



Healthy Living: Evidence Based Nutrition & Lifestyle Recommendations

Nour Nafisa, BSc and Naturopathic Medical
Graduate

About Me

- 4-year Bachelor of Science program in Medical Sciences at Brock University in Ontario
- 4-Year Doctoral Naturopathic Medicine program at the Canadian College of Naturopathic Medicine in Ontario
- 1 Year internship at the Schad Clinic and Integrative Cancer Center in Ontario
- Completed 4 licensing exams to become a recognized Naturopathic Doctor in Canada
- Active Member of the Oncology Association of Naturopathic Physicians (ONCanp)
- Certified Personal Trainer with CPTN
- Co-author of systematic and literature reviews: Effects of rosemary on mental illness, impact of berberine, yoga and cinnamon on Type 2 diabetes, effects of berberine and metformin on patients diagnosed with Type 2 diabetes




What is Naturopathic Medicine ?

- A health care system that focuses on whole person wellness
- Uses modern scientific evidence informed treatment approaches
- Aims to identify and treat the root cause of illness, not just symptoms
- Emphasizes prevention and long-term health optimization
- Integrates physical, mental, emotional, and environmental factors
- Uses natural, non-invasive therapies such as nutrition, botanical medicine, medical grade nutrient supplementations, lifestyle counseling, acupuncture and intravenous therapy



Focus Areas

- Women Health, Fertility, Hormone health and Menopause
- Integrative Cancer Care
- Digestive Health
- Metabolic Health
- Mental Health
- Autoimmune



Accession # 01035999

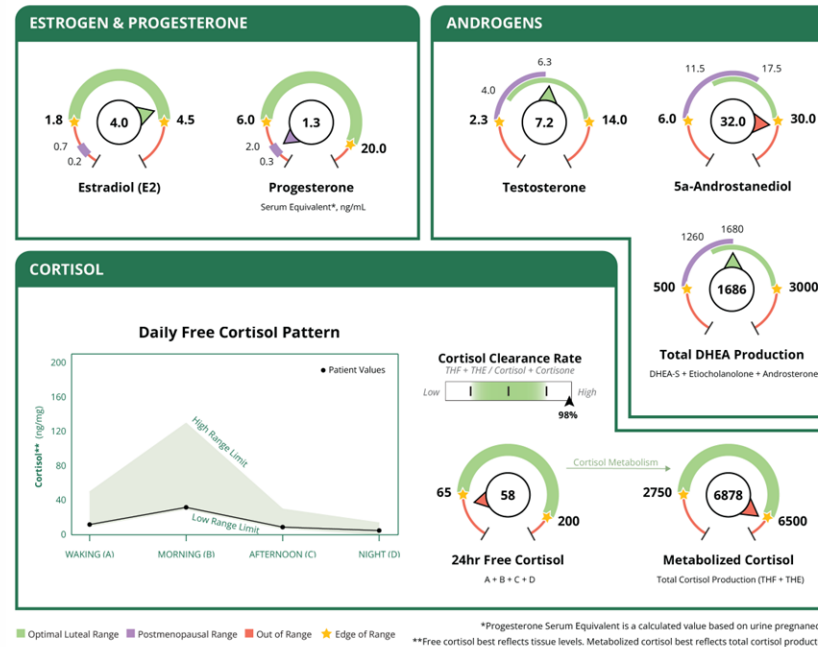
Female Sample Report
123 A Street
Sometown, CA 90266

DOB: 1976-01-01
Age: 46
Sex: Female
Last Menstrual Period: 2022-05-25

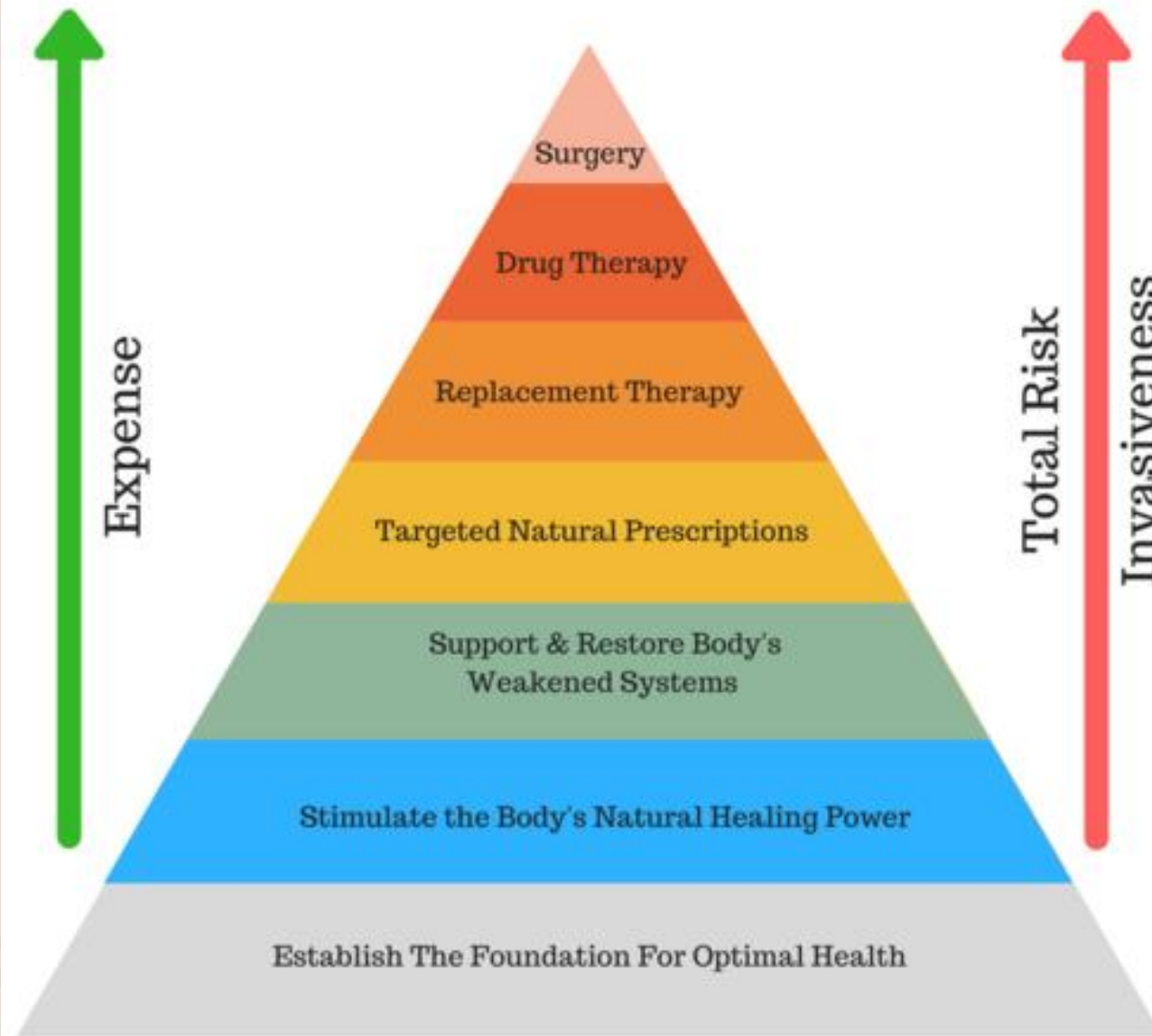
Collection Times:
2022-06-13 04:00AM (U)
2022-06-13 06:00AM (U)
2022-06-13 03:00PM (U)
2022-06-13 08:00PM (U)

Ordering Provider:
Precision Analytical

Hormone Testing Summary



Naturopathic Therapeutic Order



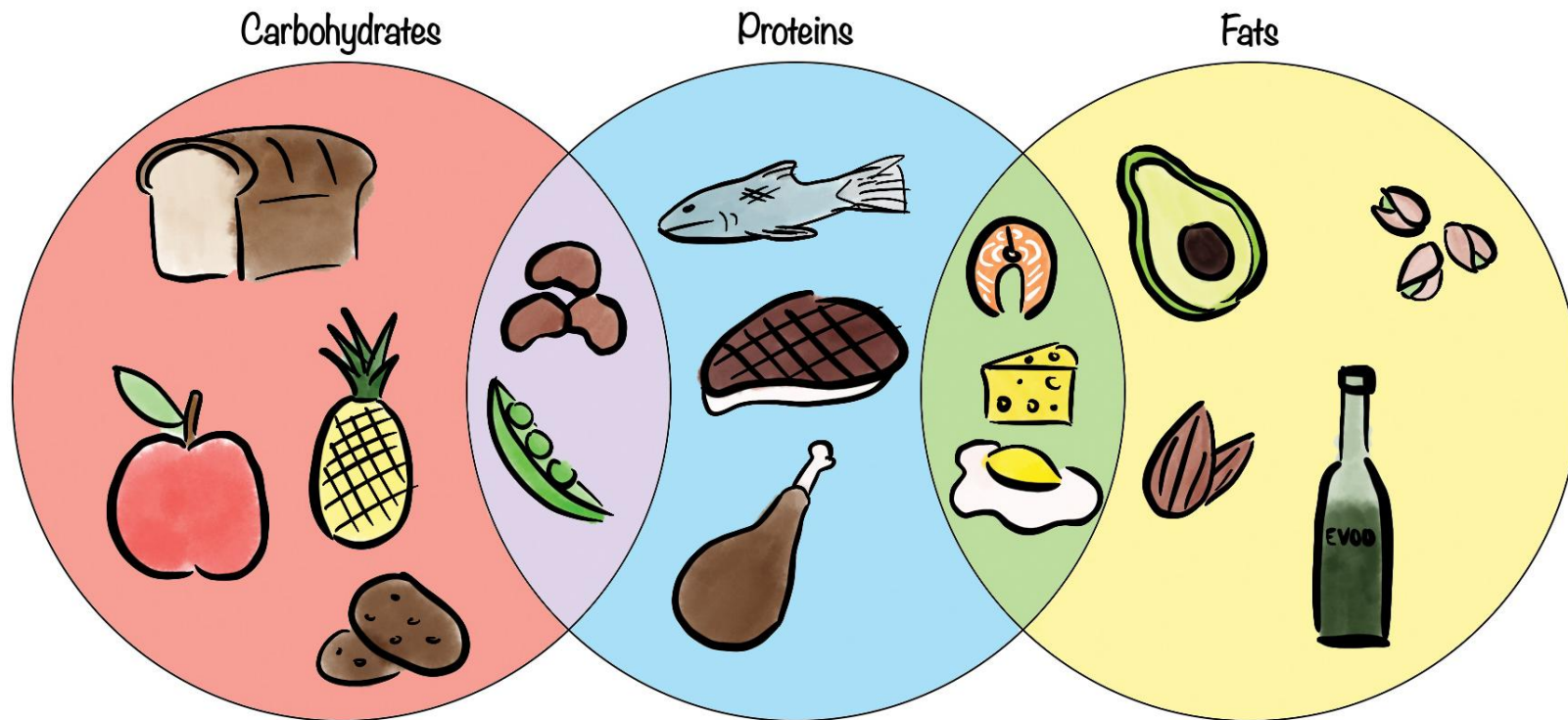
Diet Role in Disease Prevention





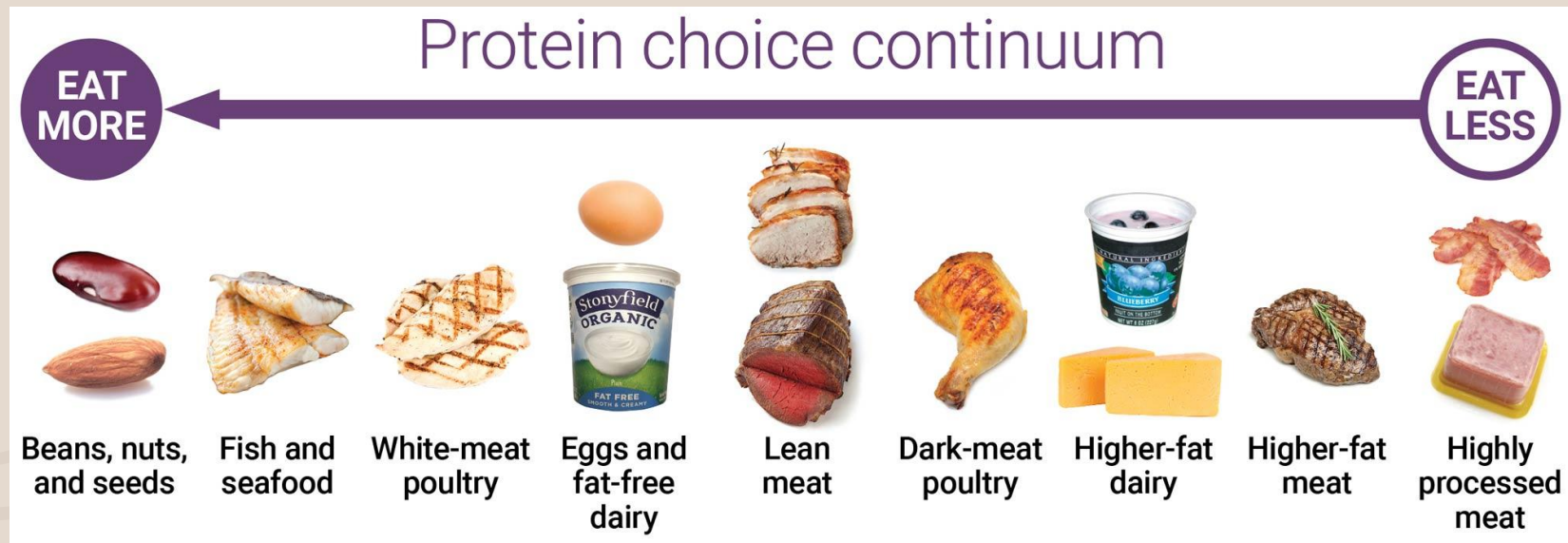
What are The 3 Macronutrient Categories?

Macronutrient Categories



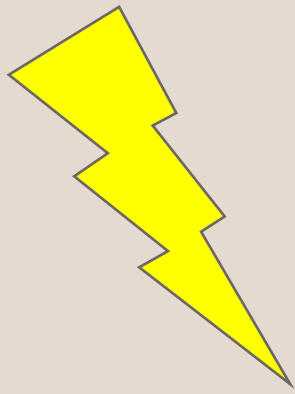
Proteins

- Protein helps build muscle, support immunity, hormones and and repair tissues
- Protein requirements are 1.0-1.5g of protein per kg of body weight daily



INCLUDE	AVOID
Plant proteins: beans, lentils, chickpeas, soy, nuts, and seeds	Red meat: Heavy consumption of red meat is a risk factor for some cancers
White meat and fish	Fried, smoked, or processed meats
Meat cooked at low temperatures: Baking, steaming, poaching, stir frying, crockpot, pressure cooker.	Meat cooked at high temperatures: charring, grilling and BBQ
Grass fed or organic when possible	Farm raised fish
High-quality protein supplements if needed (whey, pea, hemp or rice protein)	Protein bars or sugary protein shakes: Contains low quality protein and added sugars

Evidence Based Protein Recommendation



Actionable Recommendations: Eat a palm size portion of protein 3 times per day in each of your meals to meet protein goals. Limit red meat to 2x per week

Remember: Plant proteins are not complete, you must combine plant proteins to achieve a full AA profile

Tips to Increase Protein in Meals

- Stir protein powder into oatmeal, yogurt, or coffee (vanilla whey works great).
- Add Greek yogurt or cottage cheese to smoothies or pancakes.
- Use egg whites in scrambled eggs or omelets (half whole eggs + half whites).
- Sprinkle hemp hearts or chia or pumpkin seeds on toast, cereal, or fruit.
- Use Greek yogurt instead of sour cream or mayo
- Add edamame, lentils or beans to salads and grain bowls.
- Protein enriched products found grocery store: high protein bread, wraps, oats, pasta (chickpea, quinoa, lentil pasta), milk (Tip: Use high protein milk for your coffee: Iced or hot)
- Use bean dips or hummus or cottage cheese or nut butters as dips for fruits or vegetables
- Create a yogurt bowl with Greek yogurt mixed with protein powders and top with nuts, seeds and fruits

Fats

- Help to control inflammation and disease progression
- Saturated, trans-unsaturated (trans), monounsaturated, and polyunsaturated.
- Healthier fats include monounsaturated and polyunsaturated fats (omega-3 and 6)
- A diet high in omega-6 and low in omega-3 may contribute to excess inflammation in the body

Good Fats

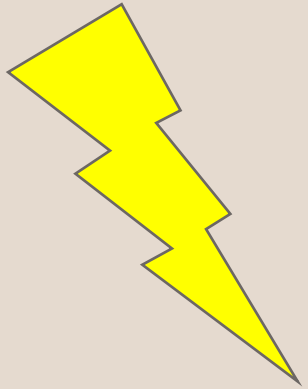


Bad Fats



INCLUDE	AVOID
Nuts: Almonds, walnuts, Brazil nuts, cashews, pecans (mostly raw or lightly roasted)	Limit peanuts due to aflatoxin risk
Seeds: Flax, hemp, sesame, chia, pumpkin (ALL TYPES)	Fried or breaded fish, large fish like tuna or swordfish due to high mercury content)
Fish: Wild salmon, sardines, mackerel, trout, herring	Canola, corn, soybean, sunflower, safflower, vegetable shortening
Plant oils: Olive, avocado, flaxseed, sesame, coconut	Margarine, processed spreads, hydrogenated oils.
Other common foods: Avocados, olives, natural nut butters (Choose nut butter with only one ingredient), unsweetened coconut, Ghee	Unverified or poor-quality supplements
High-quality supplements: Fish/Flax oil	Limit dairy consumption to 3x per week

Evidence Based Fat Recommendation



Actionable Recommendations: Eat one avocado a day, drizzle 2tbsp olive oil on top of salads, eat a handful of nuts per day, choose salmon or fish 2-3x per week



Saturated Fats: Choose less of

- Beef
- Lamb
- Pork
- Bacon
- Animal fat
- Milk
- Cheese
- Creams
- Butter
- Coconut oil



Trans Fats: Avoid

- Baked goods: Cakes, cookies, pies, crackers, pastries
- Fried foods: French fries, donuts, fried chicken
- Snacks: Potato chips and other packaged snacks
- Frozen foods: Pizza and pre-made meals
- Refrigerated doughs: Biscuits, rolls and other baked goods
- Margarine
- Shortening
- Fast food

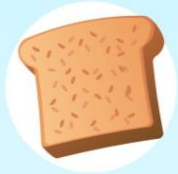
Carbohydrates

- Body's main fuel, especially for the brain, muscles, and nervous system, making them important for energy support
- Not all carbohydrates are equal—complex carbs vs refined/simple carbs
- It is important to maintain healthy glucose and insulin levels throughout the day
- All fruits and vegetables are an essential part of a healthy diet

COMPLEX CARBS

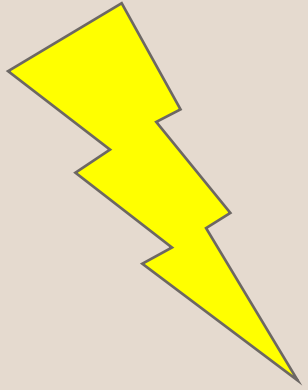
VS

SIMPLE CARBS



INCLUDE	AVOID
Complex carbohydrates: Found in whole, natural foods like fruits, vegetables, legumes, and whole grains	Simple carbohydrates: Found in refined, processed, or modified foods like white flour, candy, sweetened beverages, cereals, pasta made from refined flour
Food sequencing: Consuming vegetables first followed by protein then fats will help reduce post-meal glucose/insulin spikes	Avoid eating carbohydrates on their own without pairing them with protein or fats
Choose stone fruits or berries more often	Limit tropical fruits (banana, pineapple, mango, lychee, jackfruit) due to their high sugar content.
Replace added sugar (cane sugar, brown or white sugar, etc.) with natural sweetener options like Xylitol, Erythritol, Monkfruit, Stevia	Avoid artificial sweeteners such aspartame or sucralose due to link with increased cancer risk

Evidence Based Carbohydrate Recommendation



Actionable Recommendations: Incorporate one type of complex carb in each of your meals and choose fruits and vegetables as a snack in between

Aim for at least 5-8 servings of fruits and vegetables per day.

Consider food sequencing and post prandial walks

What Macronutrient Category (P, F, C) are Today's Pastries Mostly High In?

A serving of protein

1 Palm

A serving of vegetables

1 Fist

A serving of carbs

**1 Cupped
Hand**

A serving of fats

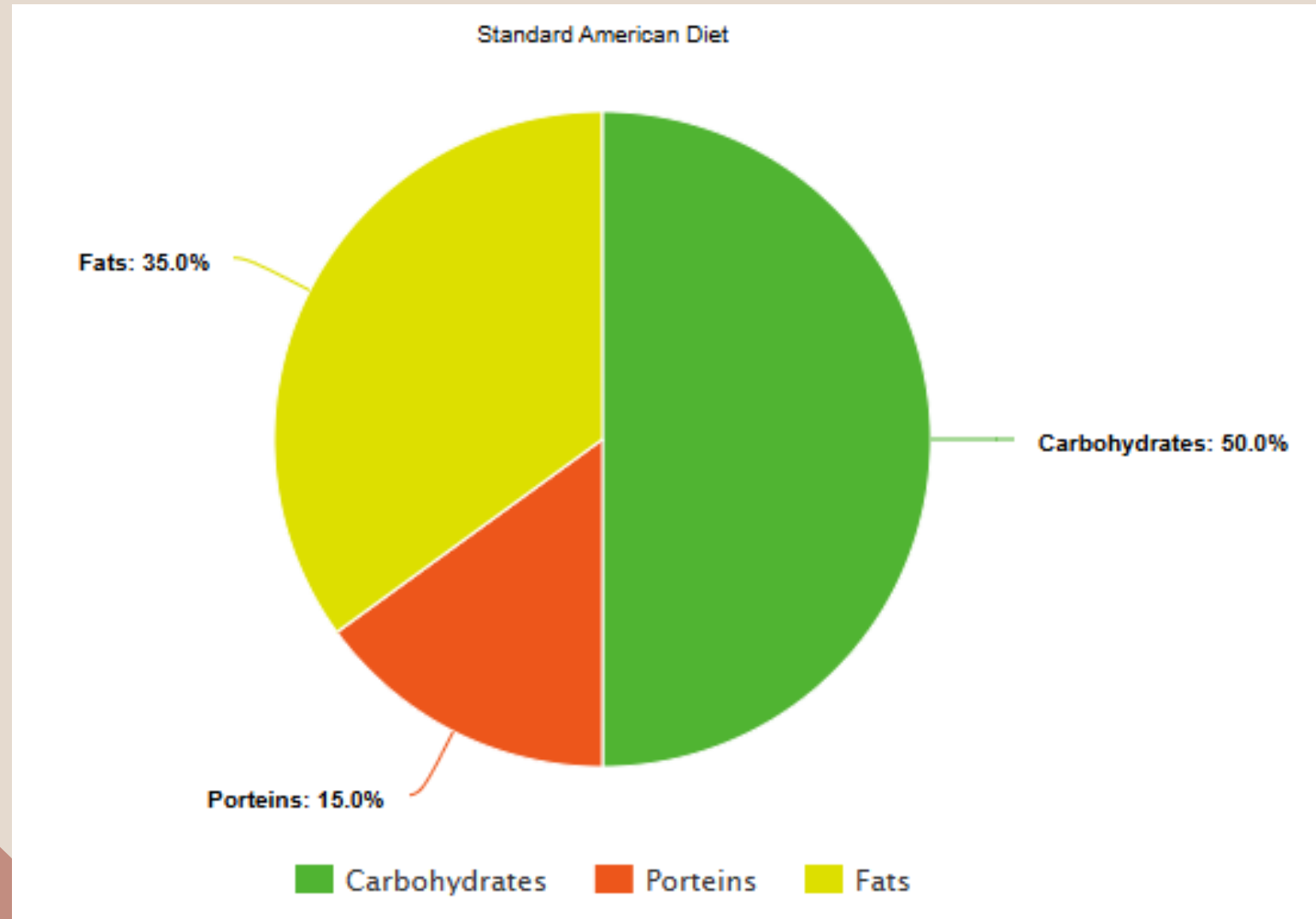
1 Thumb

How to Structure your Plate?

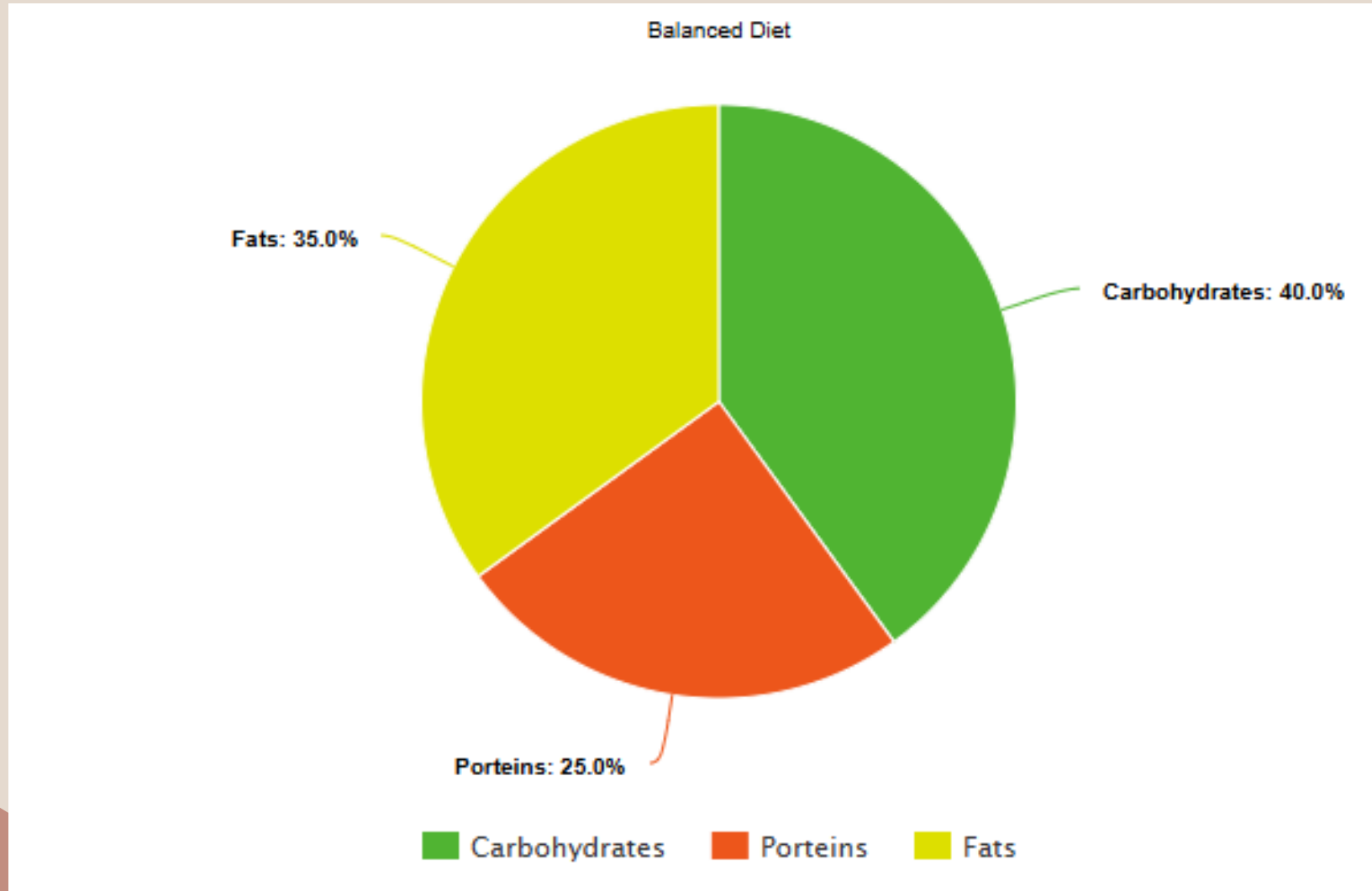


Can you guess What Macronutrient
Category is a SAD high in?

Macro Breakdown of Standard American Diet



Macro Breakdown for a Balanced Diet



Cronometer: Track your macronutrients



Cronometer

Eat smarter. Live better.



Download on the
App Store

GET IT ON
Google Play



Reading Food Labels

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

- 5% or less is **low**
- 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Reading Food Label Activity!!

Fiber

INSOLUBLE FIBER



BENEFITS

Good for
colon health

Eases & prevents
constipation



SOLUBLE FIBER



BENEFITS

Stay fuller longer

Lowers blood
cholesterol



Improves
blood sugars



What is an Insoluble and soluble source of fiber?
Oats and Corn

soluble
FIBER

VS

insoluble
FIBER

absorbs water



chia
seeds



sweet
potatoes



flax
seeds



broccoli



oats

adds bulk



bran
cereals



whole
grains



corn

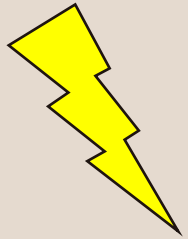


green
beans



fruits
with skin

Evidence Based Fiber Recommendation



Actionable Recommendation

Women: Aim for 25g/day

Men: Aim for 38g/day

To avoid gas or bloating: Add 5g of fiber every 3-4 days and spread across meals

Always follow with water (6-8 cups)

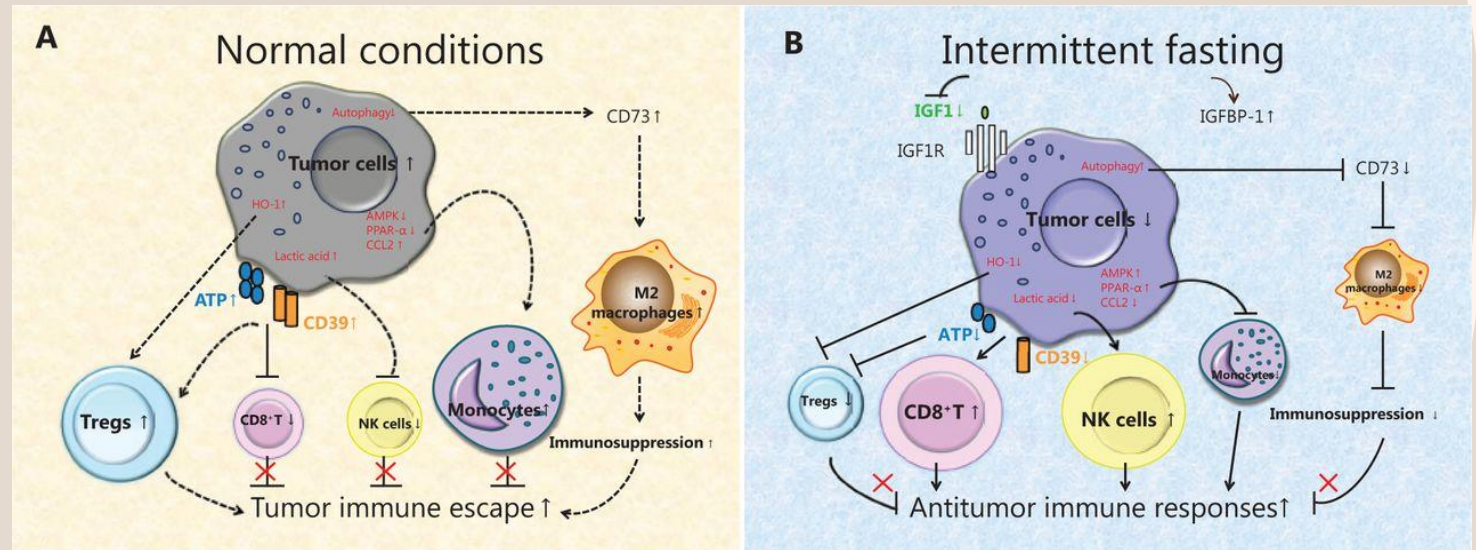
Which Fruit you ate today is highest in fiber ?

Tips to Increase Fiber in Diet

- Add beans or lentils to salads or bowls
- Switch to whole wheat bread filled with seeds (look for bread with >3grams per slice: Sprouted bread)
- Switch to brown rice
- Choose chickpea, lentil or quinoa pasta variations
- Always eat fruit with skin (KIWI!!)
- Add 1-2 tbsp of chia seed or flaxseed during breakfast in oats, sprinkled on toast, cereal etc,
- Eat more fruits and vegetables
- Snack smart: Popcorn, veggies with hummus dip, fruits with nuts and seeds

Intermittent Fasting

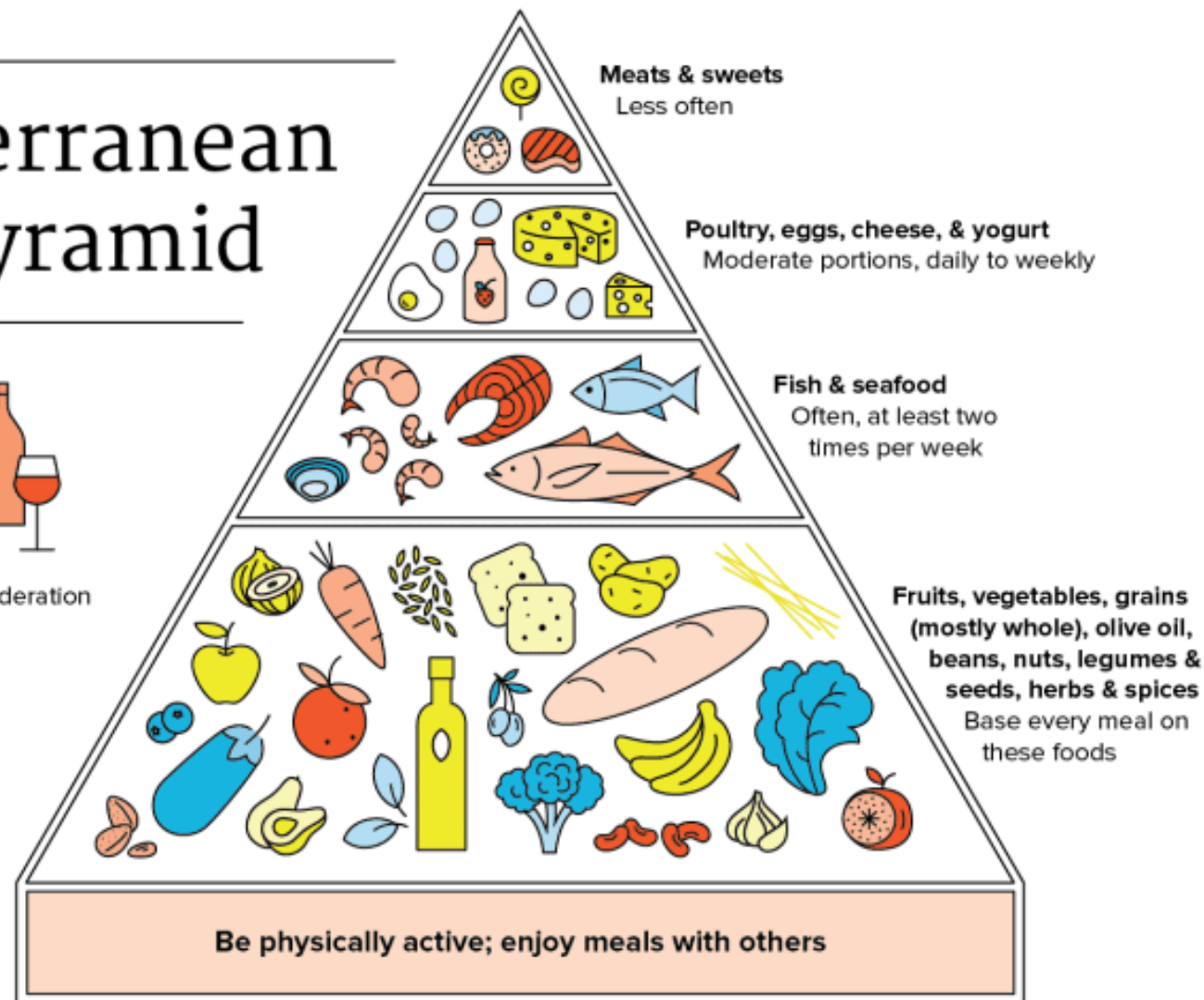
- Weight management
- Improves insulin sensitivity
- Reduces inflammation
- Heart health benefits
- Enhances brain function
- Supports cellular repair



Actionable Recommendation: Aim for 13-16 hour overnight fasting per day.

Mediterranean Diet

Mediterranean Diet Pyramid



MEDITERRANEAN DIET



WESTERN DIET



What to drink?




- Replace juice concentrate to homemade juicing or Fresh Juice (Not from concentrate) – Real pomegranate
- Sparkling water (Poppi, bubbly etc)
- Homemade smoothies
- Coconut water
- Teas
- Unsweetened Coffee
- Matcha
- Infused water

Be ware of “Diet” Labels

Physical Activity

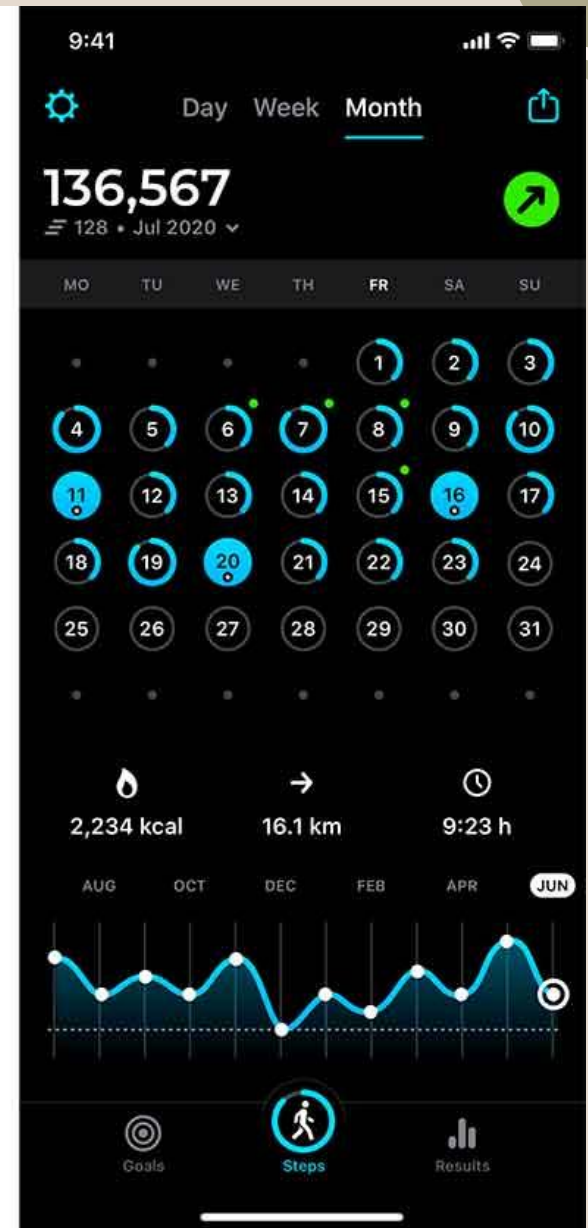
- Helps increase muscle mass which is connected to increased longevity
- Reduce inflammation, enhance immune system, reduce visceral fat, enhance insulin sensitivity through increased muscle mass.
- Resistance training is preferred strategy to increase muscle mass

 **Actionable Recommendations:** Aim for 30 minutes of exercise, 5-7 days of the week, with at least 2-3 session involving resistance training



How many steps per day is optimal?

StepsApp



Resistance Training Does Not Mean A Gym Membership

- Beginners: Start with body weight
- Build up to resistance bands
- Household items: Water jugs, soup cans, laundry detergents
- Swimming
- Weight vest for walking
- Follow along home workouts on YouTube
- Tempo + Time under tension

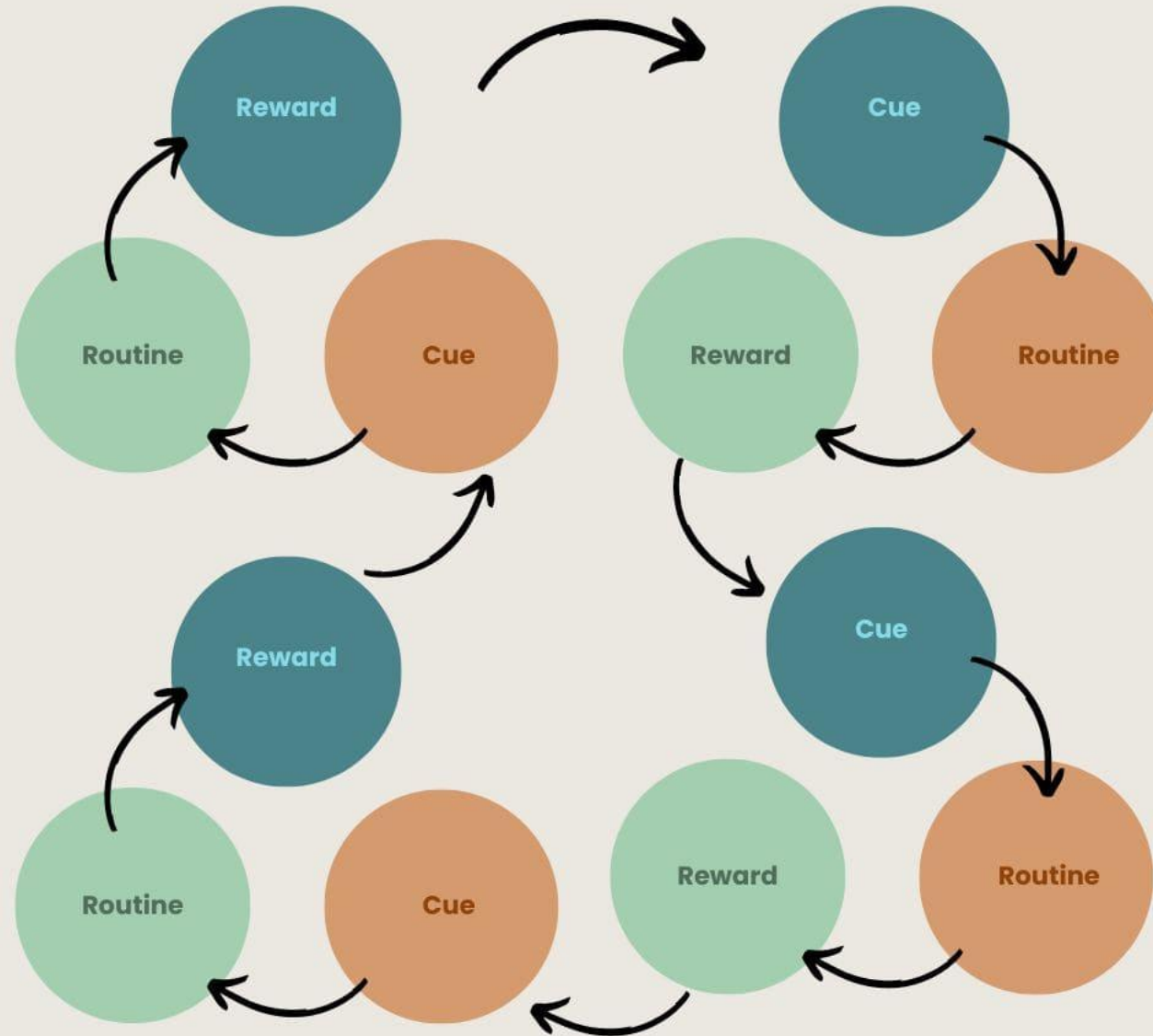
Habit stacking: Physical activity edition

- **Habit stacking** is a behavior-change strategy where you attach a **new habit** to an **existing habit** you already do automatically.
- Habit stacking = “After I do *[current habit]*, I will do *[new habit]*.”

Examples:

- 1) After brushing your teeth, do 10 squats
- 2) Before going to bed, do 10 squats
- 3) After finishing dinner, do 10 squats, or complete 1000 steps around the house
- 4) After I brew my coffee, do 10 push ups etc

How does habit stacking work?



Sleep Hygiene

- **Sleep hygiene** refers to the habits, routines, and environment that support good-quality sleep.

Improving sleep hygiene can help with:

- Falling asleep faster
- Staying asleep through the night
- Improving daytime energy and focus
- Supporting overall physical and mental health

Sleep Hygiene Tip #1

- **Keep a Consistent Sleep Schedule**
- Go to bed and wake up at the **same time every day**, even weekends.
- Helps regulate your internal clock (circadian rhythm).

Sleep Hygiene Tip #2

- **Create a Relaxing Pre-Sleep Routine**
- Start winding down **30–60 minutes before bed:**
- Avoid stimulating activities (work, intense exercise, bright screens).

Sleep Hygiene Tip #3

- **Reduce Evening Screen Exposure**
- Avoid screens **1 hour before bed** (phones, TV, laptops).
- Blue light interferes with melatonin production.
- If screens are needed, use **night mode** or blue-light filters.

Sleep Hygiene Tip #4

- **Optimize Your Sleep Environment**
- Cool temperature: **60–67°F (15–19°C)**
- Dark room (use blackout curtains or eye mask)
- Quiet (earplugs or white noise if needed)
- Comfortable mattress and pillow

Sleep Hygiene Tip #5

- Avoid heavy meals 2–3 hours before bed.
- Limit caffeine after midday.
- Reduce alcohol—may help you fall asleep but disrupts sleep quality.
- Avoid drinking large amounts of water close to bedtime (reduces night wakings).

Sleep Hygiene Tip #6

- **Get Morning Light Exposure**
- Go outside for **5–10 minutes within 1 hour of waking.**
- Natural light strengthens your circadian rhythm and improves nighttime sleep.

Sleep Hygiene Tip #7

- **Move Your Body During the Day**
- Regular physical activity improves sleep quality.
- Avoid vigorous exercise within 2–3 hours of bedtime (may keep you alert).

Sleep Hygiene Tip #8

- **Reserve the Bed for Sleep Only**
- No working, eating, or scrolling in bed.
This trains your brain to associate the bed with sleep.

Sleep Hygiene Tip #9


- Limit Naps
- Keep naps short: **20–30 minutes**
- Avoid napping late in the day

Other tips

- Lavender essential oil on pillow case or on space between lips and nose 3x per day
- Weighted blanket
- CBT-I
- Ask for help

Stress Management

- Chronic stress increase cortisol production, increased visceral fat, results in poor blood sugar control
- Poor sleep and sleep deprivation relates to disrupted circadian rhythm, weakened immune system, hormone imbalances and increased inflammation

 **Actionable Recommendation:** Aim to practice at least one form of stress reduction strategy per day such as grounding, journaling, guided imagery, yoga, CBT.



Effects of smoking

- Toxic chemicals cause inflammation & tissue destruction
- Lung damage → COPD, cancer
- Blood vessel damage → heart disease & stroke
- DNA mutations → multiple cancers
- Immune suppression → infections & slower healing
- Hormonal/reproductive harm
- Whole-body impact from chronic toxic exposure



Smoking Recommendations

- **The safest level is zero**
- There is **no safe amount** of smoking. Even low-intensity smoking increases heart, lung disease, stroke and cancer risk
- Quitting has **immediate benefits** within hours to days.

Effects of Alcohol

- **Chronic inflammation** → liver injury, pancreatitis, cognitive decline
- **Oxidative stress** → DNA damage, aging, cancer risk
- **Fat buildup & metabolic disruption** → fatty liver, diabetes, heart disease
- **Fibrosis/scarring** → cirrhosis, liver failure
- **Neurochemical imbalance** → addiction, brain damage, mood changes
- **Immune suppression** → infection risk
- **Hormonal disruption** → fertility issues, breast cancer risk
- **Carcinogenesis** → multiple cancer types



Alcohol Guidelines

1. Low Risk Limits: Women ≤ 1 drink/day, Men ≤ 2 drinks/day

2. High risk (Binge drinking):
Women ≥ 4 drinks on one occasion, Men ≥ 5 drinks on one occasion

3. High risk (Heavy Drinking):
Women ≥ 8 drinks/week,
Men ≥ 15 drinks/week





BUT...

No drinks is the safest limit,

The higher consumption, the higher the risk of cancers, heart disease and other comorbidities

In Canada, a standard drink is...



Beer

341 ml (12 oz) of beer
5% alcohol



or

Cooler, cider, ready-to-drink

341 ml (12 oz) of drinks
5% alcohol



or

Wine

142 ml (5 oz) of wine
12% alcohol



or

Spirits

(whisky, vodka, gin, etc.)
43 ml (1.5 oz) of spirits
40% alcohol

Habit Stacking Exercise Together

After this presentation, we will do
5 squats