

## GO BEYOND BASIC NUTRITION



Functional foods provide more than just macronutrients. They are foods that offer unique health benefits that may play a role in reducing risk of certain health conditions. Functional foods include vegetables, fruits, whole grains and healthy fats.

### **VIBRANT VEGGIES & FRUITS**

To include a wide variety of vitamins and nutrients, diversify your diet by selecting a range of colourful veggies and fruits. Each colour carries its own set of unique disease fighting chemicals called phytochemicals.

### **WHOLESOME GRAINS**

Whole grains, such as whole wheat, oats and barley provide more dietary fibre than refined carbohydrates. Fibre helps to regulate insulin response and has been linked to lower cholesterol levels.

### **FUNCTIONAL FATTY ACIDS**

Omega-3 fatty acids from fish and nuts can lower risk of heart disease and improve brain function. Nuts and seeds are high in magnesium, which can help to lower blood pressure.

Sources:

<http://www.nutritionaustralia.org/national/resource/eat-rainbow> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4058731/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4190204/>

# FUNCTIONAL FOODS

## CHOOSE NUTRIENT-RICH FOODS

Nutrient requirements can be met by consuming functional foods . Gradually add more whole grains, nuts, fish, beans, fruit, and vegetables into your diet to meet your nutrient needs

NUTRIENTS	FUNCTIONAL FOOD SOURCE	POTENTIAL BENEFITS
<b>Magnesium</b>	Leafy greens, seeds, almonds, whole grains, fish	Supports normal muscle and nerve function, immune health and bone health.
<b>Calcium</b>	Spinach, dairy, fish, nuts	May reduce the risk of osteoporosis.
<b>Vitamin A</b>	Milk, eggs, carrots, sweet potato, spinach	Eye health, bone health, immune health, cell function.
<b>Vitamin D</b>	Fish, fortified dairy products	May reduce the risk of osteoporosis, supports cell growth and immune health.
<b>Potassium</b>	Potatoes, dairy, citrus fruits, beans, bananas, leafy greens	May reduce the risk of high blood pressure, in combination with a low-sodium diet.
<b>Fibre</b>	Whole grains, oats, legumes, apples, citrus fruits	May reduce risk of heart disease and supports maintenance of healthy blood glucose levels.



### Sources:

<https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Functional-Foods.aspx>  
<https://www.canada.ca/en/health-canada/services/food-nutrition/food-nutrition-surveillance/health-nutrition-surveys/canadian-community-health-survey-cchs/canadian-adults-meet-their-nutrient-requirements-through-food-intake-alone-health-canada-2012.html>

# FUNCTIONAL FOODS

## FOR BETTER HEALTH, GO WITH YOUR GUT

**Probiotics** are live microorganisms that maintain or improve the good bacteria in the body. This functional component may boost gastrointestinal health. To include more probiotic foods in your diet, try yogurt, kefir and aged cheeses. For non-dairy options, try kimchi, sauerkraut, miso and tempeh.

Current research on gut health is examining the relationship between gut bacteria and disease prevention in the areas of rheumatoid arthritis, cancer and heart disease. Functional foods include dietary sources of probiotics and prebiotics, which aid in gut health.



**Prebiotics** feed the good bacteria (microbiota) to improve the balance of bacteria in the body. Dietary sources of prebiotics include high-fibre foods such as bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat.

Sources:

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-creating-a-healthier-you>  
<https://www.health.harvard.edu/staying-healthy/can-gut-bacteria-improve-your-health>