

Employee Wellness Solutions Network

“Nutrition for Life” Program Outline



Facilitator information: _____

Week 1: A Lifetime of Nourishment

- Introduction to the importance of nutrition and the six major nutrients
- The food energy link: what quality food does for YOU
- Nutrition related diseases: our current situation
- How nutrition impacts disease – determine the Top 10 Foods for Disease Prevention!
- Know your numbers: Weight, BMI, Blood Pressure, Waist Girth, Body Fat, Blood Sugar
- Healthy Lifestyle Choices

Week 2: Supercharge Your Metabolism

- The Body’s Energy Balance: Energy in vs energy out
- What affects Basal Metabolic Rate [Resting Metabolism Rate]?
- Food and Metabolism: You are WHAT you eat and WHEN you eat
- How to speed up your metabolism – nutritionally
- Top 10 ways to boost metabolism
- Top 10 foods that sabotage metabolism

Week 3: Nutrition labelling, Food claims, Organic Food

- Purpose of Nutrition labelling, regulations
- Food Label Reading and Ingredient Lists
- Nutrition Facts Table
- Nutrient Content Claims – Health Canada’s story!
- Organic Food – more nutritious?

Week 4: Water, Vitamins and Minerals

- Hydration vs. Dehydration
- Water and Weight Loss
- Vitamins – vital for life!
- Minerals – inorganic and necessary!

Week 5: Toxins

- How toxins affect your body
- Artificial Sweeteners – the true story...
- Myths and Truths About Aspartame
- Detox anyone?

Week 6: Digestive Health and Appetite

- What does your digestive tract really say?
- Gut inflammation can lead to....
- Celiac disease, food intolerances and sensitivities
- Science of appetite – GO and STOP hormones





My Eating Habits

If you are going to improve your current eating habits you must recognize what your current habits are and whether they are healthy or unhealthy.

These are currently some of my **healthy** eating habits:

Healthy Habit #1 -

Healthy Habit #2 -

Healthy Habit #3 -

These are currently some of my **unhealthy** eating habits:

Unhealthy Habit #1 -

Unhealthy Habit #2 -

Unhealthy Habit #3 -



Top 10 Foods



	Blood Pressure	Cholesterol	Diabetes	Heart Disease	Antioxidants
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					



Know Your Numbers

Body Mass Index **Your BMI:** _____ **Date:** _____

Classification	BMI Category	Risk of developing health problems
Underweight	<18.5	Increased
Normal Weight	18.5-24.9	Least
Overweight	25.0-29.9	Increased
Obese class I	30.0-34.9	High
Obese class II	35.0-39.9	Very High
Obese class III	>=40.0	Extremely High

(Source: Health Canada 2008)

Waist Circumference **Your WC:** _____ **Date:** _____

Waist Circumference	Risk
Men = or >102 cm (40 in)	Increased risk of developing health problems
Women = or > 88cm (35 in)	Increased risk of developing health problems

(Source: Health Canada 2008)

Blood Pressure **Your BP:** _____ **Date:** _____

Blood Pressure Classification	Blood Pressure Value (mmHg)
Normal Blood Pressure	120/80 mmHg
High Normal Blood Pressure	130-139/85-89 mmHg
High Blood Pressure	140/90 mmHg

(Source: Heart and Stroke Foundation 2008)

Cholesterol and Triglycerides

Cholesterol and Triglyceride Classification	Value	Your Numbers
Total Cholesterol (should be)	Less than 5.2 mmol/L	_____
LDL Cholesterol (should be)	Less than 3.5mmol/L	_____
HDL Cholesterol (should be)	Higher than 1.0 mmol/L	_____
Men		
Women	Higher than 1.3 mmol/L	_____
Total Cholesterol/HDL Cholesterol ratio	Less than 5.0 mmol/L	_____
Triglycerides	Less than 1.7 mmol/L	_____

(Source: Heart and Stroke Foundation 2008)

Blood Sugar and Diabetes **Your Fasting Plasma Glucose:** _____ **Date:** _____

Blood Sugar	Value	Diabetes Risk
Fasting Plasma Glucose	>= 7.0 mmol/L	Indicates Diabetes
Causal Plasma Glucose	>= 11.0mmol/L	Indicates Diabetes

(Source: Clinical Practice Guidelines 2008)