

# Faculty/Presenter Disclosure

- **Faculty:** Jeffrey Lalonde
- **Relationships with commercial interests:**
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# Nutrition and Activity Level Stroke Prevention

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# Canadian Stroke Best Practices.

## Lifestyle and Risk Factor Management

### 2.1 Healthy Balanced Diet

- i. Counsel and educate individuals with TIA or stroke to eat a healthy balanced diet that includes:
  - a) a variety of natural/whole foods at each meal
  - b) fewer highly processed foods which include highly refined foods, confectionaries, sugary drinks, processed meats, and snack foods
  - c) a diet high in vegetables and fruit; encourage patients to choose fresh or frozen unsweetened fruit or canned fruit in water without added/free sugars or artificial/non-caloric sweeteners; fresh or frozen vegetables without added sauce or canned vegetables with no added salt
  - d) fat-free or skim milk and alternatives, and dietary and soluble fibre
  - e) lean meats, whole grains and protein from plant sources which are low in saturated and trans fats, low in cholesterol (<200 mg daily for patients at increased vascular risk) and low in sodium

# Canadian Stroke Best Practices.

## Lifestyle and Risk Factor Management

### 2.1 Healthy Balanced Diet

- ii. Counsel and educate individuals with TIA or stroke to follow a Mediterranean-type diet which is high in vegetables, fruit, whole grains, fish, nuts and olive oil and low in red meat
- iii. Counsel and educate individuals with TIA or stroke to have a total intake of free sugars that do not exceed 10% of total daily kcalorie (energy) intake
  - Note: while sugar is a problematic part of our diet, sugar in liquid beverage form is one of particular concern. Sugary drinks that may include soft drinks, juice, vitamin waters and sports drinks are considered energy dense, nutrient poor beverages because of their high caloric levels and minimal nutritional value. Heart & Stroke position statement on Sugary Drinks 2016

# Canadian Stroke Best Practices.

## Lifestyle and Risk Factor Management

### 2.2 Sodium Intake

- i. Counsel and educate individuals with TIA or stroke to have a daily intake from all sources of no more than 2000 mg/day

# Mediterranean Diet

- Eat primarily plant based foods
  - Ex: fruits, vegetables, whole grains, legumes and nuts
- Use healthy fats such as olive oil and canola oil
  - Replacing butter
- Limit red meat
  - Maximum a few times a month
- Eat fish and poultry
- Enjoy meals with family and friends
- Drinking red wine in moderation (optional)
- Getting plenty of exercise

# DASH DIET

- The DASH eating provides daily and weekly nutritional goals.
- Recommendations:
  - Vegetables, fruits, and whole grains
  - Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
  - Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
  - Limiting sugar-sweetened beverages and sweets.

# Canada's Food Guide





# Revision of the Food Guide

- **Key dates**
- The revision of Canada's Food Guide will be completed in phases.
- **In 2018**, we will release:
  - Part 1 of the new dietary guidance policy report for health professionals and policy makers, which will consist of general healthy eating recommendations
  - supporting key messages and resources for Canadians
- **In 2019**, we will release:
  - Part 2 of the new dietary guidance policy report, which will consist of healthy eating patterns (recommended amounts and types of foods)
  - additional resources for Canadians

# Revision of the Food Guide

- **Revision of Canada's Food Guide – First Nations, Inuit and Métis**
- Work with First Nations, Inuit and Métis partners and stakeholders to Develop tools for Indigenous populations to support the updated dietary guidance resulting from Canada's Food Guide revision.
- Work is being done to inform next steps for engagement and identification of needs and priorities.
- Broader engagement is being planned for winter 2018.
- The aim is to release Indigenous tools in spring 2019.

# Mediterranean/DASH /Canada's Food Guide Similarities?

- Emphasis of plants
  - Vegetables
  - Fruit
  - Whole grains
- Promote plant sources of protein
- Limit portion sizes and frequency of meat
- Promote fish
- Limit processed foods
- Limit added salt
- Limit added sugars

# Canadian Stroke Best Practices.

## Lifestyle and Risk Factor Management

### 2.3 Exercise

- i. Counsel and educate individuals with TIA or stroke to reduce sedentary behaviours and to work towards increased activity goals as tolerated throughout their stroke recovery.
- ii. Counsel and educate individuals with TIA or stroke to participate in dynamic exercise of moderate intensity (such as brisk walking, jogging, swimming, cycling) 4 to 7 days per week to accumulate at least 150 minutes in episodes of 10 minutes or more, in addition to routine activities of daily living.

# Canadian Stroke Best Practices.

## Lifestyle and Risk Factor Management

### 2.3 Exercise

- iii. Most people who have had a stroke or TIA should be encouraged to start a regular exercise program
  - a) Supervision by a healthcare professional (such as a physiotherapist) at exercise initiation should be considered in individuals with stroke at risk of falls or injury, or in individuals with other comorbid diseases (such as cardiac disease), which may place them at a higher risk of medical complications

# Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

## Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:

- Jogging
- Cross-country skiing

### Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

### Pick a time. Pick a place. Make a plan and move more!

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Join a weekday community running or walking group. | <input checked="" type="checkbox"/> Rake the lawn, and then offer to do the same for a neighbour. |
| <input checked="" type="checkbox"/> Go for a brisk walk around the block after dinner. | <input checked="" type="checkbox"/> Train for and participate in a run or walk for charity!       |
| <input checked="" type="checkbox"/> Take a dance class after work.                     | <input checked="" type="checkbox"/> Take up a favourite sport again or try a new sport.           |
| <input checked="" type="checkbox"/> Bike or walk to work every day.                    | <input checked="" type="checkbox"/> Be active with the family on the weekend!                     |

**Now is the time. Walk, run,  
or wheel, and embrace life.**



[www.csep.ca/guidelines](http://www.csep.ca/guidelines)

# Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

## Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

### Being active for at least **150 minutes per week** can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

### Pick a time. Pick a place. Make a plan and move more!

- ☑ Join a community urban poling or mall walking group.
- ☑ Go for a brisk walk around the block after lunch.
- ☑ Take a dance class in the afternoon.
- ☑ Train for and participate in a run or walk for charity!

- ☑ Take up a favourite sport again.
- ☑ Be active with the family! Plan to have "active reunions".
- ☑ Go for a nature hike on the weekend.
- ☑ Take the dog for a walk after dinner.

**Now is the time. Walk, run,  
or wheel, and embrace life.**



[www.csep.ca/guidelines](http://www.csep.ca/guidelines)

# Energy Expended

Activity (1-hour duration)	Calories (kcal) burned in 1hr 160 lbs. (73 kg)
Aerobics, low-impact	365
Aerobics, water	402
Bicycling, < 10 mph, leisure	292
Dancing, ballroom	219
Elliptical trainer, moderate effort	365
Golfing, carrying clubs	314
Hiking	438
Running, 5 mph	606
Skiing, downhill	314
Swimming laps, light or moderate	423
Walking, 3.5 mph	314

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/exercise/art-20050999?pg=2>

Based on Ainsworth BE, et al. 2011 compendium of physical activities: A second update of codes and MET values. Medicine & Science in Sports & Exercise. 2011;43:1575.



# Canadian Stroke Best Practices.

## Lifestyle and Risk Factor Management

### 2.4 Weight

- i. Counsel and educate individuals with TIA or stroke to achieve a body mass index (BMI) of 18.5 to 24.9 or a waist circumference of <88 cm for women and <102 cm for men.
- ii. Counsel and educate individuals with TIA or stroke to set healthy weight loss goals and develop individualized plans to help achieve goals
  - a) A dietitian should be considered

# Canadian Stroke Best Practices.

## Lifestyle and Risk Factor Management

### 2.5 Alcohol consumption

- i. Counsel and educate individuals with TIA or stroke to avoid heavy alcohol use as excess alcohol intake increases the risk of ischemic stroke or intracranial hemorrhage
- ii. Counsel and educate individuals with TIA or stroke to follow Canada's Low-Risk Alcohol drinking Guidelines (2011):
  - for women, no more than 10 drinks per week with no more than 2 drinks per day most days and no more than 3 drinks on any single occasion
  - for men, no more than 15 drinks per week, with no more than 3 drinks per day most days and no more than 4 drinks on any single occasion

# One Standard Drink

- 44ml or 80 proof (40%) spirits
- 355ml of 5% beer
- 148 ml of 12% wine

# Alcohol and Mixes

Product	Volume	Kcalories
White wine	150 ml	100
Red wine	150 ml	110
Spirits (40%)	45 ml	100
Beer (5%)	340 ml	140

Product	Volume	Kcalories	Carbohydrate (g)*
Cola	250 ml	110	24
Orange juice	250 ml	120	22
Club soda	250 ml	0	0
Tonic water	250 ml	124	32

\*carbohydrate is mainly sugar

# Coffee Matters

	Calories	Sugar (g)	Fat (g)	Saturated Fat (g)
Coffee – Medium Black	4	0	0	0
Coffee – Medium Double/Double	212	22	12	8
Coffee – Medium 2 milk	42	4	2	1
Coffee – XL Triple/Triple	477	54	24	15

# What do we need for moderate activity?

- A healthy balanced diet
- Shakes, bars and powders and not needed
- Portion control
- Don't over estimate the energy burned during exercise

# Tools to Help

- Calories on menus
- Calorie and activity tracking apps

# For the Athletes

- Thomas, D. T., Erdman, K.A., Burke, L. M., & MacKillop, M. (2016). **Nutrition and Athletic Performance**. *Medicine & Science in Sports & Exercise*: 48 (3) Retrieved from: [https://journals.lww.com/acsm-msse/fulltext/2016/03000/Nutrition\\_and\\_Athletic\\_Performance.25.aspx](https://journals.lww.com/acsm-msse/fulltext/2016/03000/Nutrition_and_Athletic_Performance.25.aspx)



- Thank you very much