

Easy Ways to Eating Healthier for a Healthy Immune System

Superfoods

Water

Fibre in Your Diet


Your Immune System

- While there is no single food or natural remedy that has been clinically proven to prevent COVID-19 infections, that doesn't mean there aren't some that can help.
- In fact, there are many foods that are already known to strengthen the immune system and fight disease.
- A number of these are currently being studied for their ability to reduce the incidence and severity of COVID-19 infections.



Your Immune System

- ▶ Plant-based foods, including fruits, vegetables, whole grains, beans, nuts, and seeds, have been shown to reduce the risk of the very chronic diseases that are so closely associated with poor COVID-19 outcomes.



The World Health Organization Emphasizes the Importance of:

- Drinking an abundance of water to stay hydrated
- Switching to healthier fat sources,
- Eating out less,
- Eating more fresh and unprocessed foods



What is a Superfood?

- Nutritional powerhouse foods are loaded with nutrients crucial to a healthy, long life
- Easy to find in every local supermarket
- Contain high concentrations of crucial nutrients (nutrient-dense foods), as well as the fact that many of them are low in calories
- Foods containing these nutrients have been proven to help prevent and, in some cases, reverse the well-known effects of aging, including cardiovascular disease, Type II Diabetes, hypertension and certain cancers.

SuperFoods are Whole Foods

- Whole foods are those that are unprocessed or are minimally processed in such a way that none of their nutritional characteristics have been intentionally modified.
- Whole foods are complex. They contain hundreds of unidentified compounds and nutrients.
- Just as the nutrients in a particular food team up to work better, nutrients from a wide range of foods also work together to promote good health.

Superfoods (only a few)

- Apples
- Avocado
- Beans
- Beets
- Blueberries
- Cantaloupe
- Carrots
- Cranberries
- Eggplant
- Extra Virgin Olive Oil
- Grapes
- Green Tea
- Kidney Beans
- Lentils
- Nuts
- Oats
- Onions
- Peaches
- Peas
- Salmon
- Sweet Potatoes
- Tomatoes
- Turkey, skinless
- Whole Grain Breads

Is There Such a Thing as Healthy Fats?

- Fats are an important part of the diet, but not all fats have the same effects on health.
- While good fats can actually lower cholesterol levels, boost brain function and support a feeling of fullness, filling up on unhealthy fats can contribute to chronic disease and weight gain.
- A good rule of thumb is to steer clear of highly-processed fats that are pumped full of additives and unhealthy ingredients.
- Refined vegetable oils, processed meats and snack foods like chips, crackers and baked goods are generally high in disease-causing, artery-clogging **trans fats** that should be avoided at all costs.



Healthy Fats

- The key for finding healthy fats to eat is to look for ingredients that are unprocessed and naturally high in fats.
- Avocados, full-fat dairy, olive oil and fatty fish are just a few foods with healthy fats that can help benefit your health.



Healthy Fats for Your Body

- Not all fats are created equal, but the ones on this healthy fats list pack a lot of punch.
- From lowering bad cholesterol and helping shed excess weight to giving you shiny hair and strong nails, your body will reap the benefits of these healthy fats.





Healthy Fats

- Avocado
- Butter & Ghee
- Coconut Oil
- Extra-Virgin Olive Oil
- Fatty Fish- salmon, sardines, mackerel & anchovies
- Nuts and Seeds
- Eggs
- Grass-fed, Organic Beef
- Full-Fat Dairy
- Dark Chocolate

The Typical Western Diet

The standard Western diet is filled with these kinds of unhealthy foods:

- Fast food (burgers, fries, chicken nuggets, milkshakes, etc.)
- Ultra-processed foods (potato chips, cookies, packaged baked goods, frozen dinners, etc.)
- Meat, especially processed meats (cold cuts, sausage, hot dogs, etc.)
- Dairy products (milk, ice cream, cheese, etc.)
- Sugar-sweetened beverages (soda, energy drinks, etc.)
- Alcohol, especially when consumed in excess




Do You Drink Enough Water?



Water & the Human Body

- ▶ The human body is anywhere from 55% to 78% water depending on body size. 2/3 of the body consists of water, and it is the main component of the human body.
- ▶ Did you know that your tissues and organs are mainly made up of water? Here is the %:
 - ▶ Muscle consists of 75% water
 - ▶ Brain consists of 90% of water
 - ▶ Bone consists of 22% of water
 - ▶ Blood consists of 83% water



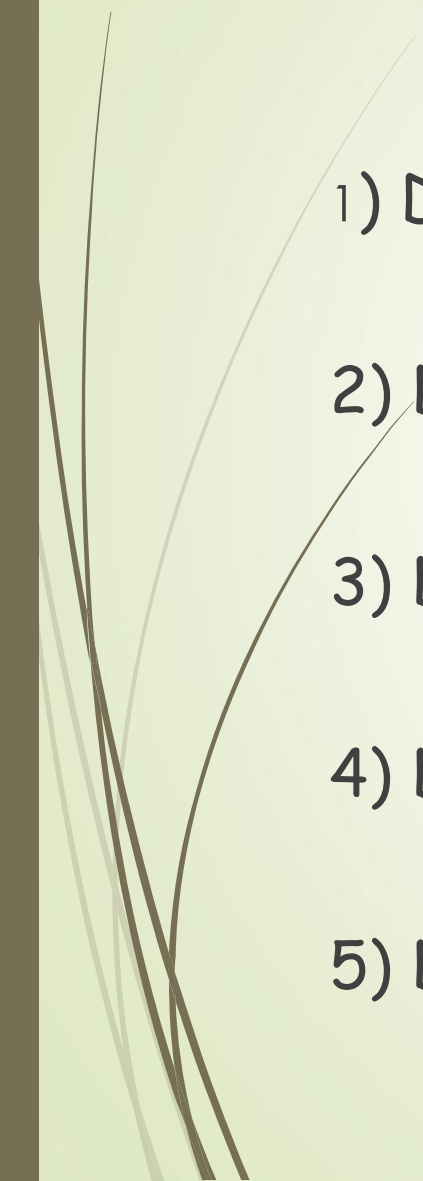
The Functions of Water in Human Body are Vital


Water:

- Transports nutrients and oxygen into cells
- Moisturizes the air in lungs
- Helps with metabolism
- Protects our vital organ
- Helps our organs to absorb nutrients better
- Regulates body temperature
- Detoxifies
- Protects and moisturizes our joints




Other Health Benefits to Drinking Water

- 1) Drinking Water Keeps You Young
 - 2) Drinking Water Helps You Lose Weight
 - 3) Drinking Water Helps You Build Muscle
 - 4) Drinking Water Makes You Smarter
 - 5) Drinking Water Is Good for Your Joints
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Drinking Water Keeps You Young

- ▶ Great for your skin
 - ▶ Keeps your skin moisturized and reduces the appearance of fine lines and wrinkles
 - ▶ If you don't drink enough water, your body will try to retain it in order to conserve resources.
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Drinking Water Helps You Lose Weight

- Water suppresses your appetite
 - Drinking plenty of water also prevents fluid retention
 - Drinking water also helps your body burn stored fat
 - If you're not drinking enough water, your liver will be forced to help your kidneys detoxify your body
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Drinking Water Helps You Build Muscle

- Drinking water helps make your muscles stronger
 - Water carries oxygen to the cells of your body, including those of your muscles
 - Drinking plenty of water enables your muscles to work harder and longer before they feel tired, and this can help you build muscle
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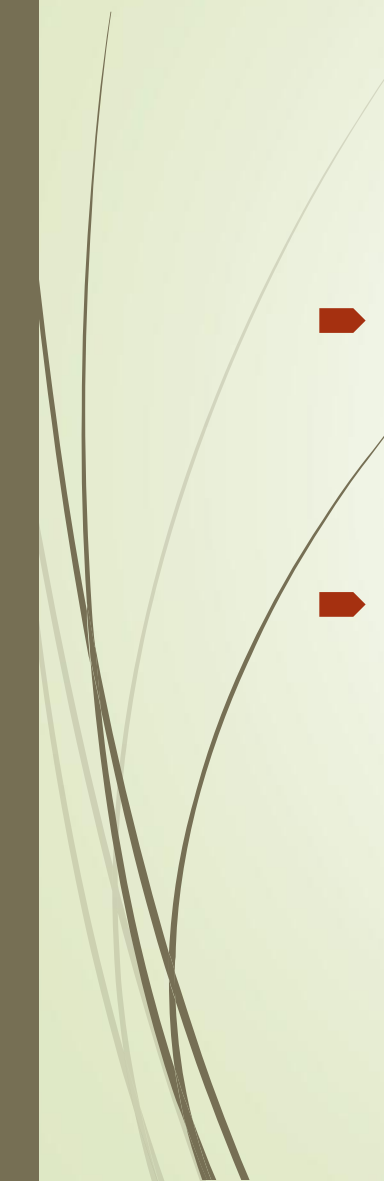


Drinking Water Makes You Smarter

- ▶ Increases your cognitive function. Your brain needs a lot of water in order to function at optimum levels
- ▶ Can improve your levels of cognitive performance by as much as 30%!
- ▶ Supports nerve function



Drinking Water Is Good for Your Joints

- ▶ Drinking water helps keep your joints strong, healthy and lubricated
 - ▶ Your joints need moisture in order to remain strong and flexible, so that your movements are smooth and pain free
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Important!

- Every cell in your body needs water from head to toe.
- That is why it is so important to drink enough fluid.
- Take for example, the brain consists of 90% of water, if you do not supply enough water to your body, your brain cannot function well, and you will get headache or migraine.
- Next time you feel fatigue and headache, consider that it may be a sign of dehydration.



The Harmful Effects Result from Dehydration:

- Tiredness
- Migraine
- Constipation
- Muscle cramps
- Irregular blood pressure
- Kidney problems
- Dry skin
- 20% dehydrated - Risk of death

Symptoms of Dehydration

- **Dark Urine - Dark Yellow or Orange in Colour:** Urine is generally pale yellow to clear when you have sufficient water intake. Dark colour or strong smell indicates that you need to drink more water.
- **Dry Skin:** Skin is the largest body organ and requires its share of water.
- **Thirst:** Thirst is the most obvious sign that you're already dehydrated.
- **Hunger:** Most people mistake hunger for the indication to eat more, whereas in actual fact, they may be dehydrated.
- **Fatigue:** Water is a source of energy and gives you a boost in energy



How Much Water Should You Drink Every Day?

Rule of thumb is 8- 8oz glasses per day

or:

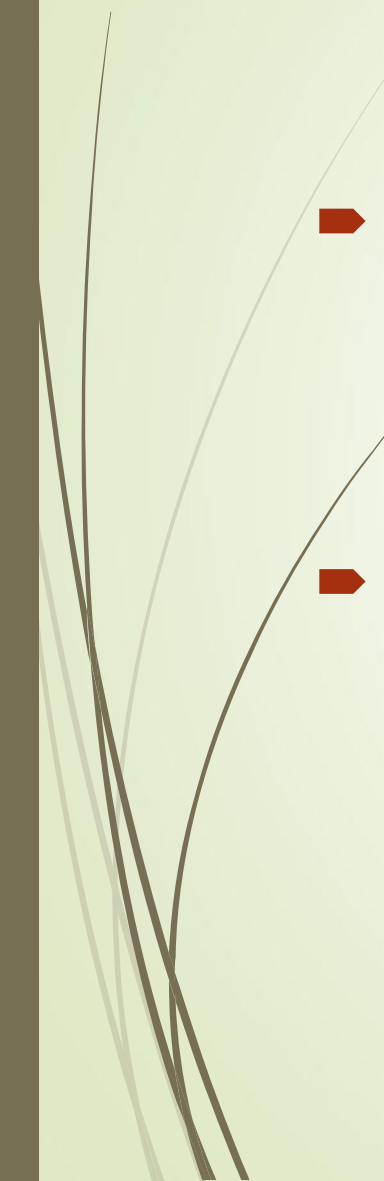
You weigh 160 pounds.

$160 \div 2 = 80$ (amount of water to drink in
ounce per day)

Answer: Drink 80 ounce of water per day.



What is the Function of Fibre?

- The main function of fibre is to keep the digestive system healthy and functioning properly.
 - Fibre aids and speeds up the excretion of waste and toxins from the body, preventing them from sitting in the intestine or bowel for too long, which could cause a build-up and lead to several diseases.
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Fibre

- Most Canadians get approximately 14 grams of fibre per day vs. the recommended daily amount of 20 grams to 35 grams of fibre.
- A few small adjustments ensure you get all the health benefits fibre has to offer.
- Fibre packs a powerful health punch, including weight maintenance.




How Can Fibre Help You?

- Fibre provides bulk and can also hold extra water. This action helps prevent constipation, hemorrhoids and diverticular disease and may be protective against bowel cancer.
- A high fibre diet is also associated with a lower risk of heart disease.
- Foods high in fibre are digested more slowly and this slows the rise in blood glucose after eating, which is useful for people with diabetes.




Where Do You Find Fibre?

- Fibre is only found in foods that come from plants. Foods such as meat, fish and dairy products don't contain fibre.
- Since fibre is found in plant-based foods such as fruits, vegetables and grains, chances are you're eating some fibre. Unfortunately, you're probably not getting enough.



Types of Fibre

- ▶ There are two different types of fibre - **soluble** and **insoluble**.
 - ▶ Each type of fibre helps your body in different ways, so a normal, healthy diet should include both types.
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Soluble Fibre

- ▶ **Soluble fibre** dissolves in water and is believed to help lower cholesterol and regulate blood sugar.
- ▶ **Sources of soluble fibre**
Soluble fibre-rich foods include fruits, vegetables, lentils, peas, beans, oats, barley, oatmeal, potatoes, dried fruit, soya milk and soya products.



Insoluble Fibre

- **Insoluble fibre** (also known as roughage or bulk) doesn't dissolve in water and can help relieve constipation and maintain a healthy digestive system.
- It is found in bran, wholegrain flour and breads, brown rice, whole grain cereals, vegetables, edible peels of fruit, nuts and seeds.



If you need to increase your fibre intake, it's important that you do so gradually.

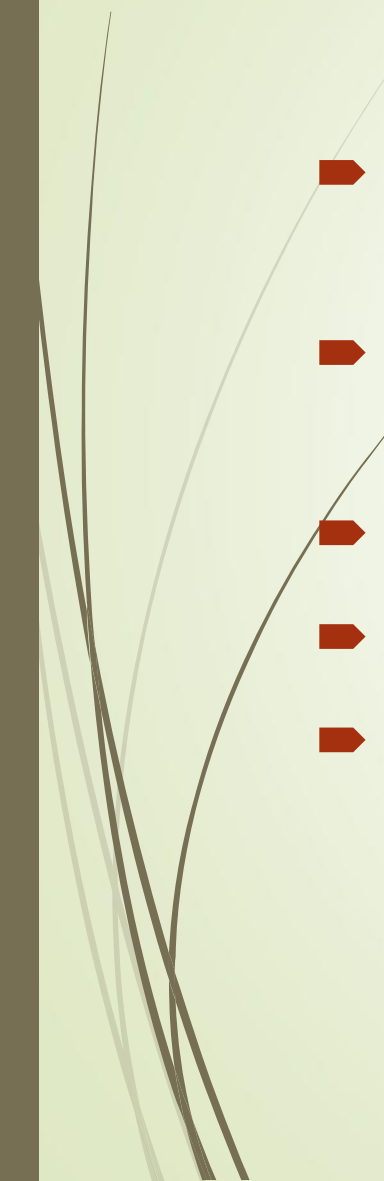
A sudden increase may make you produce gas, leave you feeling bloated and cause stomach cramps.


Ways to Increase Fibre

- Start the day with oatmeal, high fibre cereals or wholegrain bread.
- Eat more fruit and dried fruit.
- Eat potatoes with their skins intact.
- Include chickpeas or lentils to salads, stews and curries.
- Try to eat more raw fruit and vegetables.



Ways to Increase Fibre

- Add seeds and nuts to salads or eat as a snack.
 - Switch to brown rice, brown bread and wholegrain pasta.
 - Buy foods containing whole grains.
 - Add barley to homemade soups.
 - Remember to also increase your water intake.
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Can Eating Fibre-Rich Foods Help You Lose Weight?

- Foods that are rich in fibre are generally low in fat and calories and do not make you put on weight.
- Fibre slows down digestion, making you feel satisfied and full up for longer. This will stop you from snacking on unhealthy foods, which do make you put on weight.
- Fibre-rich foods are often bulky and fill you up quicker as well, which prevents you from overeating. This type of food also slows down the rate at which you eat, giving your brain time to register that your stomach is full with food.

Some High Fibre Foods

Apples (with skin)	5 grams
Avocado (1 medium)	11.8 grams
Beans	
▶ Kidney Beans (1 cup)	11.6 grams
▶ Black Beans (1 cup)	13.9 grams
Blueberries (1 cup)	4.2 grams
Broccoli (1 cup)	4.5 grams
Bran Cereal (1 cup)	19.9 grams
Oats (1 cup)	12.0 grams
Whole Wheat Pasta (1 cup)	6.3 grams
Peas (1cup)	8.8 grams
Squash (1 cup)	6.2 grams

Foods That Are Low in Fibre

- Eating a diet that does not contain enough fibre can lead to bowel irregularities and stomach discomforts.
- Foods that do not contain any or contain very little fibre include refined cereals and white bread, meat and animal products, dairy produce and fast foods.

Psyllium Fibre

- ➔ Psyllium is a soluble fiber
- ➔ Can be found in any Health Food store.
- ➔ Comes in capsule form, but the best way to take it is in its most natural form.



Psyllium Fibre

Beneficial for:

- Constipation
 - Diabetes
 - Diarrhea
 - Heart Disease
 - High Blood Pressure
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Constipation

- Many well designed studies have shown that psyllium relieves constipation.
- When combined with water, it swells and produces more bulk, which stimulates the intestines to contract and helps speed the passage of stool through the digestive tract.
- Psyllium is widely used as a laxative in Asia, Europe, and North America.




Diabetes

- Studies suggest that a high fibre diet may help lower insulin and blood sugar levels and improve cholesterol levels in people with diabetes.
- It may also reduce the chance of developing diabetes in those who are at risk.



Diarrhea

- Psyllium can also be used to help relieve mild-to-moderate diarrhea.
 - It soaks up a significant amount of water in the digestive tract, making stool firmer and slower to pass.
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Heart Disease

- Adding high fiber foods (such as psyllium enriched cereals) to your diet may help lower heart disease risk.
- In fact, studies show that a diet high in water soluble fiber is associated with lower triglyceride levels, and a lower risk of cardiovascular disease.



High Blood Pressure

- ▶ Although studies are not entirely conclusive, adding fibre (12 g of soluble fibre per day) to your diet, particularly psyllium, may help lower blood pressure.
- ▶ In one study, 6 months of supplementation with psyllium fibre significantly reduced both systolic and diastolic blood pressure in overweight people with hypertension.



High Cholesterol

- Soluble fibers -- such as those in psyllium husk, guar gum, flax seed, and oat bran -- can help lower cholesterol when added to a low fat, low cholesterol diet.
- Studies have shown psyllium can lower total as well as LDL ("bad") cholesterol levels, which may help reduce the risk of heart disease.

How Much Psyllium to Take

Adults

- Add 1/2 - 2 tsp. of psyllium seed to 1 cup (8 oz.) of warm water. Mix well, then drink immediately before it becomes too thick to swallow comfortably. Psyllium thickens rapidly when added to water
- If you are not used to taking psyllium, it is best to begin with a low dose (such as 1/2 tsp. in an 8 oz. glass of water once a day), then increase to 2 tsp. in 2, 8 oz. glasses of water per day, as needed.
- Your health care provider may recommend higher doses of psyllium to treat certain conditions. You can take psyllium first thing in the morning or before bedtime. As a weight loss aid, take it at least 30 minutes before meals.

Precautions:

- ▶ Psyllium supplements may reduce or delay the absorption of certain medications. As a rule, you should not take psyllium supplements at the same time as other medications. Take psyllium at least 1 hour before or 2 - 4 hours after taking other medications.
- ▶ You should always take psyllium with a full 8 oz. glass of water, and you should drink at least 6 - 8 full glasses of water throughout the day to avoid constipation.
- ▶ Taking psyllium supplements without adequate liquids may cause it to swell, and, in extreme cases, cause choking.



Next Steps

- Take one step at a time
 - A habit takes three weeks to develop
 - Enjoy the process- consider it an important step in self-care
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