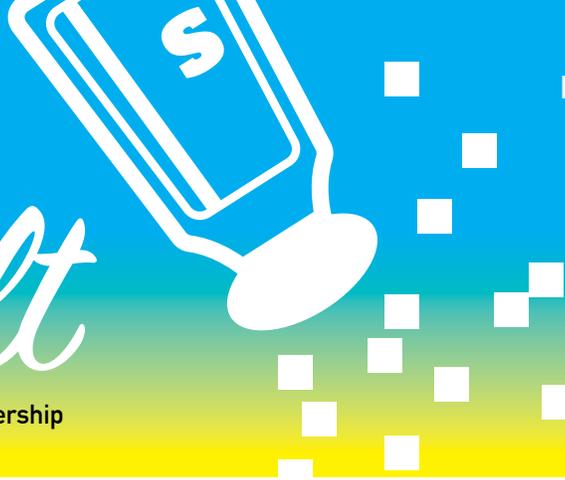


Hold the Salt

Healthy Eating, Healthy Weight
Workplace Challenge



An initiative of Human Resources in partnership with the Workplace Wellness Committee

Week 1: Hold the Salt

Although your body needs a small amount of sodium to function properly, consuming too much sodium can negatively affect your health. Diets that are high in sodium are associated with an increased risk of developing high blood pressure, which may lead to a stroke and heart disease. This week's challenge is to reduce your sodium (salt) intake.

WHAT CAN YOU DO TO REDUCE YOUR SODIUM INTAKE?

The recommended daily intake of sodium for adults between the ages of 51 to 70 is 1300 mg and the maximum is 2300 mg (Health Canada). One of the simplest ways to reduce your sodium intake is by reading the nutrition facts table and the nutrient content claims found in products and purchasing healthier options.

Nutrition Facts Table

The nutrition facts table includes information on the serving size, calories and nutrients including the percent daily value (%DV) of core nutrients.

Read the nutrition facts table to determine the amount of sodium found in products. Use the % DV as a guide to make healthier choices. For instance, products with 5% DV or less of sodium per serving have little sodium and 15% DV or more per serving have a lot of sodium. Health Canada recommends selecting products with no more than 15% DV per serving.

| Nutrition Facts | |
|---|-----------------------|
| Valeur nutritive | |
| Per 1 cup (250 mL) pour 1 tasse (250 mL) | |
| Calories 110 | % Daily Value* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 26 g | |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 22 g | 22 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium 0 mg | 0 % |
| Potassium 450 mg | 10 % |
| Calcium 30 mg | 2 % |
| Iron / Fer 0 mg | 0 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Image source:
Canada Food Inspection Agency

Do not forget to check the serving size when comparing products. The serving size represents the quantity of the product that was used to calculate the numbers found on the nutrition facts table.

Nutrient Content Claims

Many food products include nutrient content claims. This information can also help you identify healthier choices. Health Canada sets the rules that must be met before a nutrition claim can be made on a product label or advertisement.

| What it says | What it means |
|---|---|
| Salt/Sodium Free | Less than 5 mg of sodium per serving. |
| Low sodium | 140 mg of sodium or less per serving. |
| Reduced sodium | At least 25% less sodium than the product which it is being compared to. |
| Lightly salted | At least 50% less sodium than the product which it is being compared to. |
| No added sodium or without added sodium | Product contains no added salt, other sodium salts or ingredients that contain sodium that are used as a substitute for added salt. |

DID YOU KNOW...?

According to Health Canada

- Almost 80% of our sodium intake comes from eating packaged and prepared foods.
- On average, Canadians eat about 2760 mg of sodium per day (almost 2 times the amount needed).
- About 1 in 4 Canadians over the age of 20 lives with diagnosed high blood pressure. Approximately 30% of these cases are due to high sodium intake.



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ADDITIONAL TIPS FOR REDUCING YOUR SODIUM INTAKE

Seventy-seven percent of the sodium we consume comes from processed foods like pizza, deli meats, sauces and soups. In addition to reading the nutrition facts table and checking the nutrition claims of products, you can lower your sodium intake by:

1. Using fresh meats, fruits and vegetables when preparing meals and snacks.
2. Limiting the use of canned, processed and frozen foods as well as packaged sauces, mixes and “instant” products. For example, a 1/2 cup of a store bought pasta sauce contains 480 mg of sodium (21% DV).
3. Limiting the amount of salt you add to foods when cooking, baking, or at the dinner table. Use no-salt seasoning blends, herbs and spices to add flavor to your food. For example, choose garlic powder over garlic salt.
4. Rinsing canned foods such as beans, peas, lentils to wash away some of the sodium.
5. Choosing light or reduced sodium condiments, adding oil and vinegar to salads rather than bottled dressings, and using only a small amount of seasoning from flavouring packets (e.g. Taco Mix).
6. Checking the nutritional information of restaurant menus and selecting dishes that are lower in sodium.
7. Asking for sauce, salad dressing and gravy on the side when eating out, as well as requesting for your meal to be cooked without salt.

By making healthier choices at the grocery store, at home or when eating out, you can lower the amount of sodium you consume and therefore lower your risk of developing high blood pressure and other chronic diseases linked to high sodium intake.

HEALTHY RECIPE

The link below provides a healthy recipe for a low sodium dinner:

<https://www.foodnetwork.ca/recipe/grilled-chicken-with-roasted-kale/18027/>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week’s Healthy Eating, Healthy Weight Workplace Challenge is “Paint your Plate with Fruits and Vegetables”.

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

Paint your Plate with Fruits and Vegetables



An initiative of Human Resources in partnership
with the Workplace Wellness Committee

Week 2: Paint your Plate with Fruits and Vegetables

Vegetables and fruits have important nutrients such as fibre, vitamins and minerals. A diet rich in vegetables and fruits can help you:

- Keep the digestive system healthy and reduce the absorption of carcinogens by lining the colon.
- Reach and maintain a healthy weight.
- Protect against certain cancers and other diseases.
- Feel energized throughout your day.
- Prevent cataracts and macular degeneration.
- Reduce high blood pressure and maintain it at a healthy level.

This week's challenge is to increase your fruit and vegetable intake.



Picture Source: <https://food-guide.canada.ca/en/>

HOW MANY FRUITS AND VEGETABLES SHOULD I CONSUME EACH DAY?

Canada's Food Guide recommends including plenty of vegetables and fruits in your meals and snacks. The guidelines stipulate that vegetables and fruits should take up half of your dinner plate, and that you should choose whole or cut vegetables and fruits instead of juice. It is recommended that you vary your fruit and vegetable choices as they differ in nutrient content.

QUICK TIPS FOR INCREASING YOUR FRUIT AND VEGETABLE INTAKE

- Vegetables and fruits come in many forms such as fresh, frozen and canned. Buy a variety so that you always have a supply on hand.
- Keep a bowl of whole fruit on the table, countertop or in the refrigerator so that you can easily get one when you are hungry.
- Slice vegetables/fruits as soon as you purchase them for a quick snack.
- Buy packaged ready-to-eat vegetables and fruits to cut down on meal preparation time or when on the go.
- Look for opportunities to add more fruits and vegetables to your favourite meals.

| Meal | Examples of ways to add more fruits and vegetables to your meals |
|-----------|---|
| Breakfast | <ul style="list-style-type: none">• Top your cereal with bananas or peaches.• Add blueberries to pancakes.• Drink 100% orange or grapefruit juice.• Mix fresh fruit with plain fat-free or low-fat yogurt.• Make fruit smoothies by blending different types of fruit with yogurt and 100% fruit juice. |

Continued on next page



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| Meal | Examples of ways to add more fruits and vegetables to your meals |
|--------|---|
| Lunch | <ul style="list-style-type: none"> • Add a variety of vegetables to your sandwich such as cucumbers, tomatoes, lettuce or avocado. • Have a piece of fruit or raw vegetable sticks as a side instead of chips. • Eat a bowl of vegetable soup (compare nutrition facts and select the product with the lowest amount of sodium, or better yet, make the soup from scratch). |
| Dinner | <ul style="list-style-type: none"> • Add colourful vegetables such as red cabbage, carrots, and peppers to green salads. • Top salads with dried cranberries or other dried berries or fruits. • Add a side of steamed, boiled or grilled vegetables to your main dish. • Add chopped vegetables like onions, garlic and celery when cooking soup, stew, beans, rice, spaghetti sauce and other sauces. |

SELECTING AND PREPARING HEALTHY FRUITS AND VEGETABLES

- Frozen fruits and vegetables are also a healthy option. Make sure that they do not contain added sugars, seasoning, breading or sauces.
- When buying canned vegetables, select those with little to no added sodium and rinse them to lower the sodium content. Use the nutrition facts table to help you find healthier options.
- When buying canned fruit or dried fruit, select those with little to no added sugars. Use the nutrition facts table to help you find healthier options.
- When preparing vegetables, try healthier cooking methods such as baking, roasting, steaming and stir-frying. To enhance flavor, add olive oil, lemon juice, flavoured vinegar and fresh or dried herbs and spices.

HEALTHY RECIPE

The links below connect you to healthy recipes containing vegetables and fruits:

<https://www.foodnetwork.com/recipes/alton-brown/garden-vegetable-soup-recipe-1915670>

<http://www.eatingwell.com/recipe/268777/healthy-blueberry-muffins/>

DID YOU KNOW...?

Paint your plate everyday with colourful fruits and vegetables for better health.

The colour of fruits and vegetables is caused by phytochemicals. The darker the colour of the fruit and vegetable, the more phytochemicals it has. If you are only eating one colour of fruits and vegetables, you are missing important nutrients and phytochemicals.

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week's Healthy Eating, Healthy Weight Workplace Challenge is "Rethink your Drink".

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

Rethink your Drink

An initiative of Human Resources in partnership
with the Workplace Wellness Committee



Healthy Eating, Healthy Weight
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Week 3: Rethink your Drink

When people think of healthy nutrition, many focus on the foods that they eat without paying attention to the beverages they consume. Some beverages should be limited or avoided in order to achieve and maintain a healthy weight and to reduce the risk of developing chronic diseases such as type 2 diabetes. This week's challenge is to make healthier drink choices.

HEALTHIER DRINK CHOICES

- Water (the healthiest choice).
- Unsweetened decaffeinated coffee and/or tea.
- White milk (unsweetened lower fat milk) or milk alternatives such as unsweetened soy, coconut or almond beverage.
- Juice labelled as 100% juice. Avoid juice labelled as "no sugar added" as it still contains a high amount of sugar.

DRINKS TO LIMIT/AVOID

Many drinks contain too much sodium, sugar, caffeine and saturated fat. These should be limited or avoided. The following are some examples:

- Diet or low-calorie beverages.
- Sugary drinks such as soda, sports beverages and energy drinks.
- Alcoholic drinks. Follow Canada's Low-Risk Alcohol Drinking Guidelines (<https://www.rethinkyourdrinking.ca/>).
- Juice beverages such as fruit punch, fruit drink, fruit cocktail and fruit flavoured beverages.
- Caffeinated drinks such as tea, coffee and some energy drinks and sodas.
- Specialty teas and coffees made with higher fat dairy as well as hot chocolate.



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REPLACING SUGARY DRINKS WITH WATER

Canada's Food Guide recommends replacing sugary drinks with water in order to reduce the amount of sugar we drink. Beverages with added sugar increase your risk of developing obesity, type 2 diabetes, heart disease and cavities.

High-calorie sweeteners go by many different names in the list of ingredients. Limit or avoid any beverages that contain ingredients such as high-fructose corn syrup, fructose, honey, sugar, syrup, corn syrup, sucrose and dextrose as these are high calorie sweeteners.

Make water your drink of choice by following these tips:

- Drink water with your meals at home or at a restaurant.
- Carry a reusable water bottle when you are out.
- Keep a pitcher of water in the fridge or on your counter for easy access.
- Infuse water with herbs and fruits for added flavour. For example blackberries and mint, raspberries and cucumber, pear slices and a drop of vanilla extract.
- Drink carbonated water if you like having some fizz in your drink.

DID YOU KNOW?

Adults 19 years old or older should not consume more than 400 mg of caffeine per day.

- A brewed coffee (250 ml) has 80 to 179 mg of caffeine
- Tea: black - leaf or bag (250 ml) has 43 to 50 mg of caffeine.
- Tea: green, oolong or white - leaf or bag (250 ml) has 25 to 45 mg of caffeine.
- Diet soda (1 can) has 25-50 mg of caffeine.
- Energy drink (250 ml) has 80 - 97 mg of caffeine.

[Source - www.unlockfood.ca]

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TIPS FOR SELECTING HEALTHIER OPTIONS AT THE COFFEE SHOP

Coffee and other drinks can have a lot of added sugar and saturated fat. At the coffee shop:

- Order your usual drink one size smaller.
- If you typically order coffee with 2 creams and 2 sugars, replace cream with milk or cut down to 1 cream and 1 sugar or no sugar, or try your coffee black.
- Request your drink to be made with fat-free or low-fat milk or unsweetened soy/almond beverage instead of whole milk or cream.
- Opt out of topping your beverage with whipped cream.
- Do not add flavoured syrups such as vanilla, caramel or hazelnut to your coffee.

RETHINK YOUR DRINK....

- One medium slush drink (600 ml) has the same amount of sugar as 4 ice-cream sandwiches.
- One regular iced tea (600 ml) has the same amount of sugar as 3 pieces of cherry pie.
- One cup of fruit punch (250 ml) has the same amount of sugar as 8 chocolate chip cookies.
- One regular soft drink (591 ml) has the same amount of sugar as 20 chocolate chip cookies.
- One energy drink (473 ml) or large iced coffee has the same amount of sugar as 5 1/2 doughnuts.

(Source: www.ckphu.com)

HEALTHY RECIPE:

The link below outlines simple ways to add flavour to your water:

<https://www.wechu.org/school-resources/rethink-your-drink>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week's Healthy Eating, Healthy Weight Workplace Challenge is "Fill up on Fibre".

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

Fill up on Fibre

Healthy Eating, Healthy Weight
Workplace Challenge

An initiative of Human Resources in partnership
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Week 4: Fill up on Fibre

Fibre is an important carbohydrate found in plant foods. There are two types of fibre, soluble and insoluble fibre, each with its own health benefits. Soluble fibre helps you manage your glucose levels and lowers your cholesterol levels. Insoluble fibre, on the other hand, helps to keep you regular. Fibre can also aid in weight loss/management as it makes you feel fuller longer. Fibre is found in fruits, vegetables, legumes, nuts, seeds, and whole grains.

This week's challenge is to introduce more fibre-rich foods into your diet.

WHAT IS THE RECOMMENDED DAILY AMOUNT OF FIBRE?

According to Health Canada, most Canadians only get half of the recommended daily amount of fibre per day. For adults, the recommended daily amount of fibre is 21 to 38 grams.

To get the health benefits of fibre, it is recommended that you slowly increase the amount of fibre in your diet. Exercising and staying hydrated is key to avoiding gas and bloating as you add more fibre into your diet.

| Age | Women | Men |
|---------------------------|-----------------------|-----------------------|
| 19 to 50 years of age | 25 g of fibre per day | 38 g of fibre per day |
| 51 years of age and older | 21 g of fibre per day | 30 g of fibre per day |

Source: Dietitians of Canada

HOW CAN YOU GET MORE FIBRE IN YOUR DIET?

At the grocery store, read the nutrition facts table to select products that have higher fibre content. The nutrition facts table includes information on the serving size, calories and nutrients, including the percent daily value (%DV) of core nutrients. Read the nutrition facts table to determine the amount of fibre found in products. Use the % DV as a guide to make healthier choices. For instance, products with 5% DV or less of fibre per serving have little fibre and 15% DV or more per serving have a lot of fibre. Select those products with a higher %DV.

Also, look at the nutrition claims that some manufacturers include. A "source of fibre" claim indicates that the product has at least 2 grams of fibre per serving. A "high source of fibre" claim means that the product has at least 4 grams of fibre per serving, and a "very high source of fibre" claim indicates that the product has at least 6 grams of fibre per serving.

| Nutrition Facts | |
|--|------------------------------|
| Valeur nutritive | |
| Per 1 cup (250 mL) pour 1 tasse (250 mL) | |
| Calories 110 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 26 g | |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 22 g | 22 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium 0 mg | 0 % |
| Potassium 450 mg | 10 % |
| Calcium 30 mg | 2 % |
| Iron / Fer 0 mg | 0 % |
| *5% or less is a little, 15% or more is a lot | |
| *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |

Image source: Canada Food Inspection Agency



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Consider making the following changes to add more fibre-rich foods into your meals and snacks:

Fruits and Vegetables:

- Instead of drinking fruit juice or vegetable juice, opt for eating whole fruits and vegetables.
- Do not peel fruits and vegetables as the peel often contains fibre. Just be sure to wash thoroughly before eating.
- Add fresh or frozen fruit to cereal or yogurt in the morning.
- Add dried fruit to yogurt, salads, and homemade muffins.
- Add vegetables to your favourite meals.

Grains:

- Choose whole grain breads with at least 2 grams of fibre per slice.
- Start your day with high fibre cereal (4 grams or more of fibre per serving).
- Use whole grain pasta and brown rice.
- Look for whole grains that have at least 2 to 4 grams of fibre per serving (check the nutrition facts table for this information).
- Crush bran cereal and add it to pancakes, cookies, breads and muffins.

Legumes:

- Add beans, lentils, and chickpeas to salads, chili, soups, and casseroles.
- Hummus is rich on fibre. Use it as a dip for your favourite vegetables or as a spread in sandwiches.
- Add soybeans to soups, stir-fry dishes and casseroles.

Nuts and Seeds:

- Add ground flaxseed to your cereal or oatmeal in the morning.
- Make your own high fibre trail mix by combining almonds, sunflower seeds and pine nuts.
- Add hazelnuts or dried coconut when baking muffins.

What Do 2 Grams of Fibre Look Like?

Below are examples of fibre-rich foods that have at least 2 grams of fibre.

| | |
|-----------------------|--|
| Fruits | 1 medium apple with skin, 1 medium banana, 1 medium nectarine, 1/4 cup of dried apricots, raisins, figs or prunes, 1/2 cup of raspberries |
| Vegetables | 1 medium artichoke, 1/2 cup of broccoli, 1 medium sweet potato with skin, 1/2 cup of cooked carrots, 1/2 cup of cooked spinach |
| Grains | 1/2 cup of cooked barley, 30 g of bran cereal, 3/4 cup of cooked oatmeal, 1 slice of whole wheat bread, 1/2 cup of whole wheat pasta |
| Legumes | 3/4 cup of black beans, 3/4 cup of chickpeas, 1/4 cup of hummus, 3/4 cup of peas, 3/4 cup of kidney beans |
| Nuts and seeds | 1/4 cup of almonds, 1/2 cup of fresh or dried coconut, 1/4 cup of hazelnuts, 1/4 cup of macadamia nuts, 2 tablespoons of peanut butter, 1/4 cup of pine nuts |

Source: www.unlockfood.ca

HEALTHY RECIPE:

For fibre-rich meal and snack ideas, visit the UnlockFood.ca website: <http://www.unlockfood.ca/en/Articles/Fibre/Fill-up-on-Fibre-Meal-and-Snack-ideas.aspx>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week's Healthy Eating, Healthy Weight Workplace Challenge is "Be Sugar Smart".

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

Be Sugar Smart

Healthy Eating, Healthy Weight
Workplace Challenge

An initiative of Human Resources in partnership
with the Workplace Wellness Committee



Week 5: Be Sugar Smart

Sugar is a type of carbohydrate that breaks down in the body to become a source of energy (glucose). There are two types of sugars: naturally occurring and added. Naturally occurring sugars are found in fruit, vegetables, and milk. Added sugars are used in many foods during processing or preparation to enhance taste, texture, and colour. A diet that is particularly high in sugar (as well as sodium and saturated fat) increases your risk of developing chronic diseases as well as cavities. This week's challenge is to reduce your added sugar intake.

WHAT FOODS TYPICALLY HAVE A HIGH SUGAR CONTENT?

According to Health Canada, sugary drinks are the top sources of sugar in the diets of Canadians. This includes soft drinks, sports drinks, energy drinks, flavoured milks, 100% fruit juice, fruit-flavoured drinks and other sweetened hot or cold beverages.

A high content of sugar is also found in many breakfast cereals, candy, chocolate bars, jams, jellies, preserves, dairy desserts and sweet baked goods, including some granola bars.

| Beverage | Calories | Sugar |
|----------------------------|----------|----------------|
| Energy drink (16 oz) | 200 | 13.5 teaspoons |
| Orange juice (15.2 oz) | 210 | 10.5 teaspoons |
| Soda (12 oz) | 140 | 9.8 teaspoons |
| Sports drink (20 oz) | 130 | 8.5 teaspoons |
| Vitamin water (20 oz) | 125 | 8 teaspoons |
| Chocolate milk (8.5 oz) | 170 | 6.5 teaspoons |
| Small double-double coffee | 140 | 4 teaspoons |

Health Canada recommends a healthy eating pattern where most sugars come from fruit, vegetables and unsweetened dairy products such as plain milk or yogurt.

WHAT CAN YOU DO TO PURCHASE PRODUCTS THAT HAVE A LOWER SUGAR CONTENT?

At the grocery store, you can find healthier food options by reading the nutrition facts table, the list of ingredients and nutrient claims found in product packaging.

Nutrition Facts Table

Sugars are listed under carbohydrates in the nutrition facts table. The sugar content is shown both in grams and in the percent daily value (%DV).

When reading the information, keep in mind that the % DV for the amount of total sugars is based on 100 grams. Products with 5% DV or less have little sugar content and products with 15% DV or more have a lot of sugar content.

List of Ingredients

Sugar-based ingredients are grouped, and listed in parenthesis after "sugar" in descending order by weight. Sugars added to food can include agave syrup, honey, maple syrup, corn syrup, barley malt, nectar, fruit juice and fruit puree concentrates.

Words ending in "ose" are usually sugars, such as fructose, glucose, maltose, sucrose, dextrose (Health Canada).

| Nutrition Facts | |
|---|-----------------------|
| Valeur nutritive | |
| Per 1 cup (250 mL) pour 1 tasse (250 mL) | |
| Calories 110 | % Daily Value* |
| <i>% valeur quotidienne*</i> | |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 26 g | |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 22 g | 22 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium 0 mg | 0 % |
| Potassium 450 mg | 10 % |
| Calcium 30 mg | 2 % |
| Iron / Fer 0 mg | 0 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Image source: Canada Food Inspection Agency



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Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg

Image source: <https://www.canada.ca/en/health-canada>

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Nutrition Claims

Read the nutrition claims to help you identify the products with lower amounts of added sugar.

| Nutrition claim | What it means |
|---------------------------|--|
| Sugar free or sugarless | The specific amount of food has less than 0.5 grams of sugar or less than 5 calories. |
| No added sugar | No additional sugar was added during processing. In some cases, natural sugars may still be present. |
| Reduced or lower in sugar | Compared to a similar product, the product must have 25% less sugar per serving. |
| Unsweetened | The food has no added sugars or artificial sweeteners. |

Source: www.unlockfood.ca

NATURAL SUBSTITUTES FOR SUGAR

There are many natural substitutes for sugar:

- Stevia (Your healthiest option, as it is 100% natural, contains zero calories and has no known adverse health effects. It has been shown to lower blood sugar and blood pressure levels).
- Yacon Sugar (Extracted from the roots of the yacon plant).
- Coconut Sugar (It contains a small amount of fiber and nutrients; therefore, coconut sugar is slightly better than regular sugar. However, it is still high in fructose and should be consumed in moderation).
- Honey (Contains antioxidants and small amounts of vitamins and minerals. While honey may offer some health benefits, it should be consumed in moderation).
- Maple Syrup (Contains some minerals and over 24 different antioxidants. It is slightly better than regular sugar, but should be consumed in moderation).
- Molasses (Contains nutrients that support bone and heart health and may help regulate blood sugar levels. Molasses is still high in sugar therefore should be consumed sparingly).
- Xylitol (Found in many fruits and vegetables. It is widely used in sugar-free gum and some candy).
- Erythritol (Derived from corn or wheat. It has almost the same sweetness as sugar but only 6% of the calories).

TIPS FOR REDUCING SUGAR WHEN BAKING AND COOKING

- Reduce the amount of sugar a recipe calls for. In most recipes, you can reduce up to 1/3 of the sugar without a noticeable difference in taste.
- Add fruit such as raisins, dried apricots, dates or bananas to recipes instead of sugar.
- Use vanilla, almond, maple, orange or lemon extracts.
- Add flavour with spices such as cinnamon, nutmeg, cloves and ginger.
- If a recipe calls for canned fruit, look for those that are packed in water.
- If a recipe calls for jams and jellies, look for unsweetened or low-sugar options.
- Instead of sugar, glaze cookies with unsweetened jams mixed with water.
- Replace sugar with one of the natural substitutes.

HEALTHY RECIPE

Try the following lower sugar recipe:

<http://www.unlockfood.ca/en/Recipes/Snacks/Soft-Oatmeal-Raisin-Delights.aspx>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week's Healthy Eating, Healthy Weight Workplace Challenge is "Select Healthy Options when Eating Out".

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

www.uwindsor.ca/healthyeating

Visit the website for a listing of the sources consulted to write this publication

Select Healthy Options when *Eating Out*

Healthy Eating, Healthy Weight
Workplace Challenge



An initiative of Human Resources in partnership
with the Workplace Wellness Committee

Week 6: Select Healthy Options when Eating Out

Canada's Food Guide encourages Canadians to cook more often as it can support healthy eating habits. Eating out should be a treat rather than a regular occurrence as the saturated fat, sodium, sugar and calories found in many foods and beverages in restaurants can add up quickly, increasing your risk of developing chronic diseases including obesity. This week's challenge is to make healthier choices when eating out.

TIPS FOR MANAGING YOUR PORTIONS

Portion sizes at restaurants tend to be larger than what we typically eat at home. To manage your portion size:

- Have a light snack before going out to prevent overeating.
- Avoid "all you can eat" menu options and buffet-style restaurants as these options make it easier to overindulge.
- Ask for half-portion meal size or share your meal with someone.
- As soon as you get your meal, ask for a take-out container and pack up part of the meal for the following day.
- Order a salad and appetizer as your main entrée.
- When ordering dessert, share it with others or pack up part of it to take home.
- Resist the temptation to "super-size" your meal or order meal combinations.

TIPS FOR SELECTING HEALTHIER FOOD OPTIONS

Plan ahead when determining where to eat, review online menus and select a restaurant that offers healthier options. You can also:

- Select dishes that are baked, grilled, broiled, or poached as these are cooked with less fat.
- Ask for the sauce and dressing on the side.
- Select dishes that include whole grains such as quinoa, barley, oats and brown rice.
- Ask for whole wheat bread and pasta, including whole wheat pizza crust.
- Look for opportunities to add extra vegetables to your dish. For example, ask for vegetables as your side rather than a starch, or replace fries with a salad or fruit slices.
- Make water your drink of choice instead of sweetened beverages.
- If you drink alcohol, limit how much you drink. According to the low-risk drinking guidelines, drink no more than two standard drinks per drinking occasion.
- Select broth-based instead of cream-based soups.
- Ask for your coffee beverages to be made with lower-fat milk or unsweetened almond or fortified soy beverage. Skip whipped cream toppings.
- Choose reduced-fat salad dressings or select oil and vinegar.
- Order hamburgers and sandwiches without cheese and bacon.
- Choose leaner deli meats such as chicken, turkey or roast beef but be mindful of the sodium content.
- Order low fat frozen yogurt, sorbet or sherbet for dessert.



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HEALTHY MENU SWAPS

Next time you are eating out, make some easy swaps to make healthier choices:

| Instead of | Select |
|---|---|
| Bacon, sausage, fatty and salty meats | Skinless chicken, fish and lean meat |
| White bread, rice and pasta | Whole grain bread, rice and pasta |
| Cream-based or cheese soups | Broth-based soups with vegetables |
| Deep fried, pan fried, extra crispy, creamed, stuffed | Grilled, sautéed, roasted, steamed, baked, poached |
| French fries | Plain baked potatoe or side salad |
| Sour cream | Plain Greek yogurt |
| Salty sauces such as soy or teriyaki | Light sauces flavoured with herbs, spices ,vinegar and wine |
| Cookies, ice cream, cake or pie | Fresh fruit and fruit based desserts |
| Soda, sweet tea, sugary cocktails | Water, 100% juice, diet soda, seltzer, spritzers |
| Alfredo or cheese sauce | Tomato sauce |
| Butter | Olive oil |
| Flour tortilla | Corn tortilla |

Adapted from: <https://www.heart.org> and www.unlockfood.ca

HEALTHIER MENU SWAPS AT A FAST FOOD RESTAURANT

You can enjoy your favourite fast food meal while reducing the number of calories and total fat consumed by selecting smaller portions and making other menu swaps.

| Meal | Total Calories | Total Fat (grams) |
|---|----------------|-------------------|
| Double hamburger patty with cheese, large fries, large soft drink | 1300 | 48 |
| Single hamburger patty with cheese, medium fries, medium soft drink | 850 | 28 |
| Single hamburger patty, no cheese, small fries, small soft drink | 630 | 19 |
| Single hamburger patty, no cheese, side salad with balsamic dressing, water | 380 | 16 |

Source: www.mcdonalds.com/ca

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week's Healthy Eating, Healthy Weight Workplace Challenge is "Limit Junk Food Snacking".

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

Limit Junk Food Snacking

Healthy Eating, Healthy Weight
Workplace Challenge



An initiative of Human Resources in partnership
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Week 7: Limit Junk Food Snacking

“Junk food” is a term used to describe food and drinks that are low in nutrients and high in saturated fat, sugar, sodium and empty calories. Snacks are part of healthy eating habits but consuming snacks that are high in fat, sugar and sodium on a regular basis can increase the risk of developing chronic diseases such as obesity, cardiovascular disease and type 2 diabetes. This week’s challenge is to limit junk food snacking.

Snacks are an important part of healthy eating. Healthy snacks can:

- Keep you energized
- Help support good health
- Provide nutrients
- Help you satisfy your hunger between meals

Health Canada recommends that you select healthy snacks, eat snacks mindfully and plan ahead to ensure that you have healthy snacks readily available at home, work and when on the go.

Choose Healthy Snack Foods

- Eat vegetables, fruits, whole grain foods and protein foods as snacks.
- Limit eating processed snacks which are high in saturated fat and have added sugar and sodium.

Eat Snacks Mindfully

- Eat your snacks slowly and without distractions such as watching TV, reading or working as you will likely eat more when distracted.
- Select small portions.
- Do not eat directly from a large container.
- Eat snacks only when you are hungry and not when you feel tired or bored.

Plan Ahead

- Look for healthy snack options when grocery shopping. Read and compare nutrition facts tables and purchase a variety of fruits and vegetables as healthier snack options.

Select snacks that have little to no added sodium, sugar or saturated fats

Sodium

A high intake of sodium can lead to higher blood pressure, which may increase your risk of developing heart disease. Health Canada recommends limiting your daily amount of sodium intake to 1300mg.

Sugars

Indulging in foods and drinks with added sugars has been linked to an increased risk of obesity and type 2 diabetes. The Heart & Stroke Foundation recommends you consume no more than 10% of your total calories per day from added sugars (for an average 2,000 calories per day diet, 10% is equivalent to 48g of added sugars).

Saturated Fats

Replacing foods that are high in saturated and trans fats with unsaturated fats will help reduce the risk of developing heart disease. Unsaturated fats include nuts and seeds, fatty fish (such as salmon and trout), vegetable oils (such as olive, corn, canola, and sunflower), and avocados. Health Canada recommends that you use the nutrition facts table to select products with the lowest amounts of trans and saturated fat.



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HEALTHY SNACK IDEAS

- 1 medium fresh fruit such as a banana, pear, apple or orange.
- 1/4 cup of unsalted nuts.
- 2 cups of plain popcorn mixed with 1/4 cup of soy nuts.
- Homemade trail mix: combine 30 grams of unsweetened whole grain cereal, 1 tablespoon of raisins and 1 tablespoon of unsalted nuts.
- Nuts, pumpkin and sunflower seeds.
- Single-serve unsweetened applesauce with 1 tablespoon of unsalted slivered almonds.
- 1 cup of raw vegetables such as carrots, peppers, celery sticks and cherry tomatoes with hummus or guacamole dip.
- 1 slice of whole grain bread with 1 tablespoon of peanut butter.
- Low fat, no sugar added small muffin or granola bar.
- 1 cup of yogurt with fresh or frozen berries.
- 3 rye crackers with 50 grams of cheese.
- 30 grams of high fibre cereal with 1/2 cup of skim milk.
- Stalk of celery filled with low fat cottage cheese.
- Melba toast with tuna (water packed).
- Hard-boiled egg.
- Homemade potato chips: thinly slice potatoes, add a small amount of salt and pepper or seasonings you enjoy, and bake in the oven at 400 °F for 12-15 minutes. Use other vegetables to make chips, such as kale, beetroot, zucchini and sweet potato.
- Dark chocolate rather than milk chocolate.
- Homemade popcorn: buy your own kernels, add a small amount of oil into a hot pan, place the kernels in and let them pop.
- Homemade ice cream: freeze bananas and then use a blender to create an ice cream-like consistency. To make it even tastier, add chocolate protein powder or peanut butter.
- If you are craving a milkshake, make your own smoothie. To create a creamy consistency, add some plain yogurt.
- Have fruits readily available in your fridge.

BE AWARE OF FOOD MARKETING:

Food marketing is advertising that promotes the sale and consumption of certain foods. Some of the snacks that are marketed are high in sodium, sugar or saturated fat. Food marketing takes on many forms, such as: branding, sponsorship of events, contests and sales promotions, social media posts, celebrity endorsements, commercials, and product placement. It is designed to create food trends, encourage you to buy certain foods or drinks in order to get promotional items such as loyalty points. When making food purchases, do not rely on food marketing; make sure to read the nutrition facts table to determine if the product is a healthy option.

FOR SOME HEALTHY FOOD RECIPES AND ADDITIONAL TIPS:

View the Eat Well Plate: Healthy Snacks - <https://www.canada.ca/en/health-canada/services/video/food-nutrition/eat-well-plate-healthy-snacks.html>

Snack recipes: <http://www.unlockfood.ca/en/Recipes/Snacks.aspx>

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/quick-easy-hummus.html>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week's Healthy Eating, Healthy Weight Workplace Challenge is "Plan Ahead".

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

Plan Ahead

Healthy Eating, Healthy Weight
Workplace Challenge



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Week 8: Plan Ahead

Thinking ahead about your meals and snacks can help you make healthier choices, save time when grocery shopping, get meals ready faster and reduce food waste. This week's challenge is to plan your meals ahead to enable you to enjoy healthy home-cooked meals and snacks in no time.

MEAL PLANNING

Meal planning is thinking ahead about what you will prepare for meals and snacks and getting organized. The time taken up front to plan can help you:

- **Make healthier choices when preparing meals and snacks.** It helps you to think about the different types of foods that you will be consuming during the week and ensuring that you have a variety of healthy food options available in order to get the nutrients needed for optimal health.
- **Save time.** Meal planning can help you make the trip to the grocery store more efficient and/or reduce the last minute shopping spree. It can also be helpful in planning for large batch cooking and alternate dishes to make with leftovers.
- **Save money.** By having a grocery list and sticking to it, you will be less likely to make spontaneous purchases of foods that you do not need, which may go to waste if unused.

Pantry Staples

- eggs
- ready-to-eat salad
- frozen vegetables such as peas, broccoli, kale, peppers and green beans
- tomato sauce (reduced sodium)
- whole grain pizza dough or corn tortillas
- canned beans and lentils (no salt added)
- plain Greek yogurt
- nut butter such as peanut butter
- chicken or vegetable broth (no salt added)
- all-purpose flour
- onions (white and red)
- garlic
- ginger
- Dijon mustard
- vinegar: rice, cider and/or balsamic
- extra virgin olive oil or canola oil
- butter/margarine
- soy sauce (sodium reduced)
- spices and herbs: curry powder, ground cumin, ground cinnamon, cayenne pepper, chili powder, Italian herbs, oregano, mint, basil, onion powder, garlic powder, hot pepper flakes

Source: <https://www.heartandstroke.ca>



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TIPS FOR THE GROCERY STORE

Planning your meals and snacks for the week before going grocery shopping can help you ensure that you have all the ingredients needed at home to prepare healthy meals and snacks.

- Write down your meal and snack ideas for the week.
- Take stock of what you have in your fridge, freezer and pantry.
- Identify items that you will need to buy and prepare a grocery list.
- Read the nutrition facts table and select the healthiest options (those that are high in fibre, low in saturated fat, sugar and sodium) and buy plenty of fresh fruits and vegetables.
- Keep your kitchen stocked with healthy ingredients such as
 - soup broth to add flavor to your meals
 - bagged leafy greens to make an easy salad
 - herbs and spices to add flavour
 - pre-cut vegetables to use for snacks and stir-fries
 - canned tuna or salmon to add to salads or sandwiches
 - frozen or canned vegetables to make a quick side dish
 - canned chickpeas and lentils to toss into soups, salads or main dishes
- Ask the butcher to trim your meat, fish or poultry to your specifications. For example butterfly chicken breasts to cut the cooking time in half.
- Check the cooking time when you buy rice, noodles and other grains. Look for small or thin whole grain noodles such as spaghetti or macaroni rather than rotini or linguine which take longer to cook. Select parboiled brown rice rather than brown rice.
- Buy pre-cut or spiraled vegetables to save time.

TIPS TO SAVE COOKING TIME

Some days of the week are busier than others. To reduce the meal preparation time:

- Do some additional preparation work when you can. For example, fill containers with cut vegetables, such as celery, broccoli, mushrooms and peppers to use for stir-fries or salads during your busy nights.
- Cook once and eat twice. For example, cook a double portion of rice for your stir-fry and use the extra to make rice pilaf another day. Cook twice the amount of chicken, ground beef or turkey that you need for a particular meal and use the extra to make enchiladas, chili or spaghetti sauce.
- Become a big batch cook. Batch cooking simply means making meals and snacks in bigger batches and freezing them in smaller portions for convenient weekday meals. This can save you time and money. Healthy homemade options that are ideal for batch cooking include chili, soups, stews, casseroles, pasta dishes, and spaghetti sauce.
- Use time-saving tools. Try a mini chopper to quickly dice up garlic and onions, a hand blender to make quick and easy soups and sauces, a slow cooker to cook food while you are busy during the day, and a pressure cooker to reduce cooking times and make meals faster.

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. This concludes the 8 week Healthy Eating, Healthy Weight Workplace Challenge. Don't forget to submit your challenge log sheet for a chance to win prizes.

For more information go to www.uwindsor.ca/healthyeating