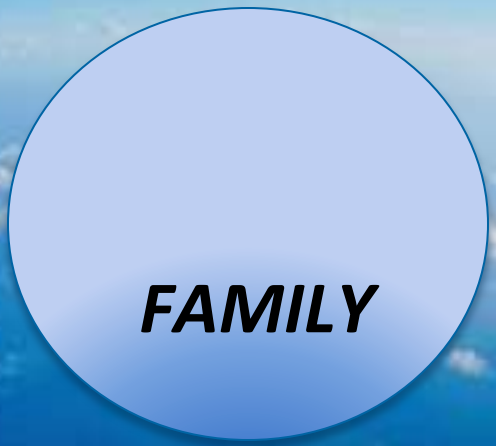
The Burnaby Division of Family Practice:

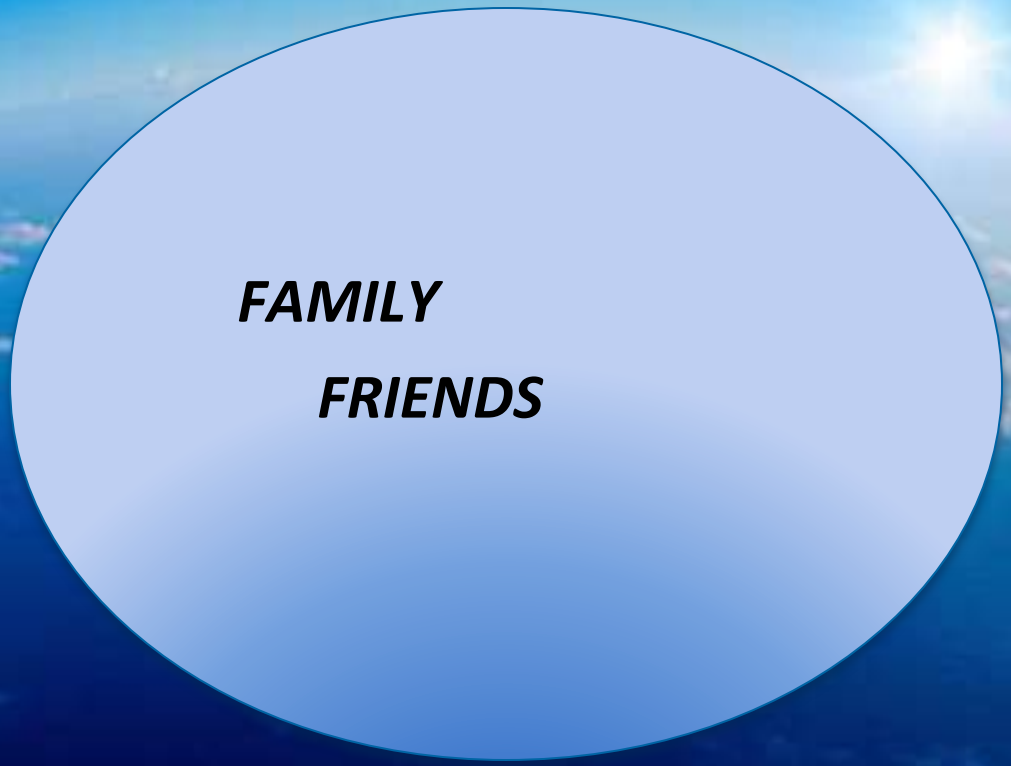
divisionsbc.ca/burnaby

Why are we here?

The Circle of Caring



Expanding the Circle of Caring



Expanding the Circle of Caring

Expanding the Circle of Caring
The Love Cycle

The Circle of Caring

OUR PATIENTS

Expanding the Circle of Caring

OUR PATIENTS

OUR COMMUNITY

Expanding the Circle of Caring

OUR PATIENTS

OUR COMMUNITY

OUR FUTURE

We care about our patients

We care about our community

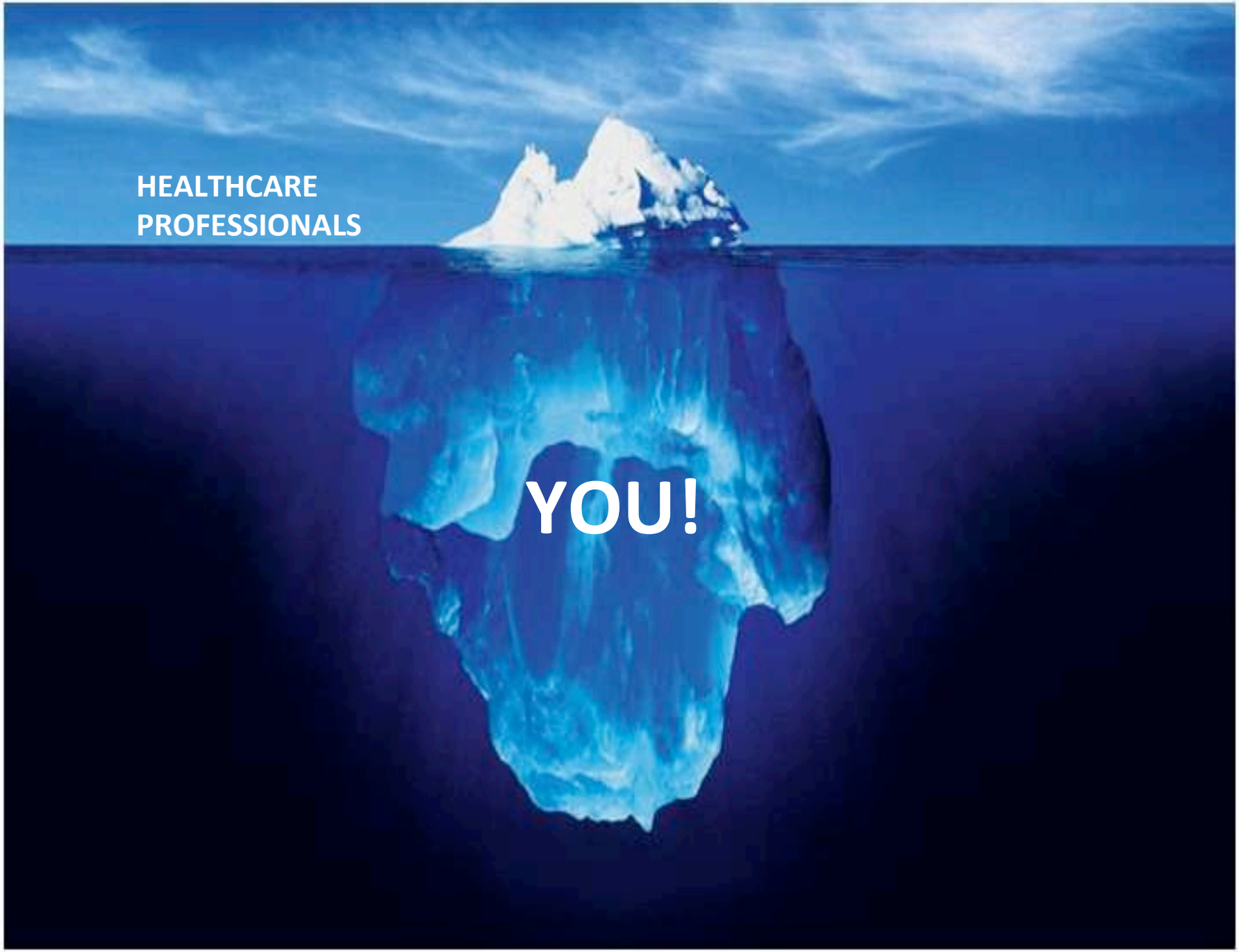
An Outline

1. *The 4 Foundations of Self-Care*
2. *You are what you eat – How your diet affects your health*
3. *The basics of healthy eating*
4. *Healthy eating on a budget*
5. *Making positive lifestyle changes*

What is healthcare?

ACUTE HOSPITAL CARE
COMMUNITY CARE,
CHRONIC CARE

Who provides most of your healthcare?


HEALTHCARE
PROFESSIONALS
YOU!

Real Healthcare is Self-Care

Real Healthcare is Self-Care

The best predictor of your future health are the habits you practice today

4 Foundations of Self-Care

The 4 Foundations of Self-Care

What you eat

What you do

How you feel

How you relate

1st Foundation of Self-Care

What you eat

What you put in your body

your daily diet, alcohol & drugs

2nd Foundation of Self-Care

What you do

Physical Activity & Rest

endurance

flexibility/mobility

stability/balance

muscle strength

rest/sleep

3rd Foundation of Self-Care

How you feel

Emotional Wellbeing

Stress management

Finding meaning

Recognizing your emotions

Managing them

4th Foundation of Self-Care

How you relate

- *Healthy Relationships*
  - *commitment*
  - *good communication*
  - *time*
  - *nurturing unconditional love*

The Empowered Patient

What do you need for good self-care?

What do you need for good self-care?

Unbiased complete health information:

To adopt healthier lifestyles

To manage health conditions

To get the care you need

What do you need for good self-care?

Improved patient-doctor communication

More support to achieve your personal goals

You are what you eat

Why food matters

A healthy diet provides:

the building materials for strong bones, healthy organs and muscles;

Why food matters

A healthy diet provides:

vitamins, minerals and other nutrients to promote healing, support your immune system & prevent cancer.

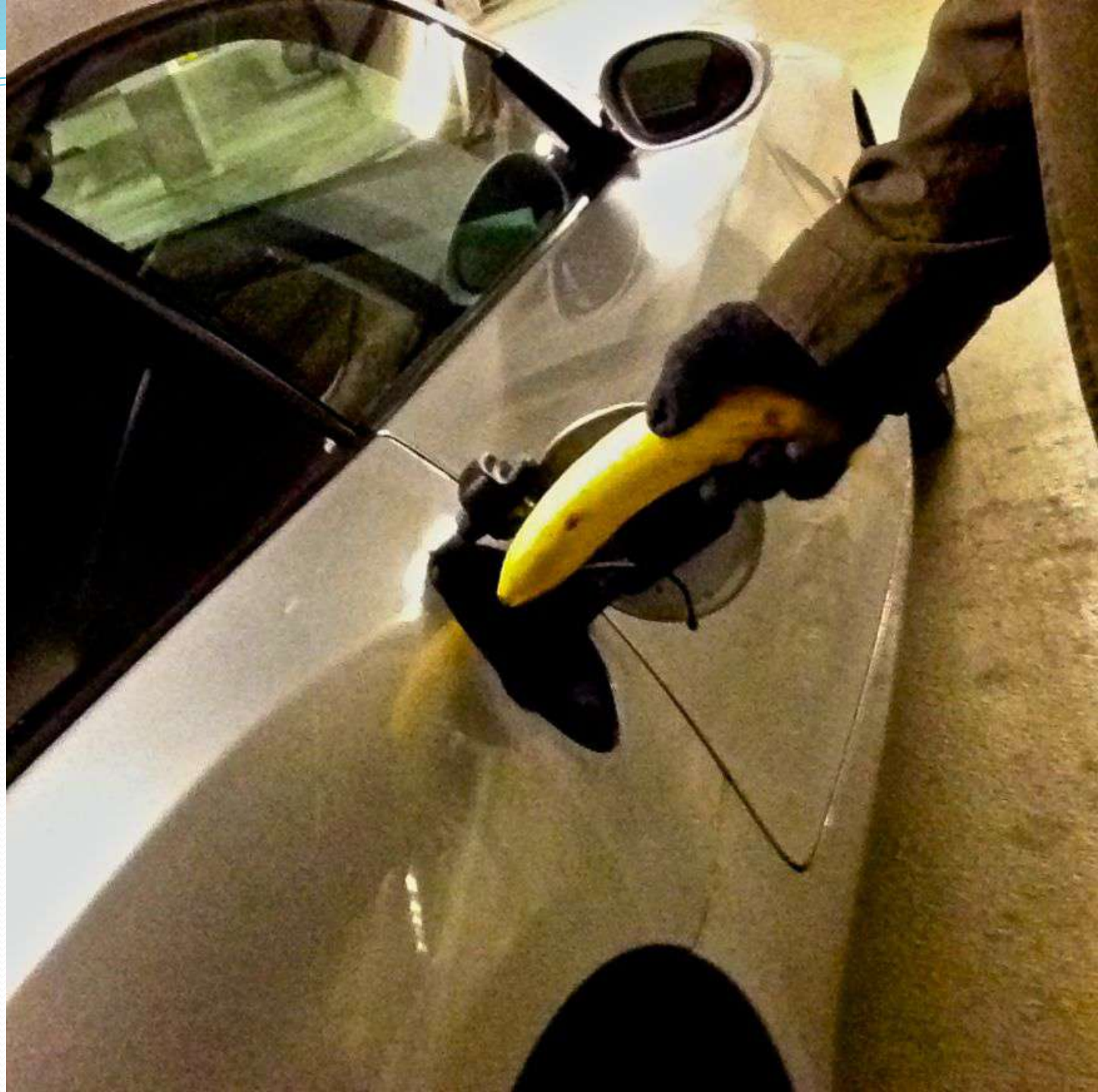
Why food matters

A healthy diet provides:

energy to fuel your body;

You wouldn't fill your ride's tank with bad fuel . . .

Why would you do that to your body?



How food can harm you

A diet too high in fat, salt, calories or sugar can lead to obesity, osteoarthritis, hardening of the arteries (strokes, angina & heart attacks), diabetes and high blood pressure.

How deficiencies may harm you

Insufficient calcium and vitamin D may result in impaired bone growth in children, osteoporosis and fractures.

How deficiencies may harm you

A diet low in protein may result in muscle weakness or wasting.

How deficiencies may harm you

A diet low in B12, folate or iron can lead to anemia, fatigue, diminished endurance and impaired cognition.

Why don't we eat better?

Why don't we eat better?

1. Habit

Why don't we eat better?

2. Our emotional connection with food

Why don't we eat better?

3. Our cultural connection with food

Why don't we eat better?

4. Advertising fuels our craving

Why don't we eat better?

5. Cost

Why don't we eat better?

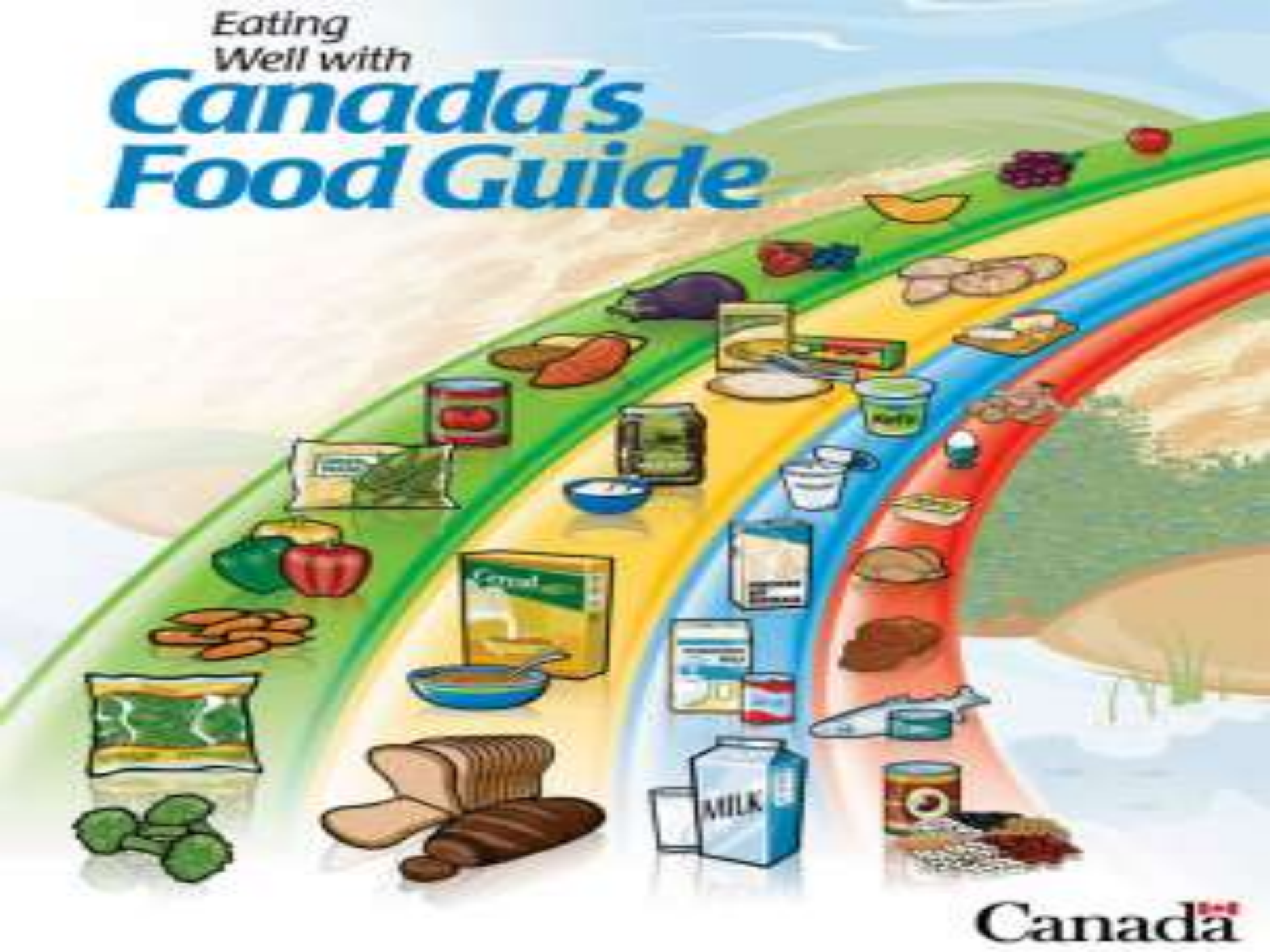
6. Knowledge

BODY IMAGE

Warning: Even models don't look as good as their photos.

Eating Well with

Canada's Food Guide



Canada

Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
Age in Years	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.

Fresh, frozen or canned vegetables
125 mL (½ cup)

Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)

Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)

100% Juice
125 mL (½ cup)

Bread
1 slice (35 g)

Bagel
½ bagel (45 g)

Flat breads
½ pita or ½ tortilla (35 g)

Cooked rice, bulgur or quinoa
125 mL (½ cup)

Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)

Cooked pasta or couscous
125 mL (½ cup)

Milk or powdered milk (reconstituted)
250 mL (1 cup)

Canned milk (evaporated)
125 mL (½ cup)

Fortified soy beverage
250 mL (1 cup)

Yogurt
175 g
(¾ cup)

Kefir
175 g
(¾ cup)

Cheese
50 g (1 ¾ oz.)

Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)

Cooked legumes
175 mL (¾ cup)

Tofu
150 g or
175 mL (¾ cup)

Eggs
2 eggs

Peanut or nut butters
30 mL (2 Tbsp)

Shelled nuts and seeds
60 mL (¼ cup)

We need a small amount of healthy fats and oils

1. 30 to 45 ml or 2 to 3 tbsp of unsaturated fat.
2. Healthy choices include vegetable oils such as olive, canola and soybean.
3. Avoid saturated and trans fats. Limit butter, hard margarine, lard and shortening.

Diabetes/Glucose Intolerance

1. *Frequent small meals*
2. *Portion control*
3. *Low Glycemic Index*

Glycemic Index (G.I.)

A measure of how quickly a carbohydrate-containing food raises your blood sugar.

Glycemic Index (G.I.)

Lower GI foods (such as quinoa, whole grains or brown rice) raise blood sugars more slowly than high GI foods (such as white bread or bagels).

Atherosclerosis (hardening of the arteries)

Low fat diet to lower LDL cholesterol levels

Fish oils (and exercise) to raise HDL (the healthy cholesterol)

Heart Failure (reduced pumping of the heart muscle)

Limiting fluids to prevent fluid overload
Limiting salt (sodium)

High Blood Pressure

The DASH diet
Low salt (sodium)

Vegan Diet

No meat, fish, poultry, eggs or dairy.

Requires extra planning to get sufficient protein, iron, zinc, calcium, vitamin D, B12 and omega-3 fats.

Healthy Eating on a Budget

1. Cook at home
(instead of eating out)
2. Cook extra portions
(freeze leftovers for future meals)
3. Keep an inventory of your pantry (Use what you have)

Healthy Eating on a Budget

4. Plan your meals (shop with a list)
5. Read labels (best before dates, unit cost i.e. price per 100 gm)
6. Buy on sale (know your prices)

Healthy Eating on a Budget

7. Buy only what you need (unless you're sharing with friends & family)

8. Plan healthy snacks (raw veggies, cheese, popcorn, whole grain bread)

Healthy Eating on a Budget

Meats & Alternatives

Buy larger meat packages on sale, divide them into single servings and freeze them.

Buy dried or canned beans, lentils; tofu, eggs, canned fish, peanut butter.

Healthy Eating on a Budget

Vegetables & Fruits

Buy in season. Don't buy over ripe fruit.

Buy large bags of frozen veggies.

Buy canned, frozen or dried fruit.

Healthy Eating on a Budget

Grains

Buy rice, flour, oats and pasta in bulk.

Buy whole grain bread in bulk then store the loves in the freezer.

Healthy Eating on a Budget

Milk

Buy as large a portion as you will use before the expiry date.

Choose no name brands.

Keys to achieving your goals

1. *Choose wisely*

   A goal that matters to you

2. Visualize yourself having achieved your goal

The Power of Attraction

Reprogramming your subconscious

Priming the pump for success

3. Break it down

From supersized into manageable morsels

You'll gain confidence with early successes.

4. *Write down the details*
    - *SMART goals*
        - *Specific*
        - *Measurable*
        - *Achievable*
        - *Relevant*
        - *Timed*

SMART goals

Specific-What will you do? Where?

Measurable-How much? How long?

Achievable-realistic and do-able

Relevant-important to you and your health

Timed-When will you start?

When will you finish?

5. Anticipate and prepare for roadblocks

6. Enlist support

Consult your family doctor

Choose a coach

or a teammate

Dial a Dietitian 8-1-1

Healthlinkbc.ca/healthyeating

SHARE

Let's create a healthier community

Why we are here

OUR FRIENDS

OUR COMMUNITY

OUR FAMILIES

OUR FUTURE

Our Expanding the Circle of Caring

Healthcare is Self-Care

POSITIVE POTENTIAL MEDICINE

davidicuswong.wordpress.com

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