

## NUTRITION

### Your best medicine

- Nutrition is a key factor in:
- chronic diseases like diabetes 2
  - debilitating conditions like arthritis
  - serious or fatal attacks like heart attack or stroke

Poor nutrition contributes to these conditions, and many others. Good nutrition helps prevent them. If you already have them, it is one important way you can take an active role in managing and improving your health. As Hippocrates said 25 centuries ago: *Let food be thy medicine.*

For most of us good nutrition doesn't mean eating more food. It means eating smaller doses of "bad" ingredients.

### Read the labels

Food manufacturers are required to provide **nutrition facts**. This label will tell you how many calories and the amount of 14 nutrients are in the serving size specified for their product.

Just comparing labels between two products on a grocery store shelf can show big differences in ingredients. If they are the same price, why not buy the better one?

Serving size is what the figures are based on. If the serving size is for two cookies but you usually have four, then you have to double it.

Calories show how. Some comparisons can show you which product can give you the same for fewer calories.

Fat shows you how much is in the serving. Remember that low fat does not necessarily low calories. We need good fats. But the labels will show you how much of the "bad" fats, saturated and trans fats, are there.

Many packaged products are very high in salt

If you are looking for a high fibre cereal, check the other boxes. Fibre count can vary a lot.

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving (1 cup) 00g	
Portion (1 tasse) 00g	
<b>Amount Per Serving 00 g</b>	
<b>Quantité par portion 00 g</b>	
<b>Calories / Calories 0</b>	
	% Daily Value
	% Valeur quotidienne
<b>Fat / Lipides 0 g</b>	<b>0%</b>
<b>Saturated / saturés 0</b>	<b>0%</b>
<b>+Trans / trans 0 g</b>	<b>0%</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0%</b>
<b>Sodium / Sodium 0 mg</b>	<b>0%</b>
<b>Carbohydrate / Glucides 0 g</b>	<b>0%</b>
<b>Fibre / Fibres 0 g</b>	<b>0%</b>
<b>Sugars / Sucres 0 g</b>	
<b>Protein/Protéines 0 g</b>	
<b>Vitamin A / Vitamine A</b>	<b>0%</b>
<b>Vitamin C / Vitamine C</b>	<b>0%</b>
<b>Calcium / Calcium</b>	<b>0%</b>
<b>Iron / Fer</b>	<b>0%</b>

## Be a skeptical reader

**Compare serving sizes when comparing ingredients.** We went into a local grocery store to compare the sodium content of breakfast cereals. The Kellogg's Corn Flakes and Special K labels both showed a sodium content of 220 mg. The serving size for the corn flakes was 1 ¼ cups, but the Special K was only ¾ cup which means it actually has almost twice the amount of sodium.



**An improvement doesn't mean that it's good now.** Campbell's Soup advertises on its cans and on TV that their soup has 25% less sodium than before. That's true, but it's still way too much. A 10 oz can of Campbell's Tomato Soup has 640 mg of sodium. We like salt because we get so much of it. But it's an acquired taste and we can easily adjust to lower-salt food and enjoy that too.



## Avoid fast food

Fast food generally has high calories, high fat, and enormous quantities of sodium.



Wendy's Baconator looks like the big, bad burger it is:

Calories	830
Fat	51 g
Sodium	1920 mg



But Tim Horton's chile and bun, a Canadian favourite, packs a wallop too:

Calories	540
Fat	20 g
Sodium	1320 mg

## Try Meals on Wheels

**Scarborough Support Services** provides a wide range of hot and frozen meals, including a Chinese meal program serving the Chinese community. Our meal plans are developed by nutritionists with special expertise in nutrition for older adults and we offer many special diets including: gluten-free; lactose-free; renal; minced; pureed.



Ambrose Yeung, Supervisor of Meals on Wheels at Scarborough Support Services, says there are three main barriers to good nutrition for seniors – motivation, mobility and money.

“It can be hard to motivate yourself to cook. Opening a can of soup may be all you feel like doing. Arthritis and other mobility problems can make it difficult to shop and prepare meals. And, unfortunately, many seniors on low, fixed incomes can't always afford food with high nutritional quality.”

**Meals on Wheels** delivers cost-effective, nutritious and enjoyable meals right to your door. Ambrose is a real believer in the value of Meals on Wheels for better health, and he'd be happy to talk with anyone who would like more information.