

### Managing Your WEIGHT



- Increased body weight puts you at risk for diabetes and heart disease
- Discuss weight loss and weight gain prevention goals with your dietitian
- Achievable weight loss varies among people; changing **what** you eat also matters



# Eat balanced meals at regular times

Eat 3 meals everyday and include healthy snacks

Include a variety of healthy foods:

- Have plenty of vegetables & fruits
- Choose whole grain foods more often
- Eat protein foods
- Make water your drink of choice



# Be mindful of portion sizes

Use smaller plates, cups and bowls to manage how you eat

Protein foods and grains should not fill more than half of your plate



#### Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights) WAYS TO MANAGE YOUR WEIGHT



Make healthier choices when eating away from home

Choose smaller meals or share with a friend

Order foods that have been steamed, baked, broiled, grilled or roasted



### Limit highly processed foods

Prepare meals and snacks using ingredients with little salt, sugars or saturated fat

Choose foods with healthy fats (e.g. olive oil, canola oil) instead of saturated fat



# Eat and drink less added sugar

Eat less of these foods / drinks:

- Table sugar, brown sugar, honey
- Candy and products containing sucrose, fructose or high-fructose corn syrup
- Regular pop, fruit beverages and juices





### **Controlling Your BLOOD SUGARS**



- The higher your blood sugar, the higher your risk for heart disease
- Changing what you eat can improve your blood sugars even if you don't lose weight
- Discuss your target blood sugar range with your healthcare team



#### Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights)



## Eat balanced meals at regular times

Eat 3 meals everyday and include healthy snacks

Include a variety of healthy foods:

- Have plenty of vegetables & fruits
- Choose whole grain foods more often
- Eat protein foods
- Make water your drink of choice



# Eat high fibre /whole grain foods more often

Fill half of your plate with vegetables and fruits

Whole grain foods include quinoa, brown and wild rice, whole grain pasta

Legumes (e.g. dried beans, peas and lentils) are high in fibre

WAYS TO MANAGE YOUR BLOOD SUGAR



# Try carbohydrate counting

Consult your dietitian to determine if this is right for you



# Eat and drink less added sugar

Eat less of these foods / drinks:

- Table sugar, brown sugar, honey
- Candy and products containing sucrose, fructose or high-fructose corn syrup
- Regular pop, fruit beverages and juices





### **Lowering Your BLOOD PRESSURE**



- The higher your blood pressure, the higher your risk for heart disease.
- Changing what you eat can improve your blood pressure even if you don't lose weight
- Discuss your target blood pressure with your healthcare team



#### Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights)



#### Consume more dairy

Aim for 2-3 servings per day of low-fat dairy products.

E.g. 1 cup of milk or soy milk or 34 cup of yogurt



## Eat more nuts, seeds, legumes

Consume ¼ cup to ½ cup of nuts, seeds or legumes (beans, lentils, chickpeas, split peas) several times per week WAYS TO MANAGE YOUR BLOOD PRESSURE



### Eat more whole grains

Whole grain foods include quinoa, brown and wild rice, whole grain pasta



### Eat less sodium

Read food labels to limit foods which are higher in sodium.

Eat less of these foods:

- Processed meats and fast food
- Canned soups, "instant" foods, flavoured rice/pasta dishes
- Condiments and gravies



### Eat more vegetables and fruits

Aim for 3 servings of fruit and 4 servings of vegetables each day

A serving of fruit is one hand-fruit such as an apple, orange or pear or ½ cup of fruit

A serving of vegetables is ½ cup cooked or raw vegetables or 1 cup of salad





### **Increasing Your HDL Cholesterol**



- HDL cholesterol is the healthy cholesterol in your blood
- The higher your HDL level, the lower your risk for heart disease
- Discuss your target HDL cholesterol with your healthcare team



#### Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights)



Eat more foods high in monounsaturated and omega-3 fats

#### Eat more of:

- Fish, seafood, ground flax
- Canola and olive oils
- Nuts, seeds, soy foods



If you choose to drink, have alcohol in moderation

Have up to 1-2 alcoholic drinks/day

A drink is 5oz (150 mL wine)

WAYS TO INCREASE YOUR HDL LEVELS



Eat more plant protein

#### Eat more of:

- Tofu, soy milk
- Beans, lentils, chickpeas, split peas



Seek support to quit smoking



### Eat more vegetables and fruits

Aim for 3 servings of fruit and 4 servings of vegetables each day

A serving of fruit is one hand-fruit such as an apple, orange or pear or ½ cup of fruit

A serving of vegetables is ½ cup cooked or raw vegetables or 1 cup of salad





### Lowering Your LDL Cholesterol



- LDL cholesterol is the bad cholesterol in your blood
- High levels increase plaque build up in your blood vessels, increasing risk for heart disease
- Changing what you eat can improve your LDL cholesterol even if you don't lose weight
- Discuss your target LDL cholesterol with your healthcare team



Eat more foods high in monounsaturated and omega-3 fats

#### Eat more of:

- Fish, seafood, ground flax
- Canola and olive oils
- Nuts, seeds, soy foods



### Eat more vegetables and fruits

Aim for 3 servings of fruit and 4 servings of vegetables each day

A serving of fruit is one hand-fruit such as an apple, orange or pear or  $\frac{1}{2}$  cup of fruit

A serving of vegetables is ½ cup cooked or raw vegetables or 1 cup of salad



#### Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights) WAYS TO LOWER YOUR LDL LEVELS



### Eat more plant protein

#### Eat more of:

- Tofu, soy milk
- Beans, lentils, chickpeas, split peas



Try plant sterolenriched foods

Some margarines and yogurts



Eat fewer foods high in saturated fats

#### Eat less of:

 High-fat meats, high-fat dairy products, processed meats, poultry skin, lard, butter, chocolate, palm oil, coconut oil



Eat more soluble or viscous fibre sources

In addition to eating more vegetables and fruit and more plant protein, eat more of:

- Cereal with psyllium
- Barley, oats





### Lowering Your TRIGLYCERIDES



- Triglycerides come from food and your body and can increase your risk of heart disease
- Changing what you eat can improve your triglycerides even if you don't lose weight
- Discuss your target triglyceride range with your healthcare team



## Eat balanced meals at regular times

Eat 3 meals everyday and include healthy snacks

Include a variety of healthy foods:

- Have plenty of vegetables & fruits
- Choose whole grain foods more often
- Eat protein foods
- Make water your drink of choice



#### Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights)



# Eat fewer foods high in saturated fats

Eat less of the foods below:

• E.g. high-fat meats, high-fat dairy products, processed meats, poultry skin, lard, butter, chocolate, palm oil, coconut oil

WAYS TO LOWER YOUR TG LEVELS



# Have more omega-3 fat (EPA/DHA)

E.g. salmon, trout, herring, sardines, mackerel

Fish oil supplements may be used under a doctor's care



# Eat and drink less added sugar

Eat less of these foods / drinks:

- Table sugar, brown sugar, honey
- Candy and products containing sucrose, fructose or high-fructose corn syrup
- Regular pop, fruit beverages and juices



### Decrease or avoid alcohol

Maximum 2 drinks per day for men and 1 drink per day for women

