

Breakthrough common nutrition myths, see what's trending, catch up on latest research, and get great tips from our team of Registered Dietitians.

MYTH

Sea salt is natural, so it is better for you.

FACT

Sea salt, just like kosher and gourmet salt, has about the same amount of sodium as table salt. It is not a healthier choice. Too much sodium can be harmful to your health. The differences between sea salt and table salt are taste, texture and how they are made. Table salt is mined from dried-up ancient salt lakes. Some table salts include iodine, a nutrient that helps prevent thyroid disease. Sea salt is made by evaporating seawater and tastes different depending on where it's from. Whichever salt you choose, use less. For a flavour boost, sprinkle food with orange or lemon juice, garlic, herbs or spices.



Heart Health Awareness

***NEW* from the Heart and Stroke Foundation**

Heart and Stroke Foundation recently released their new position statement regarding Saturated Fat Heart Disease and Stroke. The emphasis is on balanced eating, and "minimally processed foods", rather than providing specific numerical limits on Saturated fat content of the diet. They state the focus is on improving overall dietary quality, which will lead to reduced saturated fat intake, alongside reduced sodium intake and added sugars. So, the emphasis is on increasing vegetable and fruit intake, choosing a variety of protein sources (lean meats, lentils and legumes, seeds,), limiting sugary drinks and fast food, and cooking more meals at home that are minimally processed, rather than emphasizing a low-fat diet.

Refer to this link for the full position statement:

http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.9314923/k.E0FA/Saturated_fat_heart_disease_and_stroke.htm

Are All Trans Fats Bad for Your Health?

Not necessarily. The 2009 WHO Scientific Update on Trans Fatty Acids

(<http://www.nature.com/ejcn/journal/v63/n2s/pdf/ejcn200915a.pdf>) noted that, although ruminant trans fatty acids may negatively impact blood lipid levels, their intake "is low enough in most populations that they do not constitute a significant risk factor" for coronary heart disease. Similarly, a 2011 review

(<http://advances.nutrition.org/content/2/4/332.full>) found that study results suggest "at lower doses, ruminant trans fatty acids do not affect lipids and lipoproteins, but at higher doses, which are not attainable by diet, ruminant trans fatty acids may have similar effects as industrially-produced trans fatty acids". Furthermore, studies have generally shown an inverse association or no association between the consumption of trans fatty acids from ruminants and coronary heart disease, but that more research is needed to tease out the association between ruminant trans fatty acids and the risk of coronary heart disease, especially with regards to gender.

Can Probiotics Lower Cholesterol?

Some probiotics are being investigated for their ability to lower cholesterol. Currently, Cardioiva™ (Lactobacillus reuteri NCIMB 30242) is the only probiotic that has been shown in peer reviewed and published clinical trials to safely reduce total cholesterol by 9.14% and LDL-cholesterol levels by 11.6% in adults with moderately elevated cholesterol (1,2).

Cardioiva helps to reduce LDL and TC, in 2 ways: by reducing the amount of cholesterol your body produces and by reducing the amount absorbed from food. One capsule, with food, twice daily is required to produce similar results shown in trials. Cardioiva is available at some Shopper's Drug Mart and Loblaw locations. To learn more about Cardioiva click on the links below.

<http://newsroom.heart.org/news/daily-doses-of-a-new-probiotic-239562>

1. Jones ML, Martoni CJ, Prakash S. Cholesterol lowering and inhibition of sterol absorption by Lactobacillus reuteri NCIMB 30242: a randomized controlled trial. 2012b; Eur J Clin Nutr.
2. Jones ML, Martoni CJ, Parent M, Prakash S. Cholesterol-lowering efficacy of a microencapsulated bile salt hydrolase-active Lactobacillus reuteri NCIMB 30242 yoghurt formulation in hypercholesterolaemic adults. Br J Nutr. 2012 May; 107(10):1505-13. Epub 2011 Nov 9.

Eating Disorder Awareness Week: February 1 - 7

The National Eating Disorder Information Centre (NEDIC) is a Canadian non-profit providing resources on eating disorders & weight preoccupation. The NEDIC team discusses myths, facts and false stereotypes surrounding eating disorders.

Visit www.nedic.ca for more information!

Danielle's Place is a non-profit organization in Burlington that offers hope and healing, complimentary to the medical model, to those affected by an eating disorder. They promote a holistic and self-directed approach to healing through which families and individuals can begin, maintain or resume their healing journey. For more information, go to <http://www.daniellesplace.org>

Talk to your Registered Dietitian for more information.