



All in a Day's Diet

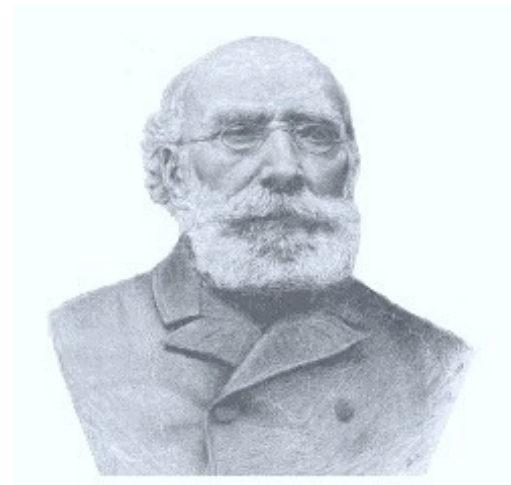
Dr. Joyce Johnson BSc, ND

*Presented in association with Webber Naturals and
Pharma Plus Drugmart.*

Introduction

- It is a fact that the North American Diet is far from being healthy even though we have one of the highest living standards in the world. Why?
- Have we realized that though people live longer, prolonging life this way means suffering when we get older?
- Are we neglecting the very basics of human nutrition?
- Have we forgotten that a healthy body can fight diseases much easier?

Introduction



- Louis Pasteur versus Antoine Bechamp

Introduction

- Late 1800s-early 1900s, 80% of Americans lived on small family farms or in rural areas.
- Before 1910, heart attacks = unheard of.
- By 1930, heart attacks = 3000 deaths per year.
- By 1960, heart attacks = >500,000 per year.
- Genetics cannot explain this huge increase in one or two generations. Some lifestyle change caused this increase. What was it?

IF civilization had only followed BECHAMP instead of Pasteur...

- The work of French biologist Antoine Bechamp (1816-1908) demonstrated that disease causes germs; Bechamp's contemporary (and former student) Louis Pasteur announced that his studies proved that germs cause disease. One man has been forgotten by history; the other is considered the father of modern medicine.
- Had modern medicine adopted Bechamp's disease theory of germs and the subsequent work of three doctors: Brewer, Warburg and Pauling, it would be common knowledge that the symptoms of disease are prevented or reversed by nutrition at the cellular level.

You Are What You Eat!

Typical Canadian Family

- Mom, Dad, daughter 12, son 10. Kids are both active with sports 6 days per week plus regular school activities (sport, music and academics). Both parents work - dad full time, mom - part time.
- Let's examine what a typical daily diet looks like for them.

Canadian Family Morning

- **Breakfast:** Kids not in any rush to get to school - running late and chug down a glass of juice and a bowl of raisin bran. Mom and dad - coffee and cereal or less. Mom makes lunches for school. Kids off to school. Parents off to work.

Canadian Family Afternoon

- **Lunch at school for kids (if they eat it all):**
Ham and cheese sandwich on wholewheat bread, apple, yogurt tube, cookies or other treat, juice box or water. Dad lunch - nothing but coffee if in meetings all day - Out with clients - asian salad (fruit/salmon/ greens) cranberry and soda to drink. Mom - subway sandwich and coffee. 4 pm -Kids home from school - quick snack - cookies, fruit and/or yogurt.

Canadian Family Evening

- **Dinner:** Mom make dinner because daughter / son need to be at soccer field / hockey arena for practice or game. Need to leave house by 5:30pm so not much time to prepare meal. Pasta dish, bread and salad. Mom takes one kid, dad takes the other to evening activities. 9pm home - kids finish homework if not completed when first arrive home from school. Maybe snack if hungry after evening activity - fruit, yogurt, veggies. Kids to bed. Parents have a glass of wine to finally sit relax and talk about their day. 10pm parents exhausted and go to bed.....

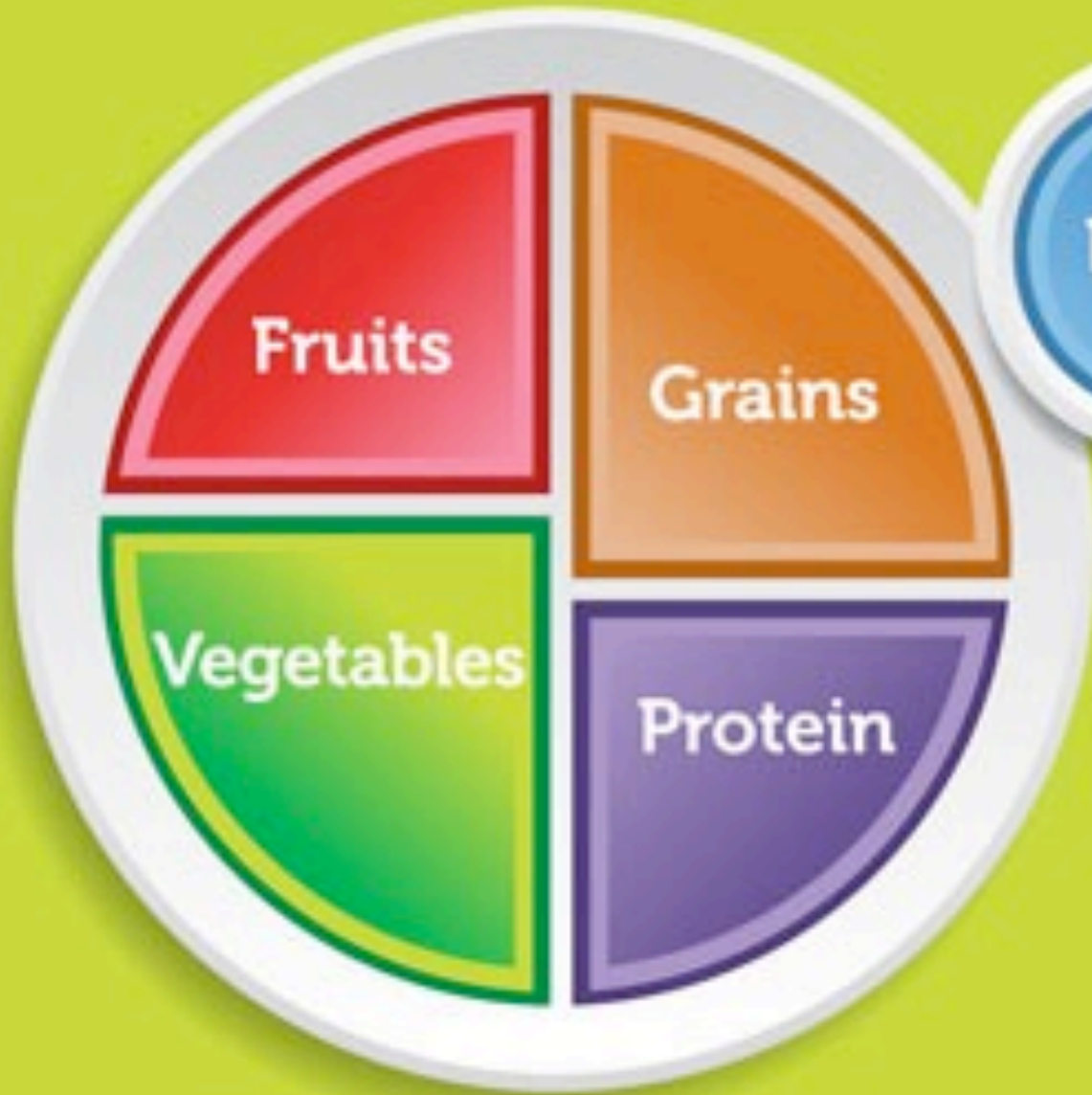
Are They on Track?

Canada's Food Guide



Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



Choose **MyPlate**.gov

What Kids Actually Ate

- Breakfast: 1 fruit, 1 milk, 1 grain
- Lunch: 1 meat, 2 grains, 2 milk, 1 fruit
- Snack: 1 fruit
- Dinner: 2 grains, 1 veg, 1 meat
- Snack: 1 milk

Food Guide Deficiencies

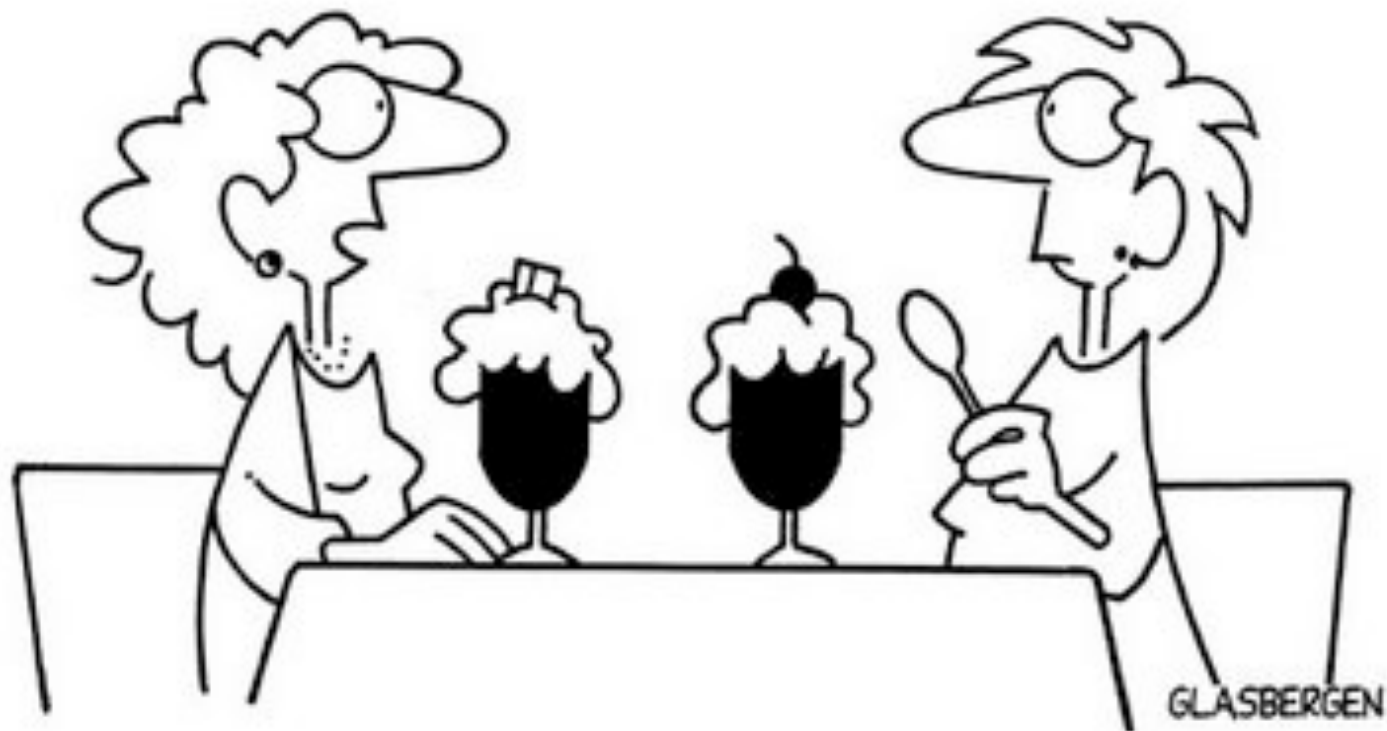
- Kids lacking in fruits and vegetables.

What Parents Actually Ate

- Breakfast: 1 grain, 1 milk
- Lunch: 1 meat, 2 grains, 1-2 vegetable, 1 milk
- Dinner: 2 grains, 1 veg, 1 meat
- Snack: (does wine count as a food group??)

Food Guide Deficiencies

- Parents lacking fruits and vegetables, and grains.



“If you put a crouton on your sundae instead of a cherry, it counts as a salad.”

Nutrient Breakdown

Nutrition Facts

- Taking a look at the parents' diet:
 - lacking in calories, but this does not take into account perhaps non-nutritious snacks that may occur on occasion. However, sometimes busy families do lack in calories. If the energy expenditure is low, i.e. sedentary jobs, etc. then they still can be weight gain.

Nutrition Facts	
Serving Size 1855 g	
Amount Per Serving	
Calories 1608	Calories from Fat 353
% Daily Value*	
Total Fat 40g	61%
Saturated Fat 16g	78%
Trans Fat 0g	
Cholesterol 151mg	50%
Sodium 3362mg	140%
Total Carbohydrate 234g	78%
Dietary Fiber 21g	82%
Sugars 50g	
Protein 62g	
Vitamin A 164%	• Vitamin C 78%
Calcium 73%	• Iron 142%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Carbohydrates

- Low in fibre.
- Health Canada's fibre recommendation is between 21-38 g of fibre daily depending on age and gender.

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	234 g	78%
Dietary Fiber	~20.6 g	~82%
Starch	~17.8 g	
Sugars	~50.1 g	

Vitamins

- Low in:

- Vitamin C
- Vitamin D
- Vitamin E
- B6
- B12
- Pantothenic Acid

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	~8220 IU	~164%
Vitamin C	~46.6 mg	~78%
Vitamin D	~196 IU	~49%
Vitamin E (Alpha Tocopherol)	~8.6 mg	~43%
Vitamin K	~103 mcg	~129%
Thiamin	~1.8 mg	~120%
Riboflavin	~2.6 mg	~154%
Niacin	~22.4 mg	~112%
Vitamin B6	~1.8 mg	~92%
Folate	~488 mcg	~122%
Vitamin B12	~5.1 mcg	~84%
Pantothenic Acid	~3.4 mg	~34%
Choline	~77.2 mg	
Betaine	~191 mg	

Minerals

- Low in:
 - Calcium
 - Magnesium
 - Phosphorous
 - Zinc
 - Copper
 - Selenium

Minerals		
Amounts Per Selected Serving		%DV
Calcium	~732 mg	~73%
Iron	~25.6 mg	~142%
Magnesium	~269 mg	~67%
Phosphorus	~914 mg	~91%
Potassium	~2298 mg	~66%
Sodium	~3362 mg	~140%
Zinc	~9.2 mg	~61%
Copper	~1.1 mg	~54%
Manganese	~3.1 mg	~153%
Selenium	~26.0 mcg	~37%
Fluoride	~525 mcg	

Fats and Fatty Acids

- Omega-6: Omega-3 ratio is approx. 10:1.
- Ideal range is between 1:1 and 4:1.

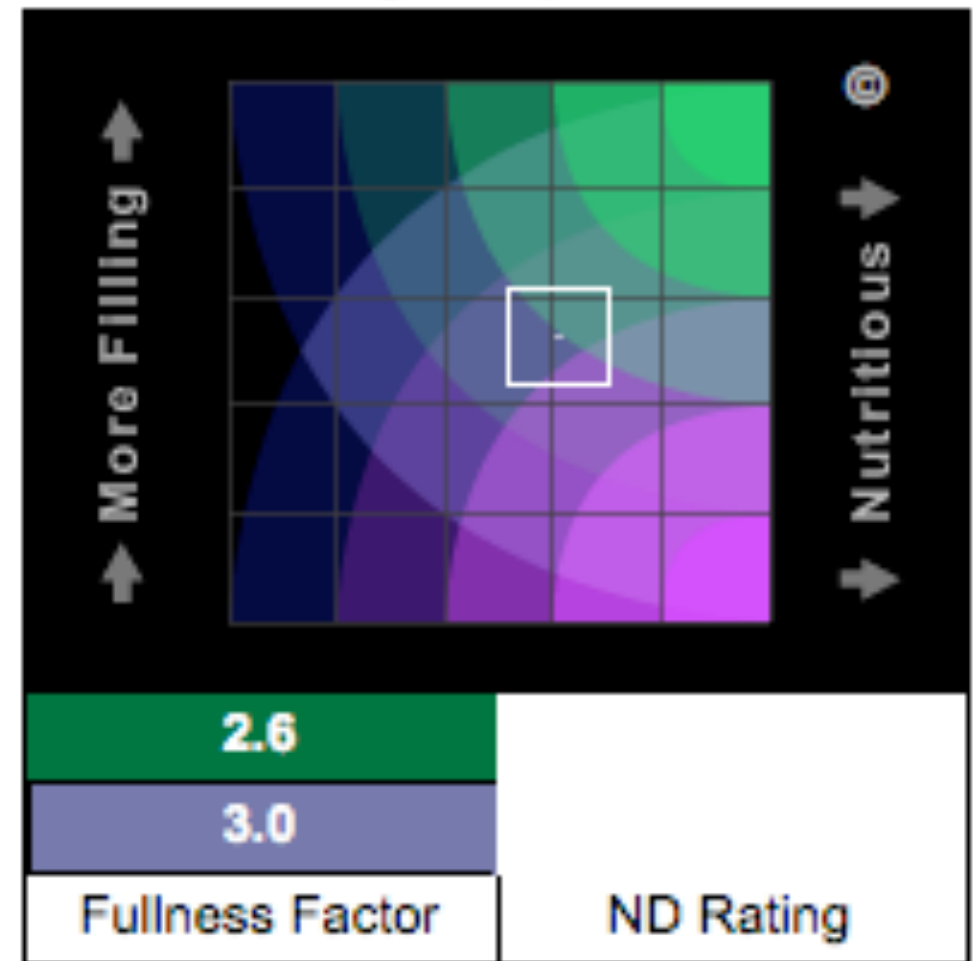
Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	39.9 g	61%
Saturated Fat	15.6 g	78%
Monounsaturated Fat	~8.2 g	
Polyunsaturated Fat	~9.1 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	~767 mg	
Total Omega-6 fatty acids	~8298 mg	

Nutrition Target Map

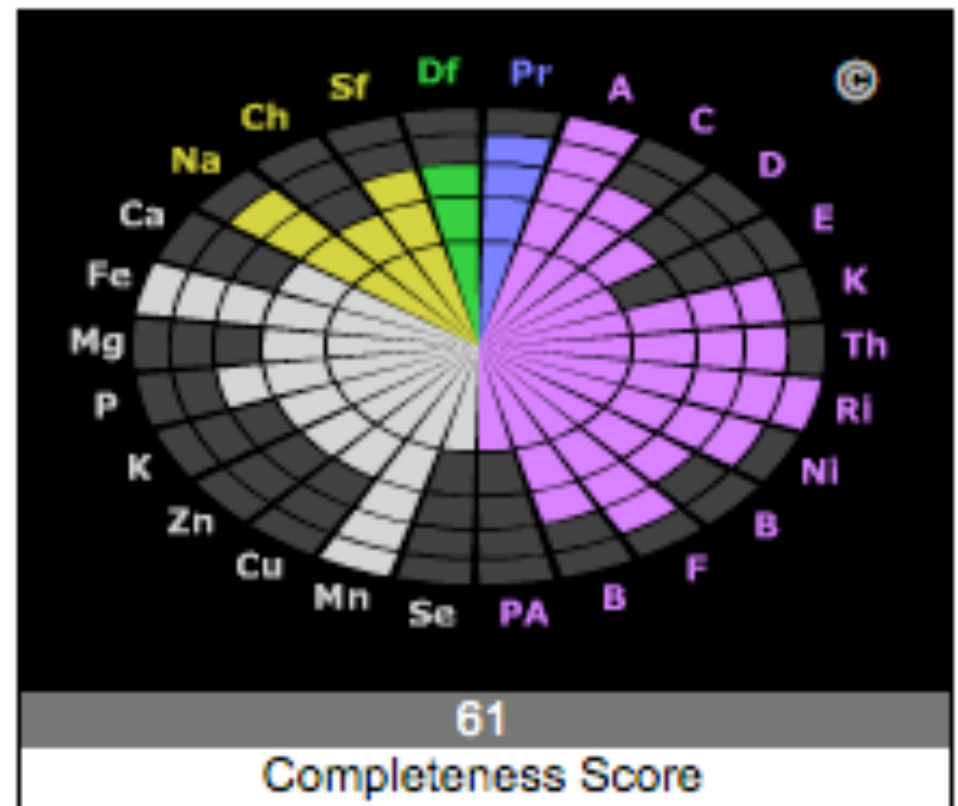
- The closer a food is to the right edge of the map, the more essential nutrients per calorie it contains.
- The closer a food is to the top edge of the map, the more likely it is to fill you up with fewer calories.
- Foods that are close to the bottom edge are more calorie-dense.

Nutritional Target Map [? What is this?](#)



Nutrient Balance

- There are a number of free online diet assessment tools. The one I used today was www.nutritiondata.self.com





**“I have my own version of the South Beach Diet.
I sprinkle a little sand and suntan lotion
on anything I shouldn’t eat.”**

Symptoms of Possible Deficiencies

Head

- Dry hair
 - Essential fatty acid (EFA) deficiency.
- Premature graying
 - Pantothenic acid (B5) deficiency.
- Hair loss
 - Folate, B5, B6, B-complex, and EFA deficiencies.

Face

- Acne: Deficiencies in zinc, EFA and vitamin A. Decreased stomach acid and over-consumption of “bad fats” such as trans-fatty acids.
- Tooth decay: Deficiencies in B6, minerals (especially silica, calcium, boron).
- Bleeding gums: Deficiencies in vitamin C and bioflavanoids.
- Cracks at corners of mouth: Deficiencies in B2 or B-complex.
- Sore tongue (glossitis): Deficiencies in B12, folate, zinc or iron.
- Pale tongue: Low iron levels.
- Dark circles under eyes: Low levels of quercetin, vitamin C.

Nails and Skin

- Flat angle / spooning: Iron deficiency.
- Cuticle inflammation: Zinc deficiency.
- Ridging: Decreased minerals possibly from decreased stomach acid.
- Dry skin: Deficiencies in EFA, vitamin A or vitamin E.
- Small red bumps on back of arms: Deficiencies in vitamin A, vitamin E, zinc or EFA. Malabsorption of nutrients may be the cause.
- Slow wound healing: Deficiencies in vitamin A, vitamin C, zinc or EFA. Diabetes may also be the cause.
- Hang nails: Zinc deficiency.

Supplementing

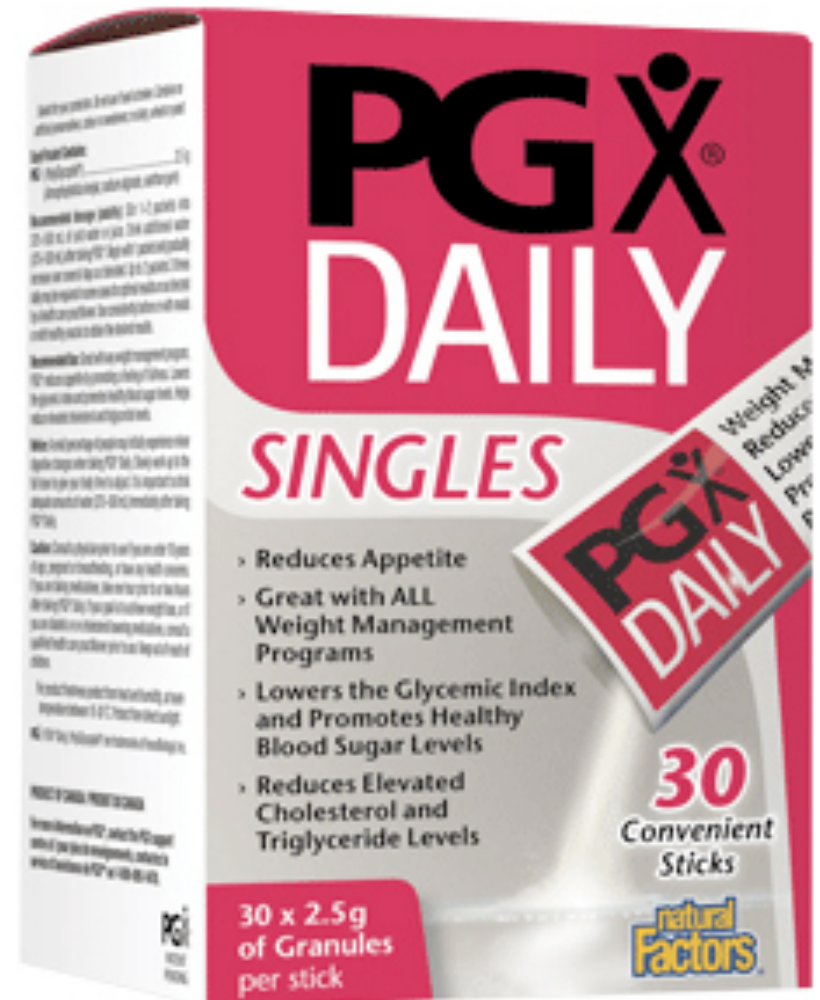
Daily Multivitamin and Mineral

- This can provide you with many of the basic vitamins and minerals that are necessary.



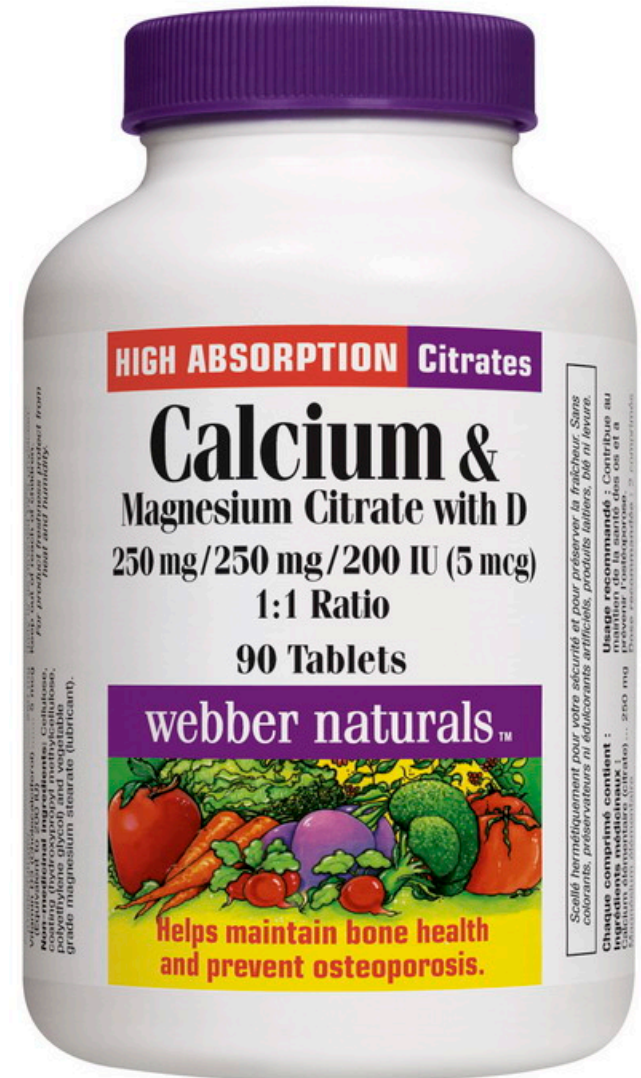
Fibre

- A great source of fibre that can be added to foods and cooked with while not compromising flavour!
- Also great for helping you to feel full and meet fibre requirements!



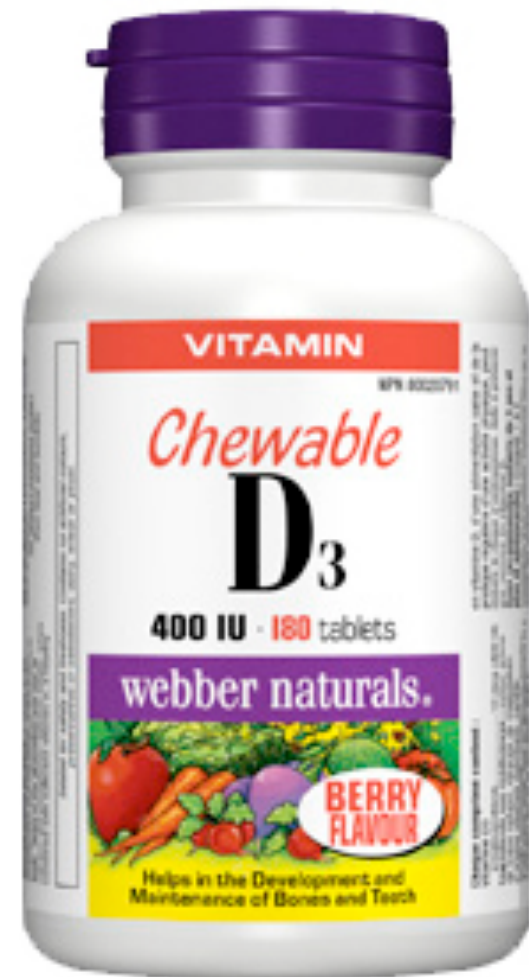
Calcium and Magnesium

- Essential for maintaining strong bones and teeth.
- Ensure you are taking magnesium along with vitamin D for best absorption.



Vitamin D

- Essential for all Canadians!
- Take *at least* 1000IU per day.



Vitamin C

- Important for a strong immune system among many other uses.
- Ester C is easy on the stomach and a great way to take vitamin C.



Conclusion

- Although we may be trying to do our very best at eating well everyday, there are times when we need some added support.
- Nutritional supplements can help us to meet our daily requirements and provide us with some peace of mind.

Follow-Up!

- Please join Dr. Quinn Hand ND following the lectures between 2-5pm today at Pharma Plus located on the lower level.

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