

Chapter 1 : Cholesterol: What's diet got to do with it? - Harvard Health

But what does gardening have to do with nutrition?" has been the prevailing response from friends and family. In short, the answer to this question is, in fact, "Quite a lot!" The obvious connection between gardening and nutrition is the involvement of food.

I saw this talk and it got me thinking. What has this got to do with Sport Nutrition? There is a lot of pressure to buy this or that dietary supplement. Energy drinks are everywhere. I even saw a low calorie energy drink. An oxymoron or what? Anyway, sport nutrition and your everyday diet are the same thing. Diet and weight problems are probably some of reasons why many people start running in the first place. The shocking fact is that, in many parts of the world, people are killing themselves with food. You see advertised various herbal remedies, vitamins and minerals that may save you from a heart attack or reduce your risk of cancer by a couple of percent, but so what? There is a tendency to look for an easy way out by taking some pill or other while ignoring the problem entirely. Yet people choose to eat organic food because they think it is good for them. Back to the So forget your sport nutrition supplements and pills, special diets and the latest fad. The best thing you can do to improve your sport nutrition is to improve your overall nutrition. So if you do not make your own food from fresh ingredients, start doing it now. You never know, you might enjoy it. I have done this all of my life and never took any sport nutrition supplements right up until a few years ago. I wrote about it in this post. This is so much easier if you are preparing your own food. So by going back to basics and preparing your food from raw ingredients and weighing them so you know what you are eating you are able to make a qualified decision on what you actually need to eat. It might sound like a laborious task, but you will find it well worth while and simpler than you think. It surprised me how often I ate the same things in similar quantities. Just work out a few meals and see what you are eating each day for a few days, and perhaps anything special that you do regularly, and you will soon tune into what you need and get an idea of whether you are eating enough of the right foods. You spend a lot of time running and probably a lot of money on shoes and equipment. You might even spend a fortune on sport nutrition products that are doing you no good at all. After how often you run, what you are eating is the second biggest factor affecting your performance. If you want to run better you need to eat better. Half an hour extra preparing your food is not much to ask if you are willing to spend that much time running. It is probably why you started running. What else would you be doing that is going to give you years of healthy extra life?

What's nutrition got to do with it? Posted on March 10, by Rachel Wall " No Comments " If you're like most dental folks, you've had a patient that has experienced less than ideal results with perio therapy, a restoration, whitening, whatever it may be.

Barring any special needs, illness-related deficiencies, or instructions from your vet, your pet should be able to get all the nutrients he or she needs from high-quality commercial pet foods, which are specially formulated with these standards in mind. But dogs of different ages have different nutritional requirements. So, how much—or how little—should you be feeding your four-legged friend? Nutrients Your Dog Needs Nutrients are substances obtained from food and used by an animal as a source of energy and as part of the metabolic machinery necessary for maintenance and growth. There are the six essential classes of nutrients dogs need for optimum healthy living. A deficiency of water may have serious repercussions for pets. Proteins Proteins are the basic building blocks for cells, tissues, organs, enzymes, hormones and antibodies, and are essential for growth, maintenance, reproduction and repair. Proteins can be obtained from a number of sources including animal-based meats such as chicken, lamb, turkey, beef, fish and eggs which have complete amino acid profiles and in vegetables, cereals and soy but these are considered incomplete proteins. Do not give your pet raw eggs. Raw egg white contains avidin, an anti-vitamin that interferes with the metabolism of fats, glucose, amino acids and energy. Fats Fats are the most concentrated form of food energy, providing your pet with more than twice the energy of proteins or carbohydrates. Fats are essential in the structure of cells, needed for the production of some hormones, and are required for absorption and utilization of certain vitamins. Fats also provide insulation and protection for internal organs. A deficiency of essential fatty acids such as linoleic acid may result in reduced growth or increased skin problems. Carbohydrates Carbohydrates provide energy, play a vital role in the health of the intestine, and are important for reproduction. While there is no minimum carbohydrate requirement, there is a minimum glucose requirement necessary to supply energy to critical organs such as the brain. Fibers are kinds of carbohydrates that alter the bacterial population in the small intestine, which can help manage chronic diarrhea in dogs. For dogs to obtain the most benefit from fiber, the fiber source must be moderately fermentable. Moderately fermentable fibers—including beet pulp, which is commonly used in dog foods—are best to promote a healthy gut while avoiding the undesirable side effects of highly fermentable fibers, like flatulence and excess mucus. Other examples of moderately fermentable fibers include brans corn, rice and wheat and wheat middlings. Foods that are high in fiber are not good for dogs with high energy requirements, and who are young and growing. Vitamins Tiny amounts of vitamins are necessary in dogs for normal metabolic functioning. Most vitamins cannot be synthesized in the body, and therefore are essential to obtain in the diet. Please note that when feeding your dog a complete and balanced diet, it is unnecessary to give a vitamin supplement unless a specific vitamin deficiency is diagnosed by a veterinarian. Due to over supplementation, poisoning due to excess vitamins hypervitaminosis is more common these days than vitamin deficiency hypovitaminosis. Excess vitamin A may result in bone and joint pain, brittle bones and dry skin. Excess vitamin D may result in very dense bones, soft tissue calcification and kidney failure. Minerals Minerals are nutrients that cannot be synthesized by animals and must be provided in the diet. In general, minerals are most important as structural constituents of bones and teeth, for maintaining fluid balance and for their involvement in many metabolic reactions. If you find yourself in this situation, contact your veterinarian for product and feeding recommendations. This allows the mother dog to slowly dry up her milk supply and puppies need time to learn important behaviors from their mother and littermates, including how to interpret signs of dominance, inhibit their own biting habits and submit to more dominant dogs. Puppies generally begin eating puppy food around three to four weeks of age. How to Wean a Litter of Puppies Start by separating the mother from her litter for a few hours at a time. While separated, introduce the puppies to eating from a pan. The amount of food, the frequency and length of separation can gradually be increased. As the puppies become independent and self-confident, they can spend more and more time away from their mother until they are completely weaned. Caring for the Mother During the Weaning Process To

prevent the mother from overproducing milkâ€”which can lead to painful, engorged mammary glandsâ€”it is important to follow a feeding and separation schedule both for her and the puppies. Puppies often play with their food when it is first introduced, but they will quickly learn what to do with it! Start with small quantities, and gradually increase the amount of puppy food. By the time the pups are completely weaned at seven to eight weeks old, they should be eating their dry food consistently. Remember, the adult size of a dog is determined geneticallyâ€”not by how fast the animal grows. If they are allowed to overeat, puppies can consume too many calories, grow too rapidly and develop health problems. Small breeds often reach their adult body weight in nine to twelve months. As puppies, its okay to leave dry food out for small them to peck as they wish. But most medium-breed puppies and all large- or giant-breed pups can suffer from bone or joint problems if they eat too much during this stage and benefit most from controlled feeding. Feeding Your Adult Dog Adult dogs require sufficient nutrients to meet energy needs and to maintain and repair body tissues. The amount you feed your adult dog should be based on his or her size and energy output. Activity levels may vary dramatically between pets, and will play an important role in determining caloric intake. Expand to read more How Much to Feed Your Dog The amount you feed your adult dog should be based on his or her size and energy output. Outside factors, like the temperature, can contribute to how much your dog should eat. Feeding Your Dog as He Recovers from Surgery An animal recovering from surgery or suffering from a disease may have an increased nutritional requirement for repair, healing and fighting infection. The rest should come from a nutritionally compete dog food. When using treats as motivation, such as during training exercises, use the smallest pieces you can. Setting a Feeding Schedule We recommend all dogs be fed twice daily. Simply divide the amount of food your pet requires into two meals, spaced eight to twelve hours apart. These methods include portion-control, free-choice and timed feeding. This method is often used for weight control programs and for animals that might overeat if fed free-choice. Free-choice feeding allows food to be available to your pet at all times, as much as your pet wants, and whenever he or she wants it. This method is best when feeding dry food, which will not spoil when left out. Most nursing mothers are often free-choice fed, but some dogs will overeat when fed in this manner, resulting in obesity. Timed feeding involves making a portion of food available for your pet to eat for a specific period of time. After that time, if the pet has not consumed the food, it is removed. Feeding Your Senior Dog Dogs begin to show visible age-related changes at about seven to 12 years of age. There are metabolic, immunologic and body composition changes, too. Some of these may be unavoidable while others can be managed with diet. When feeding your older dog, the main objective should be to maintain health and optimum body weight, slow development of chronic disease and minimize diseases that may already be present. A good guideline to follow is: Small breeds and dogs weighing less than 20 poundsâ€”7 years of age Medium breeds and dogs weighing 21 to 50 poundsâ€”7 years of age Large breeds and dogs weighing 51 to 90 poundsâ€”6 years of age Giant breeds and dogs weighing 91 pounds or moreâ€”5 years of age Avoid "Senior" Diets That Have Reduced Levels of Protein Studies have shown that the protein requirement for older dogs does not decrease with age, and that protein levels do not contribute to the development or progression of renal kidney failure. It is important to feed older dogs diets that contain optimum levels of highly digestible protein to help maintain good muscle mass. Older dogs have been shown to progressively put on body fat in spite of consuming fewer calories. This change in body composition is inevitable and may be aggravated by either reduced energy expenditure or a change in metabolic rate. Either way, it is important to feed a diet with a lower caloric density to avoid weight gain, but with a normal protein level to help maintain muscle mass. Senior diets for dogs should contain FOS fructooligosaccharides to promote the growth of beneficial bacteria. Look For Foods with High Levels of Vitamin E and Beta-Carotene Antioxidants such as vitamin E and beta-carotene help eliminate free radical particles that can damage body tissues and cause signs of aging. Senior diets for dogs should contain higher levels of these antioxidant compounds. Antioxidants can also increase the effectiveness of the immune system in senior dogs. Maintain Consistency Routine care for geriatric pets should involve a consistent daily routine and periodic veterinary examinations to assess the presence or progress of chronic disease. Stressful situations and abrupt changes in daily routines should be avoided. Overweight Dogs One of the most common pitfalls dog parents should watch out for is overfeeding. Attempts to shower our dogs with love by means of big meals and lots of tasty

treats are sweet, but misguided. In dogs, as with humans, extra weight can lead to health problems. Be sure to indulge your four-legged friend with affection, not food! Expand to read more Causes of Obesity in Dogs Obesity is an extremely common problem in pets and, as with humans, it can be detrimental to the health of a dog. The overweight pet has many added stresses upon his body and is at an increased risk of diabetes, liver problems and joint pain. Obesity develops when energy intake exceeds energy requirements. This excess energy is then stored as fat. The majority of cases of obesity are related to simple overfeeding coupled with lack of exercise. Certain groups of dogs appear to be more prone to obesity than others. Specific breeds, such as Labrador retrievers and pugs, and older dogs are particularly susceptible. How to Tell if Your Pet is Overweight There are a few ways easy ways to identify whether your pet has put on the pounds. You should be able to feel the backbone and touch the ribs in an animal of healthy weight. Also, you should see a noticeable waist between the back of the rib cage and the hips when looking at your pet from above. Dogs who fail these simple tests may be overweight. Overweight animals consume more calories than they require. The diet should contain a normal level of a moderately fermentable fiber and fat to prevent the skin and coat from suffering during weight loss. Increasing physical activity can be valuable to both weight loss and weight maintenance. For example, you may be giving your pet too many treats or not giving her enough opportunities to exercise.

Chapter 3 : Sweet Corn: Does It Have Nutritional Value? - Diet DetectiveDiet Detective

A rudimentary look into the connection between nutrition, self-love and community as told by Coach KENYA. This book speaks to exactly what to do mind, spirit and body to care for yourself and how that care expresses itself in the community.

Maybe I have an advantage as a Dietitian? Seeing the diets of most people that have diabetes and obesity, not going there undermines our ability to serve them. People are just doing what every other person is doing because we become like our environment. I doubt the issues of mental health, chronic disease, pain and other will resolve on a large scale until we confront food quality, structures to support compliance and have a food policy that ends the free for all among BIG FOOD companies. There are enough neurotoxins, food dyes, preservatives, pro inflammatory junk, and hidden chemicals in the typical kids diet to alter brain function, in my view. Are clients engaged in the topic of nutrition and diet? My adjustments hold longer, also. I was eating pretty well being a dietitian back when I broke my back and hit my head. That tells me something about the food supply not cutting the mustard. I would have never believed it until I got on it over a year ago and have stayed on it, finally kicking the antidepressants and getting my blood pressure and weight under control. The vitamin D alone has helped me with positive mood etc. Feel better in 30 days or your money back. In a trigger point, there is a constant stimulation like a feedback loop between the spinal cord and the soft tissues that are being used. Waste products of metabolism build up. The alarm that something is not right is pain. I started taking minerals and other micronutrients that obviously help my body break the pain cycle. What kind will be discussed later. During the time of my fatigue and pain after massage or over using muscles, I was eating a whole food plant based diet, lean meat and good fats. Something was missing in my better than average diet. If you enjoyed this article please consider sharing it!

Chapter 4 : How to Become a Nutritionist: 15 Steps (with Pictures) - wikiHow

What's Diet Got To Do With It? Posted on June 25, by Larry Cleveland, RD, LD, LMT in Nutrition Pain Link.

Thank you so much for helping to make our program a big success. Your energy, spark, ability to relate, and personal-touch with very accurate references, left everyone empowered and feeling connected to something larger than You provided a personalized opportunity to explore change and productivity through a lens of well-being and humour. You are a big hit here at OE3; people are still talking about You were hilarious, brilliant, and moving on many levels. We hope you can join us again in the future for retreats or Fun, informative, and your customization for TD was a huge value add! I would like to thank you for the work you put into your keynote speech. I have sat on planning committees that have engaged speakers before and attended many conferences with keynotes. I have never experienced a speaker that does the Your humor, insight, leadership, and knowledge are true gifts and we were grateful beneficiaries on that day. The evaluations back have been superb, with you as the unquestioned highlight. I would love to have you Thank you so much for doing so much work on the front end and personalizing your work. We really enjoyed your presentation! We loved it and the participants are raving about it! It was the perfect way to end our day and I am so pleased that we were able to have you join us and inspire us. We will certainly recommend you to anyone who is looking for a You certainly did inspire, motivate and entertain the group. It has been a sincere pleasure working with you. Tackling generational differences can be a difficult topic. Meg handled it with ease. With her knowledge, delivery and interactive approach, Meg Having you as a keynote to end it was amazing. Thank you for your great, inspirational, funny and motivating performance. I had people tell me that your presentation alone was worth the cost of the conference. Thank you for getting us started with a bang! It truly set the tone for the conference and people are still talking about you! Everyone enjoyed your lighthearted, down to earth humor and also got some valuable messages to take home with them. I am still hearing people talk about how much they enjoyed the session. Thank you very much Meg Soper for leaving You were able to balance humor with new learning and a healthy dose of tolerance building. What an incredible way to end two great days! Kim Luther, Regional Director "It was an awesome day. You really brought everything to the stage! The feedback has been excellent It was great having everyone participate. It is hard for some in the crowd to be social and you succeeded in getting the group involved. She packs the room and consistently receives standing ovations in each of her sessions. She tailors her presentation to dental professionals and each year has been approved for CE Credits. Thank you so much for making our evening so fun. I was so impressed with how you worked in the material you were given. We received so many comments from people about how they enjoyed your presentation. It was a highlight and by far the best entertainment we have had at our Read More - Bayer Inc. I appreciated the time she spent with everyone and how she got to know people before the conference. Thank you Meg for bringing in some fun and fresh air into the event and our day to day lives! It was truly an honor having your present to the team! She was very professional, personable, friendly, approachable and motivational. She was extremely engaging the You were truly amazing and hilarious! The feedback has been great. I really appreciate the time you took to get to know our conference and audience so that you could tailor your messaging â€¦ your dedication showed. I hope we have the I had so many of the folks you had spoken with the night before come to me and tell me how much they enjoyed connecting with you. After your presentation, I was mobbed by individuals wanting to share their thoughts about how much they enjoyed you. Everyone simply loved it! There were so many moments of laughter, learning, inspiration, engagement, Everyone loved you and we want you back! Everyone was raving about you! You truly are the first person anyone can remember getting a standing ovation! That is really on you! Thank you for being so great to work Your presentation was outstanding. It was by far the best motivational experience we have had! You were absolutely the best! Words cannot express how we feel about your contributions to the Exelon-Baltimore Diversity and Inclusion Week. You shared your expertise and presented an amazing, unforgettable session on strategies to create a diverse and inclusive workplace! Read More - Baltimore Gas and Electric Company Vanessa Morris, Product Manager "Thank you very much for your most

amazing, inspiring, passionate, energetic, captivating and hilarious in a most wonderful way presentation! It is so evident that you put your heart and soul into your presentations - even the questions you asked beforehand are indicative of the commendable level

[Read More - Access Abilities Kristin Courtney Well](#) your ears must be buzzing as the saying goes, so many in our group have reached out to me saying "best seminar ever" and they all say how much they enjoyed your presentation. People are quoting you in the hallways and laughing. I have had multiple requests to have you back again. She brings an uncommon blend of humor, professionalism and energy to the platform that keeps the audience completely engaged.

[Read More - Health Canada](#) We have received such amazing feedback from your presentation â€¦ you were absolutely fabulous. I have hired a lot of comedians and professional speakers in my career and I would easily put you at the top of my list. We had a tremendous amount of positive feedback. You really set the tone for the rest of the day. Thank you for being such a great spirit and a fantastic entertainer! Meg does her homework well and tailored her session to our audience. She grasped and played upon the nuances of the profession and interwove her message of fun, passion and balance into an energetic presentation that came across as one that was unique and developed just for us. Meg as a keynote Meg proactively took the time to understand our organization and the objectives for the session and this resulted in a relevant, informative and exceptionally entertaining event. Meg is a highly

[Read More - The Law Society of Upper Canada](#) The audience was engaged, entertained and educated in such a way as to draw on all of our emotions from pensive reflection to uncontrollable laughter â€” yours is truly a remarkable and unique talent. Equally as amazing is the high level of energy that never lets up. You left a lasting impression There was standing room only because you were such a huge success. She entertained, inspired, made us think and certainly made us all laugh. She got people up out of their seats, engaging with peers and energized us all for the three day conference. Her perspectives and strategies are You came highly recommended and I can truly see why. She was funny, inspirational and very in-tuned with the audience. She gave the audience some things to think about, laugh about, and made them feel appreciated, which is so important in our line of

She arrived the evening before, mingled with us, asking questions about our different work positions and then incorporated this into her presentation â€¦ it was fantastic. Most of the feedback forms rated her 10 out of 5 and the comments were all just great.

[Read More - Flemming College, Ontario](#) It was evident that you did your homework and planned your presentation to ensure success. You effortlessly weaved our interests, achievements, and challenges into the material, to touch us personallyâ€¦You have a real gift! Thank you for the inspiration and more importantly; allowing us to let go,

Chapter 5 : Sport Nutrition And Diet - How to Run FasterHow to Run Faster

Explore options for better nutrition and exercise Learn more about the many benefits and features of joining Harvard Health Online» I'd like to receive access to Harvard Health Online for only \$ a month.

Crisps What types of carbohydrates are there? There are two types of carbohydrates - starchy complex carbohydrates and simple sugars. The simple sugars are found in confectionery, muesli bars, cakes and biscuits, cereals, puddings, soft drinks and juices and jam and honey but they also contain fat. Starchy carbohydrates are found in potatoes, rice, bread, whole grain cereals, semi-skimmed milk, yoghurt, fruit, vegetables, beans and pulses. Both types effectively replace muscle glycogen. The starchy carbohydrates are the ones that have all the vitamins and minerals in them as well as protein. They are also low in fat as long as you do not slap on loads of butter and fatty sauces. The starchy foods are much bulkier so there can be a problem in actually eating that amount of food so supplementing with simple sugar alternatives is necessary. Your digestive system converts the carbohydrates in food into glucose, a form of sugar carried in the blood and transported to cells for energy. The glucose, in turn, is broken down into carbon dioxide and water. Any glucose not used by the cells is converted into glycogen - another form of carbohydrate that is stored in the muscles and liver. Base your main meal with the bulk on your plate filled with carbohydrates and small amounts of protein such as meat, poultry and fish.

Lactose Intolerance Lactose intolerance results when the mucosal cells of the small intestine fail to produce lactase that is essential for the digestion of lactose. Symptoms include diarrhoea, bloating, and abdominal cramps following consumption of milk or dairy products.

Carbohydrates for Performance To support a training session or competition, athletes need to eat at an appropriate time so that all the food has been absorbed and their glycogen stores are fully replenished. In order to replenish them, the athlete needs to consider the speed at which carbohydrate is converted into blood glucose and transported to the muscles. The rapid replenishment of glycogen stores is important for the track athlete who has a number of races in a meeting. High GI foods take 1 to 2 hours to be absorbed and low GI foods can take 3 to 4 hours to be absorbed. Studies have shown that consuming high GI carbohydrates approximately 1 gram per kg body within 2 hours after exercise speeds up the replenishment of glycogen stores and therefore speeds up recovery time. Glycogen stores will last for approximately 10 to 12 hours when at rest sleeping so this is why breakfast is essential. Eating meals or snacks a day, will help maximise glycogen stores and energy levels, minimise fat storage and stabilise blood glucose and insulin levels.

Eating and Competition What you eat on a day-to-day basis is extremely important for training. Your diet will affect how fast and how well you progress, and how soon you reach a competitive standard. The page on Nutritional Tips provides some general nutritional advice to help you manage your weight and body fat. Once you are ready to compete, you will have a new concern: What should you eat before your competition? When is the best time to eat? How much should you eat? Should you be eating during the event? In addition, what can you eat between heats or matches? A lot of research has been done in this area, and it is clear that certain dietary approaches can enhance competition performance. What do I need to do? Calculate your daily basic and extra requirements, monitor your daily intake especially your carbohydrates and then adjust your diet to meet your daily requirements. A well-balanced diet should provide you with the required nutrients but does need to be monitored. Key factors in your training diet Each day have three main meals and two to three snacks. All meals should contain both carbohydrate and protein - 20 to 30 grams worth of protein with each main meal and 10 to 20 grams with each snack. The amount of carbohydrate will vary greatly, mainly depending on your workload. It may be in the region of 40 to 60 grams for main meals and 20 to 30 grams for snacks. If you are training hard and possibly doing multiple daily sessions, the recovery meal is critical. Have 1 gram of carbohydrate per kg of body weight and about 30 grams of protein. Have a drink e. Always try to eat at least five pieces of fruit per day. Skimmed milk is a great protein food and provides critical minerals, such as calcium and phosphorous.

Food Composition Tables Food composition tables are widely used to assess nutrient and energy intakes, and to plan meals. The composition of food can vary widely, depending, among other factors, on the variety of plant or animal, on growing and feeding conditions and, for some foods, on

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freshness. Tables are based on average values from a number of samples analysed in the laboratory and therefore only provide a rough guide. Free Calculator Calorie Calculator - a free Microsoft Excel spreadsheet that you can download and use on your computer. The spreadsheet will be loaded into a new window. References Dietary Guidelines for Americans [www] Available from: Reedprint Ltd, Windsor UK. The Science of Biology. Freeman and Co, p. Related References The following references provide additional information on this topic: Nordic Council of Ministers. Integrating Nutrition and Physical Activity. Page Reference If you quote information from this page in your work, then the reference for this page is:

Chapter 6 : What's goat got to do with it? – Choose Joyful Health

About Meg Soper Meg Soper is a leading motivational humorist for organizations in North America. Her unique perspective combines the insights and experiences of her last thirty years spent as a Registered Nurse, stand-up comedian, and ultimately a motivational speaker.

Received Oct 30; Accepted Jun 5. This article has been cited by other articles in PMC. As discussed in Part 1, law can intervene in support of obesity prevention at a variety of levels: Part 1 argued that the most important opportunities for law lie in seeking to enhance the effectiveness of a population health approach. Part 2 of this article aims to provide a systematic review of the legal strategies that are most likely to emerge, or are worth considering, as part of a suite of policies designed to prevent population weight gain and, more generally, healthier nutrition. While the impact of any one intervention may be modest, their cumulative impact could be significant and could also create the conditions for more effective public education campaigns. This article addresses the key contenders, with particular reference to Australia and the United States. Background The potential for law to contribute to obesity prevention remains largely unrealised. Part 1 of this article drew on a hierarchy of determinants model to illustrate the different levels at which policy interventions can address obesity. Since there is a population-wide trend towards weight gain in Australia, policy efforts – including legal ones – need to engage with those factors that can plausibly be shown to influence the behaviour of wide segments of the population around nutrition, healthy eating, and an active lifestyle. A population health perspective is vital: Part 1 also outlined a framework for analysing the distinct contribution that law can make in obesity prevention and chronic diseases generally. The framework built on work by Professor Lawrence Gostin and others who have categorised the tools and strategies that law can offer in various ways [1 , 2]. Drawing on the typology of legal interventions outlined in part 1 Figure 5 , part 2 of this article will now review some of the most likely areas where legal interventions in support of obesity prevention deserve serious consideration. This part will focus primarily on energy intake issues relevant to obesity prevention, and more broadly, on healthy nutrition. Legal strategies to facilitate higher levels of physical activity in the population are also important but deserve separate and extended discussion [3 - 8]. Effective structures for policy leadership and health governance A comprehensive approach to population weight gain calls for policies that engage with a broad range of sectors and settings. These include the food system primary production, manufacture, retail, catering and advertising of food , the built environment, transport and urban development, the education system school curriculum, school food services , and taxation [9 - 11]. At present, health departments – the agencies that might be expected to "do something" about obesity – are overwhelmingly focused on the "sick care" system. Disease prevention and health promotion functions tend to lose out in the internal contest for resources. Public health units lack the political clout that is necessary to achieve policy input and influence within other sectors. Urban planning decisions, for example, could facilitate physical activity in many different ways, but this is unlikely to occur without formal structures to ensure health input. In federal systems like Australia, control of relevant sectors is also fragmented between different tiers of government. For good reason, obesity prevention has been called "a brilliant test of political capability" and a "test for public health to think beyond its traditional boundaries" [13]. Arguably the most significant contribution that legislative or executive action could make to obesity prevention is by creating governance structures capable of coordinating a "whole of government approach" to obesity. At the broadest level, there have been calls for a separate Cabinet-level, Department of Public Health in each of the states and territories that is not dominated by the delivery of health care services and is capable of forging effective partnerships with other government agencies and the private sector [14]. States have also begun experimenting with inter-departmental structures, such as the Interagency Obesity Council recently established in Texas, which brings together high-ranking officials from agriculture, health services and education to discuss nutrition and obesity prevention programs [16]. In Australia, Corbett argues that " [a] workable template is provided by the state-based Environment Protection Authorities", coupled with a Commonwealth agency providing national policy leadership and standards setting [14]. In the United Kingdom, Lang and

colleagues have advocated a national policy council on food, nutrition and physical activity, with a statutory mandate, to provide independent advice and to ensure that government does not become captive to the entrenched cultures and agendas of existing departments. While not implementing policy itself, such an agency would examine links between the multiple sectors that impact on nutrition and physical activity, review policies, appraise solutions and monitor progress [17]. Significant work remains to be done to identify those institutional features that could best deliver policy improvements for obesity and chronic diseases across sectors and levels of government. The central choice is between "politically-owned" structures with cabinet-level leadership, or independent-of-government agencies with clear powers and cross-sectoral reach. The advantages of creating an independent Commission or policy council with a mandate to provide policy advice to government include its independence from the agendas and influence of existing departments, and its capacity to engage with industry, consumers and the NGO sector. Such an agency could also perform valuable functions that government itself might prefer not to perform directly; for example, evaluating industry practices and advocating prevention strategies in a robust manner. On the other hand, the challenge of influencing and coordinating policy as implemented by multiple agencies outside of the health sector remains. This cannot be achieved without political commitment at the highest levels, supported by aims and targets that bridge departmental and sectoral divides and bind agencies together in the common cause. Until chronic diseases are a Cabinet-level priority, there is unlikely to be sufficient executive authority to drive effective partnerships across departments, and into the broader community. Obesity prevention and the information environment Information has an important role in obesity prevention. Commonwealth and state governments have an important health promotion function, as trusted providers of health information and advice. Law can serve obesity prevention by altering the information environment in several ways. Using law to generate health information resources Generating information about eating and physical activity patterns is a safe political response to calls for government action in response to obesity. The SPANS survey confirmed that school age children in were more active and fitter than their counterparts in and There is no inherent reason why nutrition surveillance needs to be specifically mandated in legislation. What is needed is an adequate mandate and funding, and a consistent methodology for building a longitudinal picture of trends in food consumption and food ingredients [21 , 22]. Nutrition surveillance data are important for galvanising political commitment for public health policies, and for evaluating interventions taken at a population level, as well as primary and secondary prevention interventions. In the United States, law has assisted the development of information resources in several additional ways. There are many examples of explicit Congressional mandates to various agencies to conduct specific research projects, and to develop specific data resources. Other examples include federal funding for a nationally representative study of foods purchased by school authorities participating in the federally funded National School Lunch program, in order to monitor the nutritional quality of these federally reimbursable meals [25]. Effective 15 January , the New York City Department of Health and Mental Hygiene began a diabetes monitoring program, based on mandatory reporting of A1c haemoglobin blood sugar levels by the laboratories connected to the Electronic Clinical Laboratory Reporting System. By making diabetes a notifiable disease, the Department will create a registry that maps the epidemiology of hyperglycaemia and monitors test results on a name-identifying basis [26]. Under a pilot project currently underway in the Bronx, patients with blood sugar levels above a certain level will receive information on an opt-out basis about the lifestyle changes required to reduce health risks. Treating physicians will also be alerted to patients whose diabetes is not well controlled and reminded of best practice recommendations [26 - 28]. This strategy for diabetes control will also provide opportunities for addressing obesity, a major risk factor. Diabetes notification remains highly controversial [29 - 31]. On the other hand, the reporting of biophysiological markers for chronic disease high blood sugar, blood cholesterol or blood pressure levels could serve as a trigger for referral to individually-focused and supportive lifestyle interventions that could prevent further health deterioration and health care expenditure. The co-occurrence of various chronic diseases and risk factors among ageing populations means that risk factor surveillance could evolve as a powerful and efficient strategy for disease management and prevention [32 - 34]. Since high blood glucose levels and other risk factors for chronic disease disproportionately affect those of lower

socio-economic status, notification could also help to address health inequalities [35]. In Australia, although governments pay for over two thirds of all health care expenditures, the risk factors for obesity and chronic disease are not communicable. In these circumstances, concerns about privacy, government lifestyle surveillance, and discrimination may support a right to opt out of mandatory reporting. Schools are an important site for strategies targeting obesity in children. In , Arkansas became the first state to adopt this strategy in an Act that also required schools to disclose funds received from competitive food and beverage contracts [38 , 39]. Although the BMI screening program received a positive evaluation after three years of operation [40], in the state legislature weakened the legislation, exempting senior students and permitting parents to veto assessment of their children [41 , 42]. Under a pilot program in California, BMI screening forms part of a non-invasive screening program for diabetes for 7th and 8th graders. Parents of children at risk of developing type 2 diabetes are informed of this and of the services available to assist with prevention. School districts are required to report to the legislature on screening statistics, and on the extent to which parents sought assistance for their children as a result of notifications [43]. The trend towards measuring BMI in schools has spread beyond the United States, with England and Wales announcing a similar policy [44]. Mandating the provision of information to facilitate healthy food choices Food labeling laws can play an important role in facilitating informed choices, both at point of consumption in restaurants , and at point of purchase in shops and supermarkets. In Australia, food regulation is shared between the Commonwealth and the States [Appendix]. These include labelling, food contaminants, additives, specific product standards relating to particular classes of foods and beverages, food safety requirements, and primary production standards. The direct and prescriptive regulation of food businesses is the norm across these areas. The critical point, however, is that FSANZ standards are designed to protect against the manufacture and sale of unsafe or unsuitable food. Provided it is not toxic or perished, the Food Standards Code does not impede the manufacture and sale of food based merely on its poor nutritional quality. Nevertheless, the Food Standards Code does facilitate healthy food choices in several ways. For example, packaged foods are required to display a nutrition information panel indicating the amount of energy, protein, total and saturated fat, carbohydrate, sugars and salt per recommended serving and per g or ml [45]. Reform in this area could make a substantial contribution to public health nutrition by protecting against deceptive and misleading claims, assisting consumers to choose foods that will contribute to a healthier diet, and stimulating industry to manufacture new "functional" foods by permitting them to inform customers of their possible health benefits. However, "high level claims" refer to a serious disease or a biomarker for a serious disease, defined as a condition that requires professional treatment or management " including obesity, but excluding overweight [49]. The new draft Standard restricts nutrition content and health claims for infant formula products, and in foods containing more than 1. The intention is to prevent health claims being made for foods with high levels of risk increasing nutrients. The draft Standard sets out different conditions for making general, and high level, health claims. High level health claims require convincing scientific evidence of a diet-disease relationship [[49], pp29"34]. The Standard sets out a number of substantiated diet-disease relationships for which convincing evidence currently exists, together with the conditions that must be met and the statements that must be included on packaging for these claims [[49], pp81"85]. Similarly, the Standard sets out the descriptors that may be used to refer to a property in the food for the purposes of a general level health claim, and the conditions that apply to each type of claim [49]. Further reform of food labeling laws could significantly expand their utility in supporting healthier, informed choices. In their review of Australian and New Zealand research on nutrition claims and labels, Mhurchu and Gorton conclude that consumers find current labeling confusing and difficult to understand [50]. In a review of international studies, Cowburn and Stockley point to the difficulty consumers have in understanding the significance of nutrient information within the context of their overall diet. They argue that interpretational aids or benchmarks, such as verbal descriptors or guideline daily amounts, could assist consumers to place a product "into a total diet context" [51]. In a study across four European countries, Feunekes and colleagues confirmed the value of simple, front-of-pack labeling systems to empower consumers in making healthier choices quickly [52]. The "traffic light" system developed as a voluntary measure by the UK Food Standards Agency provides one response to these concerns.

It provides a highly visible, front-of-package reference aid in the form of red, yellow and green labels and corresponding percentages that reflect levels of salt, sugar, fat and saturated fat in the food [54 , 55]. The simplicity of this system could make it highly useful as an educative tool, in real time, in supermarket aisles. Industry claims that only diets "but not foods" should be described as "healthy" or "unhealthy" are hardly convincing, given the eagerness of the food industry itself to embrace "functional food" claims [56 , 57]. Some public health experts have gone further, arguing that traffic light dots for example, a red dot to identify foods high in sugar, salt or fat should "follow the food" wherever it appears: Food labels could also better support healthy choices by indicating, front-of-pack, the fat, sugar and salt levels of a portion or recommended serving as a proportion of the daily recommended intake for a normal adult eating a balanced diet. The same point applies to the value of fat, sugar and salt in a food item or portion, as a percentage of recommended daily levels. No form of front-of-pack nutrition labelling is required. In the United States, the Nutrition Labeling and Education Act of 1990 introduced a standard label on mandated foods that permits comparison between the nutritional content of a food and the recommended daily values RDVs for nutrients including fat, saturated fat, sodium, carbohydrates, and fibre although not protein or sugar [60 , 61]. More extensive changes were introduced unsuccessfully into the Canadian House of Commons in Bill C-58 which would have required meat, poultry and seafood packaging to display the number of calories and the amount of total fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, iron, calcium and Vitamin A and C per serving, expressed as a percentage of recommended daily levels [62]. Recent decades have seen a trend towards greater consumption of "fast food" and food prepared away from home.

Chapter 7 : What's Nutrition Got to Do with It? Take the 21 Day Challenge!

Sunit interviews holistic nutritionist Jess Groff and they discuss mental health and all the things that impact it. Unknown to many of us, nutrition, is in fact a huge predictor of your mental health.

November, Cholesterol in the foods you eat generally has little effect on levels in your bloodstream. But your overall diet does. Cholesterol has a bad reputation, thanks to its well-known role in promoting heart disease. Excess cholesterol in the bloodstream is a key contributor to artery-clogging plaque, which can accumulate and set the stage for a heart attack. A waxy, whitish-yellow fat, cholesterol is a crucial building block in cell membranes. Cholesterol is so important that your liver makes what you need to stay healthy. Chan School of Public Health. Over all, the biggest influence on your blood cholesterol level is the mix of other types of fats and carbohydrates in your diet, says Rimm. Omit the cholesterol limit For decades, the Dietary Guidelines for Americans have advised eating no more than milligrams of cholesterol a day. But earlier this year, a scientific advisory panel recommended removing the cholesterol limit altogether. The revised guidelines are expected to be released soon. What about dietary cholesterol and the risk of cardiovascular disease? A review of 40 studies in the August American Journal of Clinical Nutrition found no clear evidence linking dietary cholesterol to a higher risk of coronary artery disease or stroke. But the authors say the studies were too varied and different from one another to draw any firm conclusions. A whole-diet focus A diet high in saturated fat—found mainly in meat and dairy products—tends to raise blood cholesterol levels, especially harmful LDL cholesterol. However, other recent research that pooled data from many studies also found no association between dietary saturated fat and a higher risk of cardiovascular disease. Most people eat the same number of daily calories over time. Those who cut back on saturated fat may replace those calories with easily digested carbs like white bread, white rice, and sweetened low-fat yogurt. That can lead to weight gain and make the body less sensitive to insulin, increasing the risk of type 2 diabetes—all of which can boost heart disease risk. But if people substitute unsaturated fats—found in fish, nuts, and plant oils—in place of saturated fat, the opposite occurs. Their blood cholesterol levels tend to drop, they become more sensitive to insulin which helps prevent type 2 diabetes, and their heart disease risk may go down. It includes only small servings of foods containing saturated fats meat and dairy but liberal amounts of olive oil, which is rich in unsaturated fat. The diet also emphasizes vegetables, fruits, nuts, beans, and whole grains, which contain fiber—another nutrient that helps lower cholesterol. Cholesterol and saturated fat in common foods Many foods high in cholesterol also contain modest amounts of saturated fat, which raises blood cholesterol levels. For a 2,000-calorie diet, that translates to about 13 grams of saturated fat per day.

Chapter 8 : Nutrition Facts Grab Bag 7 | blog.quintoapp.com

What's food got to do with it? A lot according to Alison Acerra, National Director of Nutrition Strategy for Guckenheimer. Food is one of the key tools that top employers can use to attract and retain top talent, especially Millennials, during the current war for talent.

Podcast Transcript I know that the news today can be overwhelming, even just mentioning the word facts can trigger all sorts of reactions. Michael Greger and I happen to really like facts! Today, back by popular demand, we present the Nutrition Facts grab bag with the latest news on a whole variety of topics. First up, some dietary approaches to female sexual dysfunction. Nothing about [its] efficacy. Yes, it may stimulate monkeys to groom each other more. You can measure clitoral engorgement with fancy MRI techniques within minutes of exposure to an erotic video. Well, the flavonoid phytonutrients in cocoa can help open up arteries, peaking at about 90 minutes after consumption. Women who eat chocolate do tend to have higher female sexual function index scores, but the effect disappeared once age was taken into account. Maybe the fat and sugar in chocolate is counteracting the benefits. What are some whole-food sources of flavonoids? Now, note they only included women eating unpeeled apples, because the phytonutrients are concentrated in the peel. In our next story we discover the secret to unlocking the benefits of chia seeds. But, does it have any special benefit? So, yeah, nutritious, sure; but, just like nearly any whole plant food. But, again, any special benefits? For example, there are about 50, videos on YouTube on chia seeds and belly fat. But what does the science say? Dietary chia seed does reduce belly fat in rats. Does apparently reduce the weight of chickens. But what happens if you just cut out the middle-hen, and eat chia yourself? What happens if you add a teaspoon or two of chia seeds to yogurt as a snack? But, no, they gave people less yogurt to compensate; so, each snack had the same number of calories. So, we can say at least that chia seeds are more satiating than yogurt. A teaspoon of chia seeds only has like 50 calories; yet, they ended up eating nearly calories less at lunch, way more than compensating. And, the same appeared to be true with chia seeds. Eat whole chia seeds for 10 weeks, and no increase in short-chain omega-3 levels or long-chain omega 3s. But, eat the same amount of chia seeds ground up, and levels shoot up. And, those eating the ground chia lost significantly more weight, significantly more waist, in terms of waist circumference a measure of belly fat, and, as a bonus, C-reactive protein levels suggesting an anti-inflammatory effect, as well. In our last story today we discover what dietary change can simultaneously help detoxify mercury, lead, and cadmium from the body. Substantial quantities of lead were found in other, more common, over-the-counter supplements. What do we do with these millions of tons every year? We feed it back to farm animals, particularly chickens. Now, most of the lead in the bone meal passes right through the animals into their waste, but then we take that waste cow, pig, and chicken feces and feed it back to the animals again. So, you can see how the levels of contaminants might build up in their bodies. But should we expect to find a benefit? Yes, lead is one of the toxins found in meat, but half of our dietary exposure probably comes from plant foods. Dietary modeling studies in Europe suggest that vegetarians would be exposed to about the same amount of lead compared to the general population, with the exception of those who eat a lot of wild game, which can end up with a thousand times more lead than most other foods. In fact, a vegetarian diet may even be higher in lead. As we learned from the cadmium story, the uptake of toxic heavy metals from animal food sources into the human intestinal lining cells may be higher than that from vegetable sources. There seemed to be a tendency towards higher fecal elimination of lead following a change to a vegetarian diet, with nine subjects on average tripling their elimination of lead, three unaffected, and four dropping by about half. A shift towards a diet characterized by large amounts of raw vegetables, fruits, and unrefined foods, whole grains, with the exclusion of meat, poultry, fish, and eggs though it did include fermented dairy, like a type of soured milk, as well as cutting back on processed food and junk. They took clippings of hair before and after the shift, and got significant reductions in heavy metals, including cutting their lead level nearly in half. Same thing with a different group after two years. The drop in mercury, easy to explain, presumably due to the drastic drop in fish consumption, and the drop in alcoholic beverages may have contributed to the drop in lead, but it also could have been a cadmium-like effect, where

the decrease in hair lead content could be due to the dietary shift resulting in less absorption of lead into the body in the first place. To see any graphs, charts, graphics, images or studies mentioned here, please go to the Nutrition Facts podcast landing page. Be sure to check out my How Not to Die Cookbook, beautifully designed, with more than recipes for delicious and nutritious meals, snacks and beverages. All proceeds I receive from the sale of my books go to charity. Everything on the website is free. I just put it up there as a public service, as a labor of loveâ€™”as a tribute to my grandmother â€™” whose own life was saved with evidence-based nutrition. Thanks for listening to Nutrition Facts.

Chapter 9 : Nutrition - Fat, Protein and Carbohydrates

This is what it means to be food insecure. And, it has a major impact on your overall health. Food insecurity can happen to anyone. Food insecurity External Site occurs whenever the availability of nutritionally adequate and safe food, or the ability to acquire acceptable foods in socially acceptable ways, is limited or uncertain.

Share on Pinterest The intermittent fasting craze came in like a lion “ and turns out, we got a few things wrong in the frenzy. In an endeavor to unpack the hype and separate fact from sensationalism, we sat down with Dr. The correct term is time-restricted feeding. Longo advocates a feeding window of 12 hours per day for optimal health. While clearly the diet psychology of IF appeals to some people, even done short term, conventional IF advice may come with health risks. Extreme limited feeding windows and alternate-day fasting can also cause problems with cardiovascular disease, whereas hour TRF was shown in a study on flies to decrease age-related cardiac decline. Eat for 12 hours, then refrain for the next Stick as closely to this daily feeding schedule as possible to minimize adverse health effects. Longo uses centenarian studies to serve as one of the five pillars supporting his longevity research. Longo suggests trimming down to two meals plus a snack versus his usual recommendation of three meals and a couple of snacks per day. Other key practices found in high-longevity zones include: Does IF help you live longer? You might already be doing it. For example, if you eat breakfast at 8 a. Be vigilant but also simple: Confine all eating within a hour period. For instance, if you start at 9 a. People who have issues with obesity or being overweight are more likely to overeat each time they eat, which is why limiting the number of meals and snacks is imperative for those striving to pare down. Studies on mice suggest that if people feel restricted, overeating may occur. However, another study using mice also shows that fasting on the weekdays helps prevent weight gain. There are many other eating plans to try , such as the Mediterranean or low-carb diet. Different body types have different standards. This is what Dr. Longo recommends, based on his own research and practice: Men with a waist circumference below 33 inches and women with a measurement of 27 inches or less should eat three meals and a couple of snacks per day. Nutritious meal suggestions from Dr. Keeping portion size under control every time we eat is critical. Longo strongly advises against skipping breakfast. Longo acknowledges there are alternative explanations other than long fasting periods for why skipping breakfast is associated with increased death, he urges this link alone should represent a major warning and concern. For some people, this method of eating may not work for their lifestyle. If fasting causes you to binge or overeat on the weekends or cheat days, it may not be for you. According to Harvard Health, 38 percent of those who tried fasting dropped out. Living life to the fullest is about making slow and steady tweaks to your habits. Healthline and our partners may receive a portion of revenues if you make a purchase using a link above. Follow her on Twitter.