



A NEWSLETTER FOR PROFESSIONALS

# Nutrition Update Newsletter

## April 2016

CONTRIBUTORS FOR THIS ISSUE

## Opportunities for Nutrition in Recreation Facilities

Heart and Stroke Foundation published a report in June of 2015 called *Opportunities for Recreation Facility Nutrition Policies in Saskatchewan*.<sup>1</sup> An informal survey was conducted of stakeholders in recreation facility food services across Saskatchewan. The report explains the current nutrition attitudes and behaviours, common barriers, and opportunities in recreational facilities.

Recreational facilities are a hub to encourage and provide opportunity to participate in a physically active lifestyle. However, it is common to see foods and beverages at these facilities that do not meet recommended nutrition guidelines. Making healthy choices can be a challenge when healthy foods and beverages are not easily accessible.

The survey results suggest the most effective strategy in making successful changes is to take a comprehensive approach, involving communities, facilities and industry.

If this is not possible, it also outlines small steps that can be taken which have shown to be successful. In making change, it is important to include all stakeholders and engage industry early in the process.

**The challenge of improving nutrition in recreational facilities is not unique to Saskatchewan.** This report outlines success stories throughout Canada, including within facilities, vending operations, and the implementation of nutrition policies in recreational facilities.

For a copy of the report or for more information, please contact:

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### References:

1. Heart and Stroke Foundation. (2015). *Opportunities for recreation facility nutrition policies in Saskatchewan*.
2. Heart and Stroke Foundation. (2015). *Position statement: saturated fat heart disease and stroke*. Retrieved from [http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.9314923/k.EoFA/Saturated\\_fat\\_heart\\_disease\\_and\\_stroke.htm](http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.9314923/k.EoFA/Saturated_fat_heart_disease_and_stroke.htm)
3. de Oliveira Otto MC, Mozaffarian D, Kromhout D, et al. Dietary intake of saturated fat by food source and incident cardiovascular disease: the Multi-Ethnic Study of Atherosclerosis. *Am J Clin Nutr* 2012; 96:397-404.

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## Ask A

## NUTRITION

## Expert



### Is there a link between saturated fats and heart disease?

The Heart & Stroke Foundation of Canada recently released a [position statement](#) on the link between saturated fat and heart disease.<sup>2</sup> Saturated fats are naturally found in foods from animals such as meat and dairy products. Saturated fats are also found in tropical oils, including coconut and palm kernel oils. Most health organizations agree that saturated fats are associated with an increased risk of heart disease and should be limited in the diet.

Research related to saturated fat continues to demonstrate that saturated fat increases LDL-cholesterol levels.<sup>2</sup> At the same time, there is emerging evidence to suggest that the health effects of saturated fat could vary depending on the food sources.<sup>2,3</sup> The coverage of the saturated fat debate by media and some in the research community is causing confusion among the public and healthcare providers.

The Heart & Stroke Foundation reminds Canadians that no single nutrient, such as saturated fat, will determine our health. Instead, it is the overall quality of a person's diet along with the quantity and types of foods consumed that are more important and will have a greater impact on health. As an alternative to focusing on the consumption of saturated fats, Canadians are recommended to consume a healthy balanced diet, include more vegetables and fruit and cook at home using whole foods. Canadians should also avoid highly processed foods, sugary drinks and fast foods.

### Are cold pressed juices the answer?

Cold pressed juices have been in the media lately advertising benefits such as "the easiest way to get your vitamins." Cold-pressed juices are the result of using a hydraulic press to squeeze the juice out of vegetables and fruit, limiting exposure to heat and air. This process is said to retain more vitamins and minerals than other types of juicing processes; a claim that has not been backed by scientific evidence.

Drinking cold-pressed juices will provide vitamins and minerals, but, it is not the best or most cost-effective way to do so. On average, a bottle of cold pressed juice costs ten dollars. That same ten dollars could be spent on produce that would feed you over a longer period of time and provide a variety of rich nutrients. The pulp and peel are also consumed in eating the whole produce, providing fiber. Ultimately, [Canada's Food Guide](#) advises people to choose vegetables and fruit more often than juice.



## The Role of the Dietitian in the Built Environment

The built environment can be planned to enhance an individual's and a community's health by creating places where the default choice is the healthiest option.

Scientific evidence proves that supportive environments where we live, work, eat, learn, rest and play enable people to make healthy choices. The Public Health Nutritionists of Saskatchewan recently released a summary of the scientific evidence called *The Role of the Dietitian in the Built Environment*. Addressing our environment pushes beyond a traditional approach to healthy eating such as educating an adult to eat 7 to 10 servings of vegetables and fruit each day as per [Canada's Food Guide](#). It considers a more holistic approach to healthy eating that acknowledges the external factors that influence the food choices we make such as having vegetables and fruit easily accessible in our home or neighborhood corner store.

Chronic disease rates continue to rise even with increasing medical interventions. It is not enough to tell people to eat healthy food. So how do we set up our environment so that healthy food is easy to get? Dietitians have an expert knowledge and skill set to build collaborative partnerships to help to create healthy and supportive environments for generations to come.

[Click here](#) to view *The Role of the Dietitian in the Built Environment*.

