



Healthy Eating: Nutrition 101

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Project Health

Supporting Healthy Workplaces



Healthy Eating: Promoting Nutrition in your Workplace

Outline

- Importance of Healthy Eating
- Guidelines for Healthy Eating
- Influences on Food Choices
- Barriers to Healthy Eating
- Nutrients of Interest
- Current Nutrition Trends
- Group Activity
- Value of Nutrition Promotion in the Workplace
- Strategies for Promoting Nutrition



Why is Healthy Eating Important?

**In Canada, 59.1% of Adults are
overweight or obese**

2004 Canadian Community Health Survey

**In Waterloo Region, 55% of Adults
are overweight or obese**

2007 Canadian Community Health Survey

**Overweight
BMI = 25.0 - 29.9**

**Obese
BMI = 30 & Over**

Canadian Community Health Survey (2007)

	Region of Waterloo (2005)	Ontario (2007)	Region of Waterloo (2007)
Overweight	31.7%	33.1%	30.0%
Obese	16.7%	16.1%	24.6%



Overweight
BMI = 25.0 - 29.9

Obese
BMI = 30 & Over

Obesity Related Health Conditions

- Cardiovascular disease & diabetes
- Cancer
- Osteoarthritis & mobility problems
- Depression
- Fertility & gynecologic problems
- Non-alcoholic fatty liver disease
- Pulmonary disease



Cost of Unhealthy Eating

"The annual economic burden of unhealthy eating in Canada has been estimated at \$6.6 billion"

The Chief Public Health Officer's Report on the State of Public Health in Canada, 2008



Cost of Obesity - Workplaces

- “Overall, overweight or obese employees had higher sick leave or disability use”.
- “Workplace injuries were higher among overweight or obese employees”.
- “Health care costs, based on claims data analyses, were also consistently higher for employees with higher body mass indices”.

Scand J Work Environ Health. 2006 Feb;32(1):1-4.

- “Indirect and direct costs to an employer increase with increasing BMI”.

J Occup Environ Med. 1998 Sep;40(9):786-92.



Why is Healthy Eating Important?

Waist Circumference

Waist Circumference

Men = 102 cm

Women = 88 cm





Why is Healthy Eating Important?

Eating well and being active
can prevent obesity!



What Is Healthy Eating?

Canada's Food Guide (2007)

Vegetables and Fruit	7-10
Grain Products	6-8
Milk and Alternatives	2-3
Meat and Alternatives	2-3



What Is Healthy Eating?

Canada's Food Guide (2007)

- Emphasis on vegetables, fruit and whole grain products.
- Promoting foods low in added fat, sugar and salt (sodium).
- Promoting water for thirst.
- Avoiding trans fats.
- Label reading.
- Physical activity.



Daily Nutrient Recommendations

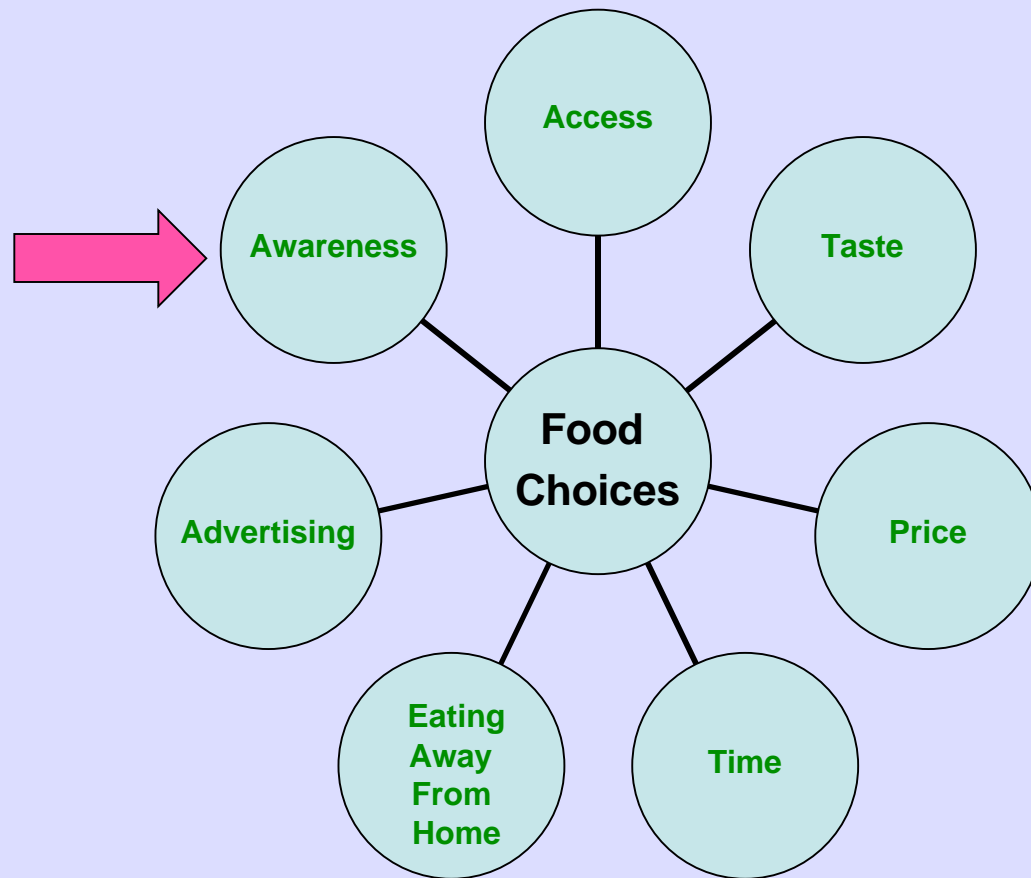
What is Healthy Eating?

Calories	2000 kcal
Fat	65 g
Saturated Fat	20 g
Trans Fat	0 g
Fibre	25-38 g
Sodium	1200-2300 mg
Added Sugar (WHO)	50 g

** Based on a 2000 kcal diet*



Influences on Food Choices





Environment

Barriers to Healthy Eating

Increased:

- Availability and variety of energy dense foods.
- Marketing, promotion and placement of energy dense foods.
- Opportunities to purchase food.
- Number and frequency of eating occasions.



Health Practices & Attitudes

Barriers to Healthy Eating

- Perception that healthy eating is to be endured.
- Media confusion.
- Choice based on cost, taste and convenience.
- Lack of nutrition or health knowledge.



Stress

Barriers to Healthy Eating

- Longer hours & shift work.
- Low job control, high job strain and imbalance between job efforts and rewards.
- Perceived lack of time to eat.



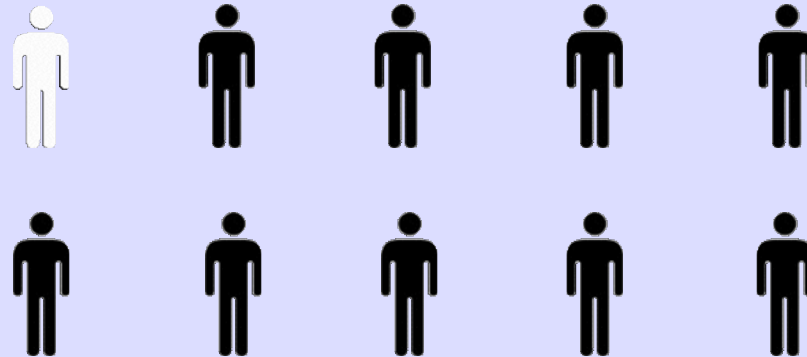
Sodium

Nutrients of Interest

Recommended	1200 – 2300 mg/d
Current	3100 – 5000* mg/d

www.hypertension.ca

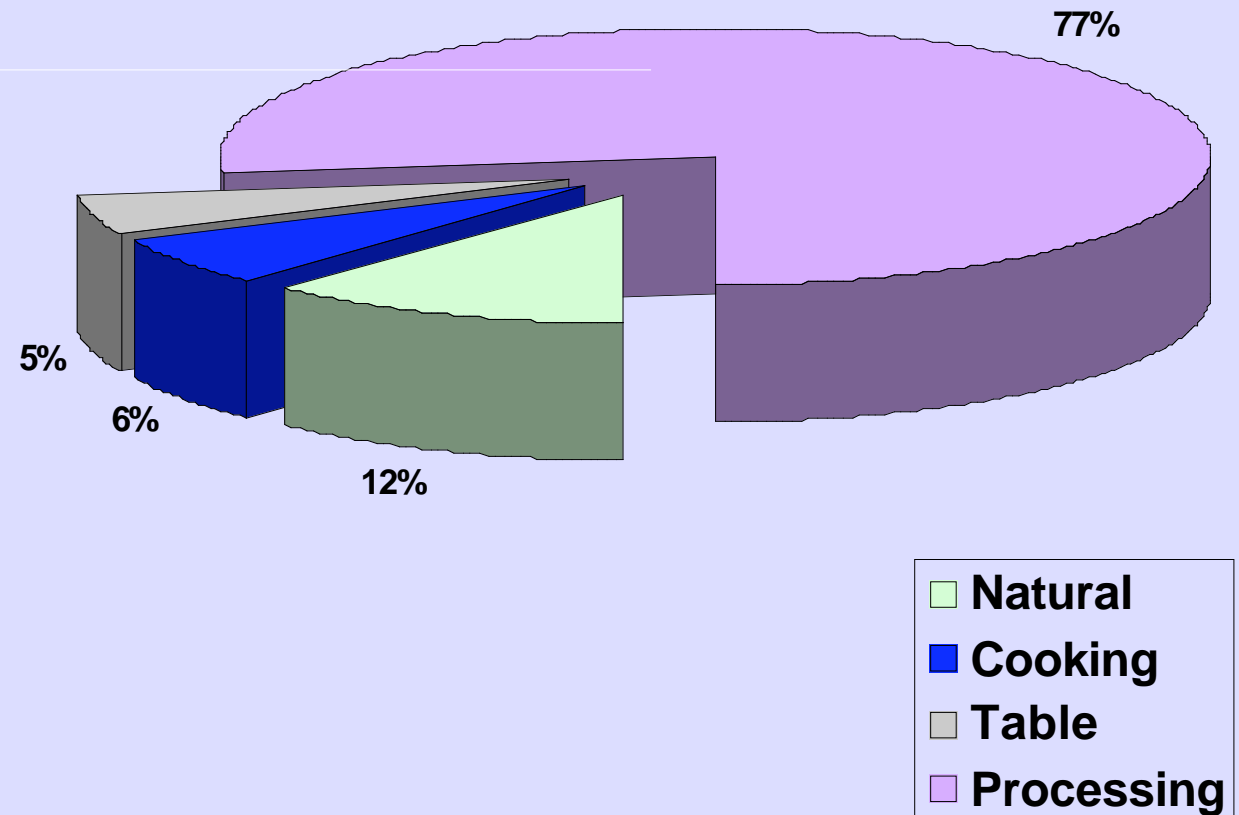
*http://www.hc-sc.gc.ca/ewh-semt/pubs/water-eau/sodium/index_e.html





Sodium

Nutrients of Interest

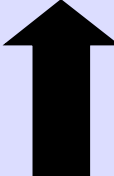
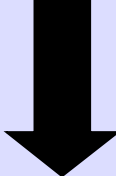




Trans Fats

Nutrients of Interest

- Hydrogenated vegetable oils.
- Processed, frozen and fast foods.
- Ideal intake of trans fats is 0 g per day.

 LDL +  HDL = CVD



Added Sugar

Nutrients of Interest

Recommended	50 g/d (12 tsp)
Current	?

- Recommendations controversial.
- Sugar is added to most processed foods.
- Added sugar = added calories.
- Low fat diets often high in sugar.
- Sweetened beverages appear to increase caloric consumption.



Canadian Community Health Survey 2004

Current Trends

- 50% of adults did not eat 5 servings of vegetables and fruit daily.
- Meat and alternative consumption is high among men.
- 25% of calories came from “other foods”.
- 25% of adults ate too much fat.
- 19% of young men did not consume breakfast.

Findings from the Canadian Community Health Survey 2004: Overview of Canadian's Eating Habits



Canadian Community Health Survey 2004

Current Trends

- 25% of Canadians consumed fast-food the previous day.
- Young men more likely to eat fast food.

Findings from the Canadian Community Health Survey 2004: Overview of Canadian's Eating Habits

Meal	% Recommended (2000 kcal)
894 calories	45%
31 g fat	52%
2090 mg sodium	90%
40 g sugar	80%



Fast Foods & Eating Out

Current Trends

- Larger portion sizes.
- Low in vegetables, fruit, whole grains, and milk & alternatives.
- Low in fibre, vitamins A, C, D and folic acid.
- High in calories, fat, sugar and salt.

Fast Foods and Eating Out: simple steps to making healthy choices. Heart and Stroke