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# Canada food guide recommended daily intake

## Current Dietary Recommendations for Sodium & Potassium 2003-2006

2006 AHA Diet and Lifestyle Revision	An achievable goal – 2.3 g/d; upper level could be as low as 1.5 g/d
2006 AHA Science Statement on Prevention and Treatment of Hypertension	Lower salt intake as much as possible: 1.5 g/d <b>Increase potassium to 4.7 g/d</b>
2005 Dietary Guidelines for Americans	Consume less than 2.3 g/d; persons with hypertension, blacks, middle-age & older adults: 1.5 g/d. <b>Increase potassium to 4.7 g/d</b>
2004 DRI from National Academies	AI = 1.5 g/d, UL = 2.3 g/d <b>Potassium, AI = 4.7 g/d</b>
2003 NIH/ NHLBI, JNC 7	Consume less than 2.4 g/d



Conversion factors to use with the Finnish Food Based Dietary guidelines

1 potato (70 grams) =	1 slice of bread (20 grams) =
15 g uncooked rice	15 g cornflakes
15 g uncooked pasta	20 g cereal
15 g uncooked bulgur	2 rice cakes
15 g uncooked couscous	20 g rusk (= 2 pieces)



But here's the good news: changing the food you eat to more plant-based nutrition can make a big difference. For added convenience, Tilda offers easy-to-use packets of steamed basmati that can be heated in the microwave in just 2 minutes. A World of Plant-Based Nutrition to Explore When you think about it, there's a whole new world of healthy plant-based nutrition to explore! The only question is which idea to try first? So let's get on with the easy part. In this article we're going to show you six ways that following Canada's new Food Guide can be easy... uncomplicated... quick to prepare... taste great... and—most importantly—make eating together a wonderful experience! But first, a little encouragement. Will planning and preparing these new dishes take up all my time? Sugar and sweeteners are usually added to boost flavor. CC0/ponce photography/Pixabay Frozen Dinners After a busy day, it's easy to pop a frozen dinner in a microwave. Will this healthier food be hard to find? "The regular intake of plant-based foods—vegetables, fruit, whole grains, and plant-based proteins—can have positive effects on health," says the Food Guide. Will eating together not be fun anymore? The Food Guide gives you the science to back it up! Among the most serious health concerns in Canada is heart disease. Europe's Best Fruits and Vegetables have you covered, with a line of convenient frozen fruits and frozen vegetables that are already pre-washed and pre-cut, so the prep work is already done. Many people choose to avoid these processed foods in an effort to eat healthier, non-processed whole foods. Fast Food Fast food is quick and easy, but usually processed. This type of fruit, like raisins and dried cranberries, is often coated in sugar and extra calories. That way everyone gets with the schedule, and gets comfortable with the idea that dinner is not always defined by having meat in the centre of the plate. But what about the challenge of keeping a supply of vegetables and fruits in your kitchen that's ready-to-use at all times? Instead, its core prescription for healthy eating is that Canadians should transition to a more plant-based diet. Often, it's made with preservatives and sodium. CC0/phouavang82/Pixabay Granola Bars Granola bars are a handy snack, but they fall in the processed food category. Check the ingredients list. CC0/sjeno09190/Pixabay Fruit Snacks Kids enjoy snacking on packages of fruit snacks. If your family are pizza lovers, there's Yves Veggie Pepperoni, with the great taste of regular pepperoni but without any of the saturated fat, cholesterol or preservatives! Both Yves Veggie Ground Round and Veggie Pepperoni, as well as a wide variety of other delicious Yves products, are a good source of protein, with no saturated fat. To help meet its recommendations, it says, you can choose plant-based beverages. 3 The choice is easy with Dream dairy-free plant based beverages, available in five different flavour bases: Rice, Coconut, Pea Protein, Cashew and Almond. All fair questions. Will it taste too different? One easy way to do that is to substitute the meat in the everyday recipes you already serve, with plant-based meat alternatives. Try Brown Basmati & Quinoa with Pumpkin Seeds & Sunflower Seeds for a unique and wholesome flavour twist! 6 You may be worried that the new guidelines will be a difficult change—but with the six ideas above, you should rest easy knowing your family can be healthy and happy without that much effort!

1. Canada's Food Guide: Canada's Dietary Guidelines 2. Canada's Food Guide: Canada's Dietary Guidelines - Table 2: Convincing Findings 3. Guiding Principles 4. Canada's Food Guide: Eat whole grain foods Most brands of ketchup include extra sugar. CC0/Pexels/Pixabay MORE FROM QUESTIONSANSWERED.NET Close Old Browser Notification

Browser Compatibility Notification It appears you are trying to access this site using an outdated browser. The snacks are sticky with added corn syrup or cane sugar in most cases. CC0/Hans/Pixabay Diet Foods Diet foods labeled as low-fat or fat-free have been processed to remove the fat. CC0/PublicDomainPictures/Pixabay Processed foods contain fats, sugars and chemicals. Keep Healthy Options in Your Freezer With these simple changes you're already well on your way to a lifestyle of healthier food choices. We recommend updating your browser to its most recent version at your earliest convenience. Why not try a delicious alternative like Tilda Wholegrain Basmati Rice? And it offers a long list of recent scientific studies that have provided "Convincing Findings" to prove this statement. 2 If you care about your own health and the health of your friends and family, there are plenty of reasons for you to want to make this change in your lifestyle. Eat Whole Grain Foods Eating whole grain foods is another recommendation that is repeated throughout the Food Guide. 4 You or your family may be used to the comfort of something white and starchy on your dinner plate. Many nuts contain extra salt and sugar. CC0/stevepb/Pixabay Margarine Margarine is used as a substitute for butter. The Food Guide points out that almost 50% of deaths from cardiovascular diseases are attributed to dietary risks, such as low intake of plant-based foods like vegetables and fruit. 1 That's bad. A great example is Yves Original Veggie Ground Round, a pre-cooked soy-based crumble that can replace cooked ground meat in recipes like pasta sauces, chili, lasagna, shepherd's pie or tacos. Here are six ways you can transition to a more plant-based diet—and we doing it! 1, 2 Adding plant-based nutrition to your diet really isn't hard, but we know that for many Canadians and their families, changing their food habits can be a challenge. These are usually made with sugar, sodium and fat included in the ingredients, so they're considered processed foods to avoid. CC0/ElasticCape/Farm/Pixabay Ketchup/ketchup is a popular condiment for hot dogs, hamburgers and French fries. Choose plant-based Beverages Here's another suggestion from the Food Guide that's easy to adopt. Start with Easy Substitutions To promote cardiovascular health, the Food Guide recommends replacing foods that contain mostly saturated fat with foods that contain mostly unsaturated fat. As a result, parts of the site may not function properly for you. You should know that making this transition really will benefit your health, and the health of all those you share and prepare food with. Easy-peasy, right? Check the extensive list of ingredients that might include sugar, simple carbohydrates and added fat. CC0/Wikimedia Commons/Pixabay Nutri-Flour is a nutritious flour made from whole grain flours like buckwheat, quinoa, amaranth, millet, and sorghum. It's a great alternative to regular flour. Meadless Meals For many years, the Food Guide has dropped the need to count servings of different food groups. A nice bonus is that you'll reduce spoilage and food waste, too! There are dozens of recipes on the Europe's Best website to help you discover new ways to prepare wholesome meals you'll love to serve. If you're eliminating processed food, you might want to skip fast food restaurants where food can contain extra salt and refined sweeteners like corn syrup. CC0/NiyoiHarmony/Pixabay Bacon is a tasty breakfast food or sandwich filler. With that range, your family can be free to choose the flavour they like best! Whether it's on breakfast cereal, in a refreshing mid-day smoothie, or in one of the fabulous recipes on the Dream website, you can enjoy the benefits of plant-based beverages any time of day. With the bran layer intact, the wholegrain rice has a distinctive nutty flavour, and is a source of fibre. 3 It can contain trans fat and refined oils like soybean oil or canola oil, so it's considered a processed food to avoid. CC0/doornekamph/Pixabay Dried Fruit Dried fruit is a convenient snack or topping for salads. Will it be complicated? As the person who does the shopping and cooking, whether for just yourself or your whole family, you might have many questions and concerns. By buying frozen, you'll never be without a healthy option for wholesome meals that are quick to prepare.



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