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.

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

The Mediterranean Diet

<table>
<thead>
<tr>
<th>Protein</th>
<th>Carbs</th>
<th>Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Amaranth</td>
<td>Olives</td>
</tr>
<tr>
<td>Fish</td>
<td>Buckwheat</td>
<td>Cashews</td>
</tr>
<tr>
<td>Plain Greek Yogurt</td>
<td>Farro</td>
<td>Pistachios</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>Beans and Lentils</td>
<td>Cheese (reduced sodium)</td>
</tr>
<tr>
<td>Tofu</td>
<td>Taro</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>Edamame</td>
<td>Yams</td>
<td>Walnut Oil</td>
</tr>
</tbody>
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