

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+



Nutrition 2016

Introduction

Nutrition is on everyone's mind, especially as we start a new year. I have to start counting my calories, reduce the amount of fat and refined carbohydrates and sugar I eat and drink more water. I am sure at least some of these thoughts have popped into your head recently. How can it not when we are inundated with print, radio and TV advertisements about what we should and should not be doing nutritionally to improve our health and slow the aging process? This newsletter and Forever Active's web site has dealt with various nutritional topics over the last four years. This newsletter will review many of the "hot" topics relating to nutrition with the goal of helping you determine what you should be doing to have a healthy nutritional lifestyle as you begin 2016.

Saturated Fats are No Longer the True Enemy

Summary – Focus should be on eating whole foods and limiting consumption of processed products.

The Canadian and American Heart and Stroke Foundation have rewritten their policy statement guidelines and have now taken the position that saturated fats are no longer the enemy with respect to cardiovascular disease and poor health but processed foods are. Saturated fat is found naturally in red meat, dairy products and certain vegetable oils such as palm and coconut oils and to a lesser extent olive and canola oils. The new guidelines state that individuals need to focus on eating fresh fruits, vegetables that are high in anti-oxidants, whole grains, meat and other products that have not been processed.

The Foundations also recommend avoiding products advertised as low fat because chances are they are loaded with sugars, sodium and other additives.

Supplemental Intake of Antioxidants

Summary – Antioxidant supplements do not prevent disease and should not be used to replace a nutritionally adequate diet.

Oxidation is a chemical reaction between molecules that can produce free radicals, leading to chain reactions that may damage cells and lead to disease. **Antioxidants**, including vitamins A, C and E are plentiful in vegetables (dark green veggies, sweet potatoes) and fruits (purple, red and blue grapes and blueberries) and may help protect against cell and DNA damage by inhibiting the oxidation between molecules.

Because of this potential health benefit antioxidants have recently become widely used in dietary supplementation and have been investigated for the prevention of diseases such as cancer, coronary heart disease and Alzheimer's.

Did You Know

Forever Active Newsletters Focusing on Nutrition

www.forever-active.com

- August 2012 – Nutritional supplementation
- October 2012 – Antioxidants
- December 2012 — Essential foods
- July 2013 — Hydration : the myths, the facts
- August 2013 — Weight loss : Myths and facts
- Sept 2013 — Sports nutrition
- April 2014 — The facts about sugar and gluten
- May 2015 — Cholesterol : the facts
- October 2015 – Healthy aging : an interview with Dr. Weil

Articles on Nutrition on Forever Active web site

1. 30 Essential foods to include in your diet
2. Nutrition for peak performance
3. Nutritional differences between whole-wheat, whole-grain and multi-grain
4. Childhood obesity and food sensitivities
5. Reading nutritional labels
6. Nutritional tips to start the year
7. Healthy family nutrition
8. Nutrition at 50+

A Primer on Carbohydrates (CHO) and Weight Control

Having a good understanding of carbohydrates (CHO) is important for weight control and managing your blood sugar levels for diabetes prevention. Current dietary guidelines recommend that total carbohydrates make up 45-65% of your daily calories. One gram of carbohydrates = 4 calories. Therefore if you are consuming 2000 calories per day you are allowed between 225-325 grams of CHO / day [(2000 x .45 / 4 = 225g & (2000 x .65) / 4 = 325g].

What are Carbohydrates

There are three types of carbohydrates;

1. Simple Sugars

- made up of one or two units of sugar
- digested and absorbed rapidly

Primary ones consumed are;

1. Fructose - found in fruit, honey, corn syrup
2. Sucrose - white sugar, brown sugar, maple syrup
3. Lactose - milk, yogurt, cheese

2. Starches (complex carbohydrates)

- made up of long chains of hundreds or thousands of glucose (simple form of CHO).
- digested and absorbed much more slowly than simple CHO

Primary ones consumed;

Rice, potatoes, bread, oats, lentils, beans, squash, breakfast cereals

3. Fibre

Two types;

1. Soluble

- slows the passage of foods in the small intestine so nutrients are absorbed more slowly

Eg- oats, baked beans, lentils, peas, cereals that contain psyllium

2. Insoluble

- “roughage”, does not breakdown rapidly, absorbs water and helps push food through the digestive tract to create regular bowel movements.

Eg- fruits, fruits with edible seeds (Strawberries), vegetables (broccoli, cauliflower, carrots, mushrooms)

Glycemic Index - indicates how quickly a food raises blood-glucose levels and this affects your hunger, appetite, energy levels and blood-sugar control. White bread is arbitrarily set at 100.

High GI foods - white bread, white rice, soda crackers, refined cereals, instant oats, potatoes, sugars

Low GI foods - steel cut oats, brown rice, 100% bran cereal, quinoa, white and whole wheat pasta, sweet potatoes, apples, bananas, berries, oranges, yogurt, milk.

Key Point for Weight Control

1. Eating a diet based on low GI foods can help improve your control of appetite and delay hunger
2. Portion size is extremely important. Too much of a good thing is never good. Remember, CHO should make up 45-65% of your daily caloric intake. (refer to chart next page)
3. Physical activity is an essential part of a weight control and diabetes prevention plan. Regular exercise reduces blood glucose and body fat. It is recommended that an individual get a moderate intensity level of exercise for 30 minutes at least 5 days of the week.

How Much Carbohydrates am I Eating

<u>Food</u>	<u>Size and Grams</u>	<u>Food</u>	<u>Size and Grams</u>
Bread Whole wheat	1 slice =14g	Blueberries	1 cup = 18g
Brown rice	1 cup =41g	Orange (large)	17 g
Corn	1 cob= 12 g	Orange juice	1 cup = 28 g
Popcorn	3 cups = 15 g	Pear (medium)	21 g
Quinoa	1 cup = 34 g	Milk (skim)	1 cup = 13 g
Spaghetti (whole wheat)	1 cup = 31 g	Yogurt (plain)	3/4 cup = 20 g
Bran flakes	1 cup = 25 g	Barbecue sauce	1 tbp = 14 g
Oatmeal	1 cup = 24 g	Honey	1 tbp = 17 g
Black beans	1 cup = 26 g	Ketchup	2 tbp = 10 g
Chickpeas	1 cup = 25 g	Table sugar	1 tbp = 12.5 g
Lentils	1 cup = 25 g	Tim's double double (large)	30 g
Banana (medium size)	24 g		

Low Carbohydrate diets (Aitkin's Diet): Do they Work ?

Generally, a low-carbohydrate diet will restrict daily intake of carbohydrates to 20-25% of your daily nutritional intake compared to the daily recommended intake of 45-65%. A low-carb diet excludes or limits most grains, legumes, fruits, breads, sweets, pastas and starchy vegetables, and sometimes nuts and focuses on proteins, including meat, poultry, fish and eggs, and nonstarchy vegetables such as lettuce, asparagus, broccoli, cauliflower, cucumber, spinach, mushrooms, onions, peppers and tomatoes.

Research shows that the amount of weight lost on either low-carb or high-carb diets is the same when total calories are equal. That means that total calories are the most important factor in weight management.

It should be noted that severely restricting carbohydrates to less than 20 grams a day (10% of daily nutritional intake) can result in a process called ketosis. Ketosis occurs when you don't have enough sugar (glucose) for energy, so your body breaks down stored fat, causing ketones to build up in your body. Side effects from ketosis can include nausea, headache, mental and physical fatigue, and bad breath.

Paleo Diet

In 2013 the Paleo Diet (sometimes called the caveman or stone-age diet) diet was Google's most searched-for weight-loss method.

The paleolithic diet is a fad diet based on the foods that proponents believe paleolithic humans might have eaten, such as meat, nuts, and berries. Proponents of the diet say that modern human metabolism has been unable to adapt fast enough to handle many of the foods that have become available since the advent of agriculture. As a result, modern humans are maladapted to eating foods such as grain, legumes, and dairy, and in particular the high-calorie processed foods that are a staple of most modern diets. Proponents conclude that modern humans' inability to properly metabolize these comparatively new types of food has led to modern-day problems such as obesity, heart disease, and diabetes.

A 2015 systematic review of the effects of paleolithic nutrition concluded that there was insufficient evidence for the diet's supposed beneficial effects

Summary

Permanent lifestyle changes in eating and physical activity are needed to prevent weight regain. The best weight loss plan is one you can stick with. Following the 80:20 rule (following a healthy diet 80% of the time and giving yourself permission to splurge the other 20% of the time) is a realistic and effective way of doing this.