

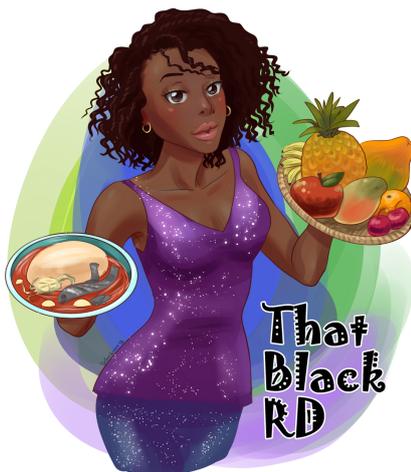
# THAT BLACK RD

Monthly Newsletter

## Other articles in this issue

- Sweeteners: Sugar vs. Non-Nutritive Based - 2
- Pulses: A trend or fad? - 3
- Facts Corner: Pulses - 3
- Eight habits that contribute to a healthy heart - 4
- Garden Action - 5
- Anti-Racism in Canadian Dietetics - 5

## Sunflowers & Cherries



IT'S AUGUST?!?! Julying!

Where is the time going? You know being based up in Torontot, Canada we only have 6 business days of actual summer so it gets really busy for a lot of us.

We are wishing you a wonderful August, filled with lots of sunshine, smiles, and happiness!

Enjoy the read and don't forget to share!

That Black RD  
*Tracey Frimpong, RD*

# From sugar-based sweeteners to non-nutritive sweeteners in foods and beverages



Article by Adikha Naeem

The sugar tax implemented in 2018 had manufacturers consider alternative ways to avoid the tax rate, by keeping each 100ml product at 5g of sugar and below. Since manufacturers are using sugar-based sweeteners as an alternative, there is recent evidence to show that non-nutritive sweeteners may be more beneficial to help reduce health risks, such as cardiovascular disease and diabetes. Non-nutritive sweeteners are artificial plant based sweeteners that can provide that sweet taste without adding carbohydrates.

## SUGAR

During the COVID-19 pandemic, the number one common cause of death is heart disease, followed by diabetes ranking ninth most common cause of death according to the world health organisation. The key factors to consider are the energy and sugar consumption caused by stress and emotional eating during the isolation periods. As it is known, under stress the body craves more high-sugar foods as it needs more energy to regulate. With the stress of isolation, snacking on high-fat, high-sugar foods became more common during the pandemic, which is an enormous factor to consider when looking at the death rate. Since shops are now open, snacking may become more common because of the emotional eating caused by anxiety of everything opening back up. Therefore, it is important to consider the health risks that the snacks may manufacture.



The urgency for reducing diabetes and obesity is becoming more serious as the rates are higher than ever. In terms of products and manufacturing, changes are needed to support the reduction of obesity and diabetes. In relation to this, non-nutritive sweeteners can be life changing as research is showing positive results for the reduction in obesity and diabetes. The most common non-nutritive sweetener is high-purity stevia, which is said to tackle widespread health needs and reduces cravings of high-sugar products. When looking at reducing the rate of obesity and diabetes worldwide, it is important for manufacturers to factor in global food insecurity (i.e. low income) and how it may contribute to the success of non-nutritive sweeteners.



# Pulses: A trend or fad?



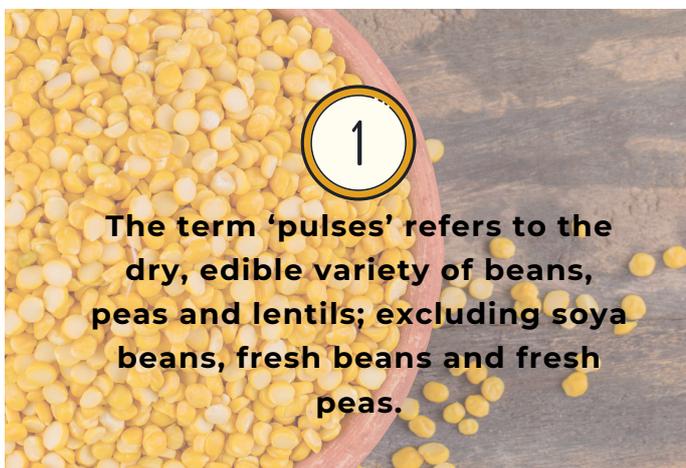
Article by Trishtee Boojharut

Using pulses and its products started a long time back in 11,000 BC, which was mostly used by the Greek people from the Middle Eastern and Indian subcontinent. It is thought that pulses might be just a fad, but it is more of a trend that has been developing over years to bring about new food products for the new generation. It is only recently that this food products have been introduced to the western world. Pulses have been classified as a sustainable food which has caused a big decrease in the emission of greenhouse gases in different sectors.

Pulse Canada, being the largest pulses exporter, is fully invested in understanding the quality, functionality and the emerging sustainability advantages of Canadian grown peas, lentils and beans. Recently, Pulse Canada has been working with ETH Zurich on many projects in order to reformulate bread, cereal and pasta recipes. They have also been working on the application of pulses in different food sectors such as bakery, snacks, meat, pasta and noodles, dairy and dairy analogues, pet food and animal feed and in the foodservice sector.



## Pulses Facts Corner



# Eight habits that contribute to a healthy heart



Article by Adikha Naeem



## **Keep moving**

Move in a way that feels good to you for example, Pilates, gym, walking, swimming etc...



## **Me time**

Taking time out for yourself to relax and de-stress



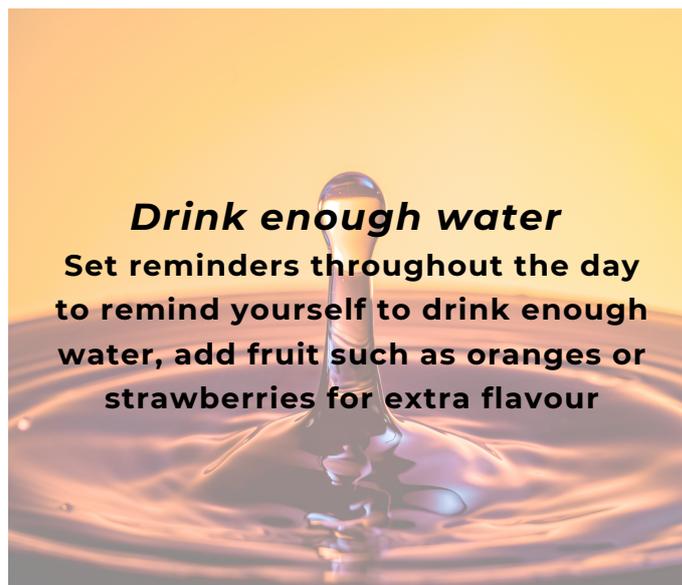
## **Reduce smoking**

Work towards quitting by reducing the number of cigarettes per day



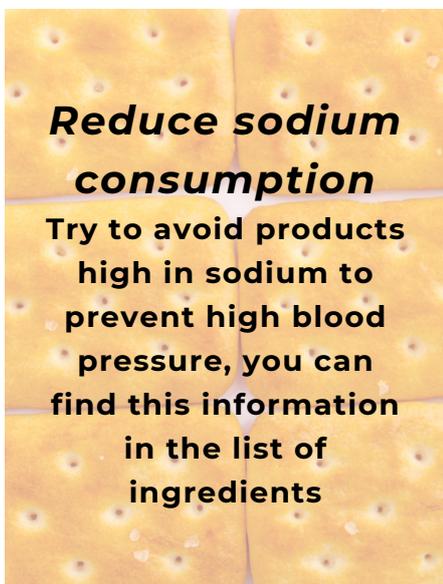
## **Replace the quality of snacks**

Replace high-sugar, high-fat snacks such as crisp and chocolate with alternative options such as hummus with vegetables sticks or yoghurt with fruit to control blood sugar levels



## **Drink enough water**

Set reminders throughout the day to remind yourself to drink enough water, add fruit such as oranges or strawberries for extra flavour



## **Reduce sodium consumption**

Try to avoid products high in sodium to prevent high blood pressure, you can find this information in the list of ingredients



## **Fruit and Vegetables**

Try to incorporate fruit and vegetable into your diet by adding at least one fruit and one vegetable per meal



## **Limit alcohol intake**

Reduce alcohol intake by considering juices and teas as a replacement

# Garden Action

If you've been keeping up with the Instagram page @ThatBlackRD, the garden has started to produce some produce! Here's some garden action.



## Anti-Racism in Canadian Dietetics

### Petition: Anti-Racism in Canadian Dietetics

This was featured last month, but is still important! If you have not signed the petition, please do.

One of my amazing colleagues Gurneet K. Dhama has started one of the most amazing campaigns called "Our Plates have no room for racism - #AntiRacistDietetics" and we are super duper proud of her!

There's an amazing Google Drive in her bio @gurneetkdhama that will provide you all the information you require. A petition (click the link above) to show your support and drive towards Anti-Racism in Canadian Dietetics.



1. Diabetes. 2021. Sweeteners are divided into two groups: those which have calories and provide nourishment (nutritive) and those that are calorie-free (non-nutritive). [online] Available at: <<https://www.diabetes.co.uk/sweeteners/nutritive-and-nonnutritive-sweeteners.html>> [Accessed 25 July 2021].
2. Vitafoods Insights. 2021. Diets, health and sugar reduction in the spotlight during the era of COVID-19 – whitepaper. [online] Available at: <<https://www.vitafoodsinsights.com/whitepapers/diets-health-and-sugar-reduction-spotlight-during-era-covid-19-whitepaper>> [Accessed 25 July 2021].
3. Who.int. 2021. The top 10 causes of death. [online] Available at: <<https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>> [Accessed 25 July 2021].
4. St-Germain, A., Galloway, T. and Tarasuk, V., 2019. Food insecurity in Nunavut following the introduction of Nutrition North Canada. Canadian Medical Association Journal, 191(20), pp.E552-E558.
5. www.heart.org. 2021. Lifestyle Changes for Heart Attack Prevention. [online] Available at: <<https://www.heart.org/en/health-topics/heart-attack/life-after-a-heart-attack/lifestyle-changes-for-heart-attack-prevention>> [Accessed 27 July 2021]