

Community Matters Toronto

OBJECTIVE :

With the worldwide levels of obesity new venues for promotion of healthy eating habits are necessary. Considering children's and elderly eating habits are founded during their preschool years early educational establishments are a promising place for making health promoting interventions and the need to improve the nutrition of the elderly living in long term care has long been recognized, but how this can best be achieved, and whether (and which) intervention is successful in reducing morbidity is less well understood.

The aim of this review was to determine the effectiveness of mealtime interventions for the children and elderly living. Mealtime interventions were considered as those that aimed to change/improve the mealtime routine, practice, experience or environment.

Mealtime interventions were categorized into five types:

Changes to food service

Food improvement

Dining environment alteration

Staff training and feeding assistance

The need to improve the nutrition of the elderly living and children is well recognized. This review found some evidence that simple intervention around various aspects of mealtime practices and the mealtime environment can result in favorable nutritional outcomes.

This shopping cart was designed to make you healthier

One of the first steps toward a healthier lifestyle, outside of exercise, is making healthy choices at the grocery store.

1. Your cart should have at least five colors

The giveaway to a cart that's lacking nutrient density is one that lacks color. **Research suggests** color is what gives fruits and vegetables many of their amazing benefits including **prevention of certain cancers**, neurological conditions and stroke.

A cart void of real color means that the person pushing it probably isn't getting the recommended daily amount of fruits and vegetables. To get yours, aim for at least three **seasonally fresh produce** items and three frozen items that are out of season. Purchasing a few apples, some spinach, a bunch of bananas, purple potatoes, and frozen cauliflower and carrots will get you up to the five requirements. Then, you'll just have to

go home and actually eat them, perhaps by matching your apples with natural almond butter for a yummy lunchtime snack, throwing your spinach and carrots into a hearty soup, churning your bananas into a morning smoothie or pairing your purple potatoes and cauliflower with healthy lean proteins, such as fish or chicken breast.

2. Middle aisle foods should contain fewer than four ingredients.

The old adage that the perimeter of the store is best is actually true: It's there you'll find "whole" foods that have minimal processing. That doesn't mean, however, that you'll never need to venture into a middle aisle – you will. The middle aisles contain condiments, crackers, breads, pastas, spices and cereals. Many items in these aisles are healthy, and many are not. How can you figure out the difference between the two? A good rule of thumb is to follow the ingredient trail. For example, choose a cracker that has only three ingredients over one that has 20 because the latter is more likely to contain additives and refined grains.

The rule can also be applied to pastas. Whole-grain "blends" – which are usually never 100 percent whole grain, hence the word "blend" – will often have at least five ingredients, whereas the 100 percent whole-grain (both wheat and gluten-free versions) tend to contain one to two ingredients. The ingredient rule can also apply nicely to salad dressing, rice, nut butters and even canned tomato sauces!

3. "Goodie" foods should be limited to a single serving.

It's probably unrealistic that you'll never put a cookie in your cart, so if you do, make sure it's the only one of its kind and make sure it's small. That means going for the single serve portion instead of the entire bag of potato chips, cookies or tub of ice cream. This approach allows you to enjoy a food that's tempting without going overboard and without having enough left over to indulge all week. A 2013 study found that people who ate just a bite of a food such as apple pie or chocolate chips experienced the same appetite satisfaction as those who were allowed to indulge in a much larger portion with a lot more calories.

4. All carbohydrates should be 100 percent whole-grain.

This is perhaps the easiest rule to follow – and with the greatest benefits to your health. Simply look for the 100 percent whole-grain stamp on your breads, opt for pastas with one ingredient (such as 100 percent whole-grain flour or 100 percent brown rice flour if you're going gluten-free,) and swap your white rice for brown, black or wild rice. Research suggests making this easy switch could help reduce your risk of heart disease, diabetes and weight gain.

5. Frozen meals should stay in the frozen aisle.

There is one major similarity among clients: Those who purchase the most frozen meals cook the least. This is a huge problem if your goal is to start eating right for better health and yes, even a better weight. Most frozen meals (not to be confused with plain frozen fruits, vegetables or whole grains) are empty of any real nutritional value, and are high in refined grains and simple sugars. Further, they often contain preservatives and additives, making them no match for a home-cooked meal.

While some companies have introduced some very healthy frozen meals, as a nation, we are clearly cooking less. In fact, according to recent data, only half of us cook the majority of the time. Cooking six nights a week doesn't mean making grand meals that take hours to prepare. On the contrary, heated frozen rice can be paired with black beans and lightly steamed broccoli for a nutritious meal that takes less than ten minutes to prepare. Broiling a piece of wild salmon will take only 25 minutes and can be paired with a simple salad of greens and olive oil. Easy "convenience" foods that take minutes to throw together into a meal include tofu cubes, chicken strips prepared ahead of time, lightly steamed frozen vegetables, bean-based pastas, frozen wild fish and even eggs (who says they can only be eaten for breakfast?) The point is, if you do it yourself, you take the control away from the food manufacturer and put it back in your own kitchen!

6. Water, coffee and tea should dominate your drink options.

The drink aisles are larger than ever, with hundreds of options to choose from – but are all these options really necessary? What about the simplest option that comes straight from the tap? Are we so completely bored with the basics of water, coffee and tea that the drink aisle is now a must-stop aisle during our grocery trip? While chugging an electrolyte replacement drink or diet cola every once in a while won't kill you, there are a **few drinks that you may want to ban from your cart**. For example, several studies have linked energy drinks to insomnia, nervousness, and negative behaviors such as smoking and excess screen time. Additionally, drinks loaded with sugar are directed linked to obesity in children and increase the risk for diabetes. In fact, a 2013 study found that drinking just one 12-ounce sugary drink increased the **risk of diabetes by 22 percent**.

The Ideal Grocery List for Weight Loss and Good Health

Produce & Whole Foods

Fruits – Apples, oranges, bananas, strawberries, cantaloupe, watermelon, cherries, grapes, blueberries, avocado, raspberries, nectarines, peaches, apricots, tomatoes, pineapple, honeydew melon...

Vegetables – Onions, mushrooms, carrots, peppers, zucchini, broccoli, celery, asparagus, beets, cauliflower, spinach, cabbage, squash, cucumbers, romaine lettuce, kale, brussels sprouts, radish...

Beans and grains – black, pinto, kidney, navy, and/or garbanzo. These are easy to toss into the slow cooker or crock pot with a little salt and pepper; buy large bulk bags for the cheapest and lowest sodium options.

Nuts – Almonds, walnuts, cashews, etc

Whole, unprocessed grains

- Quinoa
- Whole wheat pasta
- Steel cut oats
- Couscous
- Brown Rice

Meat

- Chicken Breast
- Pork Chops
- Fish & Seafood (salmon, halibut, cod, etc.)

Dairy

- Low fat milk
- Eggs
- Plain yogurt – This can also be used as sour cream. Pick up some honey to sweeten it if you can't stand the thought of eating plain yogurt.
- Cottage cheese
- Butter – no imitations or zero calorie sprays, you'll just end up hungrier and pumping your body full of chemicals
- Cheese – as little processed as possible; avoid cheese "products", imitation cheeses, or anything that's insanely low calorie as it's probably nutritionally null and void, at best.

Other, miscellaneous

- Canned tomatoes
- Nut butters

- Whole wheat flour – try making your own bread and tortillas, if you can't live without "toast", bread sandwiches or traditional burritos and quesadillas.
- Whole grain bread - look at the ingredients & go for the most simple, least processed options possible
- Crackers & chips - we love both of these but have to be careful because we devour them - so we buy them sparingly and use them as a sort of treat. Just like with bread, go for the least processed version possible - fortunately the food industry has started to come around and now offers lots of simple ingredient options.
- Dark chocolate - Again, look for simple ingredients. High amounts of cocoa and no weird ingredients.

WHAT TO AVOID AT THE GROCERY STORE

Any food or food product posing as a health food with a laundry list of ingredients that is loaded with sugars, artificial sugars, preservatives, sodium and more; always read both the nutrition information and the ingredients if you're buying something that comes in a package.

The usual suspects are: meal replacement shakes & meals/health/energy/protein/nutrition bars, veggie burgers, low fat or low calorie meals in the frozen section, cereals, canned soups, bread products, juices, "skinny" versions of things, etc.

IT'S ALL ABOUT MODERATION; EAT WELL, MOST OF THE TIME

Healthy eating doesn't have to taste strict or severe. There are a ton of wonderful recipes & meals that you can make out of the ingredients above. It also won't kill you to occasionally treat yourself to a dinner out, a bowl of ice cream, or pancakes slathered in syrup. Just aim to eat well the majority of the time.

Healthy grocery shopping also doesn't have to break the bank, as many sometimes suggest. Shop in season, and shop around, in order to find your healthy favorites at a reasonable price.

Sources :

Kristin Kirkpatrick, MS, RD, LD, is the manager of Wellness Nutrition Services at the Cleveland Clinic Wellness Institute. The Huffington Post recently named Kristin “one of 25 diet and nutrition expert.

Kirkpatrick’s career began in Washington, D.C., lobbying for Medical Nutrition Therapy reform, and from there she went on to become the Regional Coordinator of the National Heart, Lung and Blood Institute’s Hearts N Parks program in Maryland.

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