

## Nutrition

### Section Summary

- Regularly eating foods high in salt and saturated fat has been linked to health problems such as hypertension, which is a risk factor for dementia.
- Foods that are high in added sugar can contribute to excess weight, and type II diabetes which are risk factors for dementia.
- Following a Mediterranean diet is associated with decreased risk of developing dementia.
- Vitamin deficiencies, such as lower levels of vitamins D, K, C, E, iron, and selenium, have been found in those with dementia.

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## Activities

### Activity One: Menu of the day

- Split into smaller groups, *or* if your group is less than 6 people, work as one group and to build a day menu for a day that reaches Canadian Food Guide recommendations and incorporates elements of the “Mediterranean Diet” (see details in “Additional Resources” section).
  - The menu should include breakfast, lunch, dinner and one light snack.
  - If you want, make this activity more challenging by including additional requirements around meals.
    - Ex. One meal has to be entirely vegetarian or vegan, one meal has to include fish, one meal has to take less than 20 minutes to make, etc.

## Activity Two: Perfect Meal

- Canada's Food Guide also recommends eating with others as a healthy way to enjoy food. Eating well is not only about what you put in your body but finding joy in nourishing ourselves.
- As a group create a list of the ideal components of a perfect meal that aren't just about the food.
  - Think about the setting, the people, etc.
  - Components can also be really specific, like lighting a vanilla scented candle while you cook.
- This is all about reframing how we think about meal prep and healthy eating to make it an activity to look forward to rather than a chore.

## Discussion Questions

- What are the limitations that come to play when making decisions about your nutrition?
- If limitations exist for you what kind of support would be needed to help you overcome these limitations?

# Additional Resources

**Canada's food guide** **Eat well. Live well.**

**Eat a variety of healthy foods each day**

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

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**Canada's food guide** **Eat well. Live well.**

**Healthy eating is more than the foods you eat**

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels



















Limit foods high in sodium, sugars or saturated fat

Be aware of food marketing

Discover your food guide at [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

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## The Mediterranean Diet

Protein			Carbs			Fats		
								
Eggs	Fish	Plain Greek Yogurt	Amarath	Buckwheat	Farro	Olives	Cashews	Pistachios
								
Cottage Cheese	Tofu	Edamame	Beans and Lentils	Taro	Yams	Cheese (aged 6 months +)	Olive Oil	Walnut Oil