

Health and Wellness Trends to Watch in 2021

The Anti-Oppression Framework

- Anti-oppression aims to challenge the structure of society, and the use of power, where they are being used to maintain some groups in disadvantaged positions.
- Wellness should be inclusive and open to all individuals, no matter their race, gender or socio-economic background.

How It Shows Up:

- Fad diets & trends
- Choosing medical diets without having the associated medical condition (ex. gluten free, keto).
- Relying on foods grown in other regions (ex. avocados).

What Can We Do:

- Eat locally and in season
- Grow your own food and preserve it (ex. freezing, canning, drying, etc.)
- If possible, give back to the community or region your food is sourced from.

Pantry Staples

- Having a stocked pantry can reduce time spent waiting in long lines and large public places.
- Pantry essentials are really good items to have on hand for any meal or occasion.
- You can whip up a quick and easy meal or snacking using these staples without breaking the bank.

Questions to Ask Yourself:

- Have you considered how privilege plays a role in how you take care of your well-being?
- Have you looked into and challenged the conditioning you may have received around health and wellness concepts?
- Consider how you can contribute to fairer and more equitable local and global wellness space.

2021 Reality Check

- The cost of healthy food can be **8 times more**, calorie for calorie, than processed foods.
- The food system excels at producing cheap, processed foods (ex. McDonald's, pre-packaged foods, frozen dinners).
- Exercise classes, gym memberships and at home equipment can be quite costly. The average person may not have adequate funds to allocate to these "luxuries".

Popular Diet Trends:

- Clean eating and organics.
- Ketogenic (high fat, low carb).
- Paleolithic (high protein, low carb)
- Gluten-free



Benefits of Pantry Staples

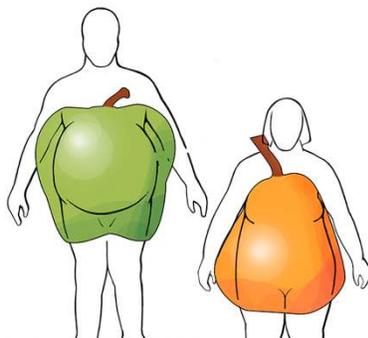
- Canned, dried and frozen foods have a longer shelf life than fresh foods – less waste as the food does not expire as quickly.
- Can be more cost effective than purchasing fresh produce weekly.
- You can create balanced meals without animal protein – plant-based meals using beans or lentils.
- They are versatile foods that can be used by a variety of cultural backgrounds.

Favourite Pantry Staples

- Canned tomatoes and tomato paste
- Canned fish – tuna, salmon, sardines
- Canned or dried beans, lentils and legumes
- Whole wheat pasta and brown rice

Metabolic Health and Immune Health

- Metabolic syndrome is a set of conditions that occur together, increasing your risk of heart disease, stroke and T2 diabetes.
- Underlying or pre-existing conditions are risk factors associated with severe Covid-19 symptoms
- In 2021 we are becoming more cautious and aware about the condition of our health.



What to Watch Out For

- Read labels – choose low sodium and sugar options
- Experiment with dried beans and lentils
- Use the FIFO (first in, first out) method to ensure you are not leaving expired goods in the pantry.

Favourite Freezer Foods

- Frozen vegetables – broccoli, beans, kale etc.
- Frozen fruits – mangoes, bananas
- Frozen berries – strawberries, blueberries, raspberries



Key Biomarkers

- **Waist Circumference:** Measure just above your hip bones
 - **Women:** less than 88cm (35 inches)
 - **Men:** less than 102cm (40 inches)
- **Blood Pressure:**
 - **Systolic:** < 120 mmHg
 - **Diastolic:** < 80 mmHg
- **Fasting Blood Glucose:** < 100 mg/dL (ideal 70 to 80 mg/dL)
- **Hemoglobin A1c (HbA1c):** < 5.7% (lower is better)
- **C-Reactive Protein (Inflammation):** < 3mg/dL (> 1 mg/dL is ideal).
- **Triglycerides (TG):** < 150 mg/dL
- **Cholesterol LDL-** < 100 mg/dL. **HDL** – > 50 mg/dL for **women** & 40 mg/dL for **men**.
- **Alanine Aminotransferase (ATL):** 7 to 55 U/L is the normal range
- **Uric Acid:** less than 6 mg/dL for **women** < 7 mg/dL for **men**.