

Monthly newsletter

Employee and Family Assistance Program (EFAP)

The impact of nutrition on our health

Diet plays a crucial role in our well-being, influencing not only our physical health, but also our mental health. Here are some key aspects of the impact of our diet on our health.

Physical Health

Essential nutrients: A balanced diet rich in vitamins, minerals and antioxidants is essential for the proper functioning of our body. These nutrients are essential for the metabolic process, tissue repair and protection against disease.

Dietary fibre: Fibre is important for maintaining a healthy digestive system. It helps prevent problems like constipation and can also reduce the risk of chronic diseases such as type 2 diabetes and cardiovascular disease.

Protein: Protein is essential for the growth and repair of muscle tissue, as well as for strengthening the immune system.

Fat: Unsaturated fatty acids, found in foods like avocados and fatty fish, are beneficial for cardiovascular health. In contrast, saturated fats, often found in processed products, can increase the risk of heart disease.

Mental Health

Cognitive functions: Omega-3 fatty acids, found in fish (and fish oil supplements), nuts, and chia seeds, are essential for the development and maintenance of brain function. They help improve memory, concentration, and mood.

Serotonin production: Certain foods rich in tryptophan such as chicken and fish can stimulate the production of serotonin, a neurotransmitter often referred to as the “happiness hormone.” An increase in serotonin can have a positive effect on mood and well-being.



Our food choices have a direct impact on our health. By taking a “conscious” approach to what we put on our plate, we can improve our physical and mental well-being, but also prevent serious illnesses. It is therefore essential to choose a varied and balanced diet to stay in good health throughout our lives.

Tips for a balanced diet

- Choose fresh, unprocessed foods.
- Opt for diversity on your plate.
- Eat a variety of fruits, vegetables, grain products, and proteins.
- Adhere to the portions recommended by health professionals based on your age, gender, and levels of physical activity.

Resources

The Heart & Stroke website has several resources about healthy eating. Visit the following link for more information:

www.heartandstroke.ca/healthy-living/healthy-eating/healthy-eating-basics



Recipe: Broccoli Salad

Preparation time: 25 minutes

Servings: 6 to 8

Ingredients:

- 60 ml (1/4 cup) mayonnaise
- 45 ml (3 tbsp) apple cider vinegar
- 15 ml (1 tbsp) whole-grain mustard
- 1 litre (4 cups) mini bunches of raw broccoli (about 1 broccoli)
- 125 ml (1/2 cup) sliced almonds, toasted
- 60 ml (1/4 cup) raisins (Sultana or golden)
- 4 cooked bacon slices, finely chopped
- 2 green onions, minced
- Salt and pepper



Preparation:

- 1) In a large bowl, whisk together mayonnaise, vinegar and mustard. Season with salt and pepper. Add the rest of the ingredients and mix well. Adjust the seasoning as needed.

Enjoy!

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