

# Know Your Ingredients!

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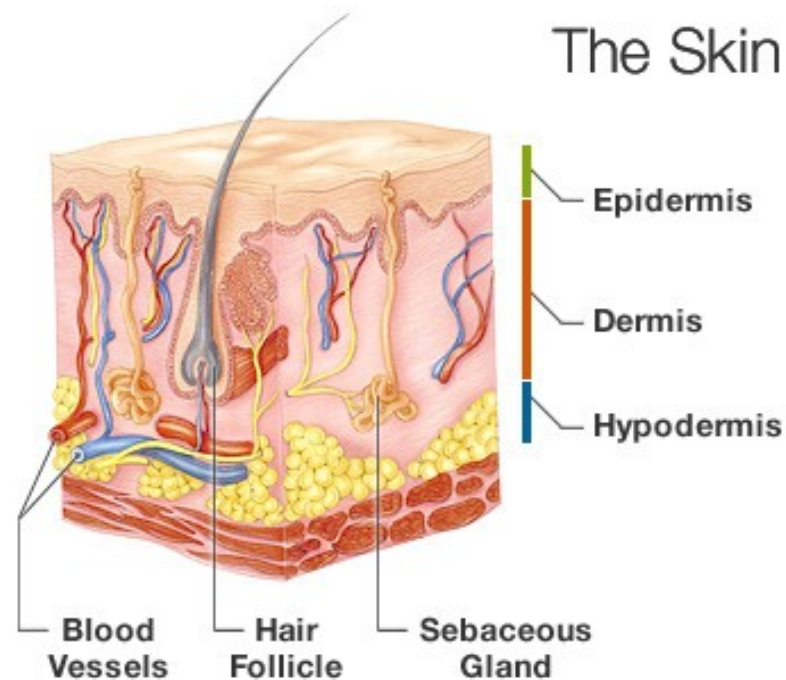


# You Are What You...

- Eat
- Breathe
- Absorb

# Dermal Absorption

- Largest organ of the body



# Do you think about what you put on your body?

- Lotion or moisturizer
- Soap
- Sunscreen
- Cosmetics
- Toothpaste



# Ingredients to Avoid

- Parabens
- Triclosan
- Retinyl Palmitate

# Instead, consider choosing...

- Natural/organic body care & cosmetics
- Unrefined oils (e.g. coconut)
- Barrier sunscreens (e.g. zinc oxide)



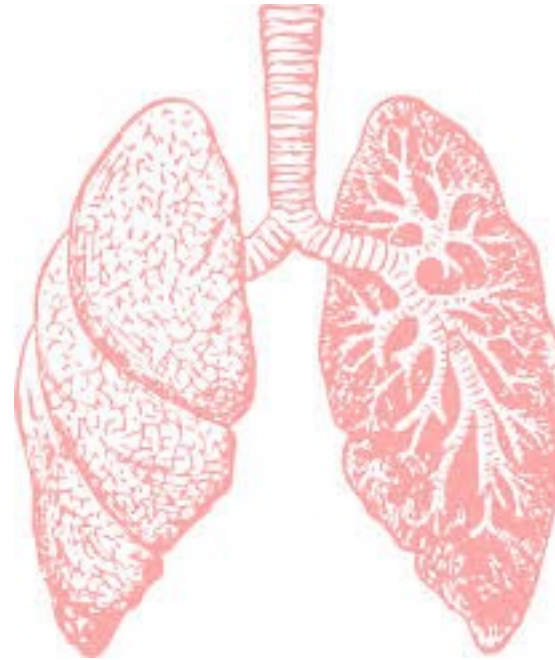
## For more information...

- World Health Organization
  - <http://www.who.int/ipcs/features/2006/ehc235/en/>
- Center for Disease Control
  - <https://www.cdc.gov/niosh/topics/skin/default.html>
- The Environmental Working Group
  - <https://www.ewg.org/>



# Indoor Air Pollution

- More toxic than living in a large urban centre





# What is in the air of your home or office?

- Phthalates
  - Added to plastics & fragrance
- Volatile Organic Compounds (VOCs)
  - Toluene
  - Xylenes
  - Benzenes
  - Ethylbenzene
  - Formaldehyde

## Products to avoid...

- Cigarette smoke
- Building materials (e.g. paint)
- Off-gassing from new furniture
- Nail polish
- Air fresheners
- Scented cleaning products & laundry soap
- Fragrance/perfume



## Instead, consider choosing...

- Not to smoke indoors
- Zero VOC paints
- Flame retardant-free mattresses/furniture
- Essential oils
- Natural & unscented cleaning products or good ol' baking soda & vinegar!
- To open your windows

## For more information...

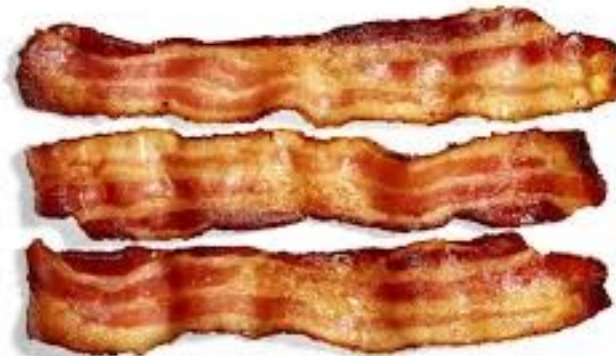
- Government of Canada
  - <https://www.canada.ca/en/health-canada/services/air-quality/indoor-air-contaminants/volatile-organic-compounds.html>
  - <https://www.canada.ca/en/health-canada/services/chemicals-product-safety/phthalates.html>

# Top Ingredients to Avoid in Food

- Hydrogenated & partially hydrogenated oils
  - Shortening
  - Hard margarine
  - Mono & di-glycerides
  - Some deep fried foods
  - Some grocery store baked goods
  - Some crackers & chips
  - Some chocolate bars/candies

# Top Ingredients to Avoid in Food

- Sodium Nitrites and Nitrates
  - Pepperoni
  - Bacon
  - Ham
  - Salami
  - Other processed deli meats



# Top Ingredients to Avoid in Food

- Food Additives
  - Colouring (e.g. FD&C #5 or Yellow)
  - Artificial flavour
  - Preservatives
  - MSG



# Top Ingredients to Limit in Food

- Pesticides
- Genetically Modified Organisms
- Sugar & Artificial Sweeteners





## Instead, consider choosing...

- Fresh, minimally processed foods
- Unrefined oils
- Legumes (beans, peas & lentils)
- Cooked fish, chicken & meat
- Natural/organic processed foods
- Honey & maple syrup

# The organic issue

- The Dirty Dozen ([www.ewg.org](http://www.ewg.org))
  - Strawberries
  - Spinach
  - Nectarines & peaches
  - Apples
  - Pears
  - Cherries & grapes
  - Celery
  - Tomatoes & peppers
  - Potatoes

# The Basic Message

- “Eat food. Not too much. Mostly plants”  
– Michael Pollan
- Cook at home most often
- Half your plate veggies & fruit
- More plants than animals



# Key Nutrients for Immune Health

- Antioxidants, like vitamins A, C & E
  - Fresh veggies and fruit
  - Avocado, nuts & seeds



# Key Nutrients for Immune Health

- Protein and Zinc
  - Plant-based like legumes, nuts and seeds
  - Fish, especially salmon, trout & sardines
  - Poultry & lean grass-fed meats



# Questions?

