

health talk



Go Nuts! Your Diet Needs Variety!

Changing your routine to help sustain your diet.

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You start a new diet and you see some fantastic results pretty quickly. The struggle, of course, is then maintaining this weight loss. Changing eating patterns for a short period is different than sustaining them. Once frustration and boredom sets in, once dieters have reached that plateau, it becomes so easy to just give up in disappointment.

When you are in a rut, don't give up! When struggles of tediousness come, counterattack! Change the types of food you eat. Such as adding nuts to your salad instead of the same boiled chicken breast.

Despite being high in calories from fat, nuts are recommended as part of a healthy diet and can even help prevent some diseases. It is important to note the quality of fat nuts contain as well as other beneficial nutrients.

In Canada's Food Guide to Healthy Eating, nuts fall under "Meat Alternatives" as they are from the legume and dried

bean family. For those who eat little meat, poultry, or fish or are looking for an alternative protein source, nuts are a fairly healthy choice.

Walnuts and peanuts both contain high amounts of polyunsaturated and monounsaturated fats that help lower LDL (bad)-cholesterol. They are cholesterol free since they are a plant product and are a source of Omega-3 and Omega-6 fatty acids. These are the essential fatty acids known to help protect against heart disease. Because of these heart healthy properties, unsalted walnuts and peanuts can be included as part of a cholesterol lowering diet.

Walnuts and peanuts are also a good source of protein, fibre, folate, Vitamin E, iron, zinc, selenium, sterols and other nutrients, while almonds are a good source of calcium. Several of these nutrients have been implicated as disease preventing and/or effective in improving overall health. They are also found to be lacking in the Canadian diet.

Just because nuts have healthy properties it does not mean we should eat them to our hearts content. Healthy fat or not, fat is still fat and can substantially increase the number of calories you eat in a day, even when eaten in small quantities. As you know, too many calories can lead to weight gain.

Nuts can be a delicious, satisfying and crunchy addition to a healthy diet. Try substituting a serving of nuts in place of meat once in awhile. Just remember you can get too much of a good thing. Eat nuts in moderation.

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Above all else, a diet is nothing without combining other aspects of healthy living. Drink plenty of water, as always. This will keep you from munching throughout the day. Also, eat around 5-6 times a day, but in smaller portions. Finally, concentrate on fitness aspects as well. You won't lose weight

effectively if you do nothing to train your body. So, with your diet, you'll be able to build some great healthy habits, but this can lead to plateaus.

For more guidance about surpassing your plateau, please contact Form and Function to book an appointment with Mary to help you achieve your goals.



HOW MUCH IS IN A SERVING OF NUTS?

A GENERAL SERVING SIZE OF NUTS IS ONE SMALL HANDFUL.

More specifically, a serving size of:

- 15 Large Walnut Halves
- 30 Whole, Unsalted, Peanuts
- 2 tbsp of Peanut Butter
- 10-12 Whole, Unsalted, Almonds

