Nutrition Bites

Issue 2 Apr-May-Jun 2026

Community Nutrition Newsletter

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IS KETO DIET FOR everyone?

Ketogenic diet refers to ketone bodies, which are produced when your body burns fat for energy instead of glucose/sugar. When carb intake drops, the liver converts fat into ketone bodies to fuel the brain and body tissues.

The ketogenic diet it is NOT a fad diet like many others. A medical therapeutic diet is high in fat, adequate in protein and low in carbohydrate with calorie control. It MUST be managed under the care of a qualified dietitian in partnership with neurologists/medical doctors. It has proven to be a highly effective diet in managing difficult to control epilepsy, as well as metabolic disorders such as GLUT1 deficiency.

In a regular diet, we eat primarily carbohydrates and protein with small amount of fat. In a ketogenic diet you will eat more fat, a reduce amount of the carbohydrates significantly from what is usual and enough protein to grow and/or maintain your muscle stores.

A ketogenic diet has become popular as a quick way to lose weight. Some studies that have evaluated its long-term safety and effectiveness showed that short-term weight loss is due to water loss from decreased glycogen (carbohydrates) stores and not from the effect of increased metabolism and fat loss.

This diet is not nutritionally complete; the diet is low in some vitamins and minerals. As this diet is low in carbohydrates it may be considered that carbohydrates are important because they provide a key fuel for the brain and central nervous system and can support different intensity levels of exercise.

Due to the restrictive, high fat/low fibre composition of the Keto diet, it may result in constipation, skin rash and muscle cramps, or diarrhea, high lipids levels, weakness and headache associated with metabolic acidosis.

Research shows that over the long-term, people have the same weight loss on a calorie-reduced diet whether it is a low or moderate carbohydrate diet. What is important is to choose a dietary pattern you can stick for the entire life and to reach and maintain a healthy weight.

Recipe: Strawberry cream and overnight oats

Makes: 4 servings

Ingredients: 1¾ cups old-fashioned rolled oats - 1¼ cups whole milk - ¾ cup whole-milk plain strained (Greek-style) yogurt, divided - 6 teaspoons honey, divided - 1 tablespoon ground flaxseed - 2 teaspoons vanilla extract, divided - 2 tablespoons heavy cream - 2 cups chopped fresh strawberries (about 12 ounces)

Directions:

1. Combine 1¾ cups oats, 1¼ cups milk, ½ cup yogurt, 4 teaspoons honey, 1 tablespoon flaxseed and 1½ teaspoons vanilla in a large bowl; stir well. Cover and refrigerate until the oatmeal has thickened, at least 8 hours.
2. Combine 2 tablespoons cream and the remaining ¼ cup yogurt in a medium bowl; beat with an electric mixer on medium-high speed until soft peaks form, 1 to 2 minutes. Add the remaining 2 teaspoons honey and ½ teaspoon vanilla; beat until just combined, about 15 seconds.
3 .Place 2 cups chopped strawberries in a medium bowl; lightly mash with a fork or potato masher until crushed to a jammy consistency.
4. Spoon ¼ cup oat mixture into each of 4 (8-ounce) jars; spoon crushed strawberries over the oat mixture in each jar (about ⅓ cup each). Top with another ¼ cup oat mixture. Top each with about 2 tablespoons whipped yogurt mixture. Retrieved from: https://www.eatingwell.com/strawberries-cream-overnight-oats-11769126?utm_source=myrecipes&utm_medium=medianet

Inside This Issue

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- Recipe: Strawberry cream and overnight oats
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This recipe provides protein, Vitamin B12, Vitamin C, folate, Mg, omega-3 and Fibre. Excellent for breakfast, snack or dessert.

Newsletter Content is adapted from the following resources:
-Eatingwell.com
-What is the deal of keto diet? Canadian Armed Forces.

https://thecanadianencyclopedia.ca/en/article/wild-berries

https://ontarioberries.com/berry-learning-hub/

https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/ketogenic-diet/

https://www.nm.org/healthbeat/healthy-tips/nutrition/pros-and-cons-of-ketogenic-diet

All about Berries

A berry is a simple fruit with seeds and pulp produced from a single ovary of a single flower. This means that botanically, grapes, cucumbers, tomatoes, oranges, watermelons, pumpkins, and even bananas can be also considered berries.
Strawberries, raspberries, and blackberries are not berries botanically speaking, Over 200 species of small, fleshy, wild fruits occur in Canada. Most people consider them all "berries" but, technically, they are classified in different categories. These categories include drupes (e.g. cherries, elderberries), pomes (e.g. Saskatoon berries), true berries (e.g. gooseberries, blueberries) and aggregate fruits (e.g. raspberries, strawberries).
For this specific note, the focus is on berries, as the suffixes and most common known:

Cranberries: These tart red berries are packed with vitamin C and antioxidants; it may boost immune health and reduce oxidative stress. These berries are use in cranberry juices and sauces.

Blackberries: Rich in vitamin C and fiber, these berries are used to bake tart, jams, compotes or a punch.

Strawberries. These classic fruits are loaded with vitamin C, vitamin K, and dietary fiber, making them a perfect sweet snack full of antioxidants.

Raspberries: High in fiber, antioxidants like vitamin A, and manganese, with some anti-inflammatory properties, used in just about everything, are actually native to Canada.

Blueberries: In Canada, there are eighteen species of these little shrubs and their related bilberries and huckleberries. These berries provide potassium, folate, fiber, and vitamin C. In addition, these berries are rich in anthocyanin, giving them their signature color and impressive antioxidant properties that help fight oxidative stress.

The list continues: elderberries, Boysenberries, mulberries, gooseberries, Goji berries, Acai berries, etc.

DID YOU KNOW…? FACTS?
- The MIND Diet (Mediterranean-DASH diet Intervention for Neurodegenerative Delay) recommends eating at least 2 servings of berries a week to lower the risk of Alzheimer's disease.
- "Ellagic" acid in strawberries has also been linked with a lower risk of cancer death in humans.

Upcoming Program and Events

Weekly in person
Prenatal Nutrition Program
Tuesday at 10 a.m.
At 222 Dixon
Wednesday at 10 a.m. and Thusday at 10 a.m. At 21 Panorama Crt

Monthly Spanish Senior group teleconference

Call and book your appointment to see a Dietitian/Nutritionist today!
We cover a wide range of conditions including: Healthy Eating – Cholesterol – Low Iron – Weight Loss/Gain – Celiac Disease – Kidney Stones – Picky Eaters – Sports Nutrition – Vegetarianism – Osteoperosis and more……

You don't need to have a Doctor's referral !

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