

Nutrition and Metabolic Syndrome (MetS)

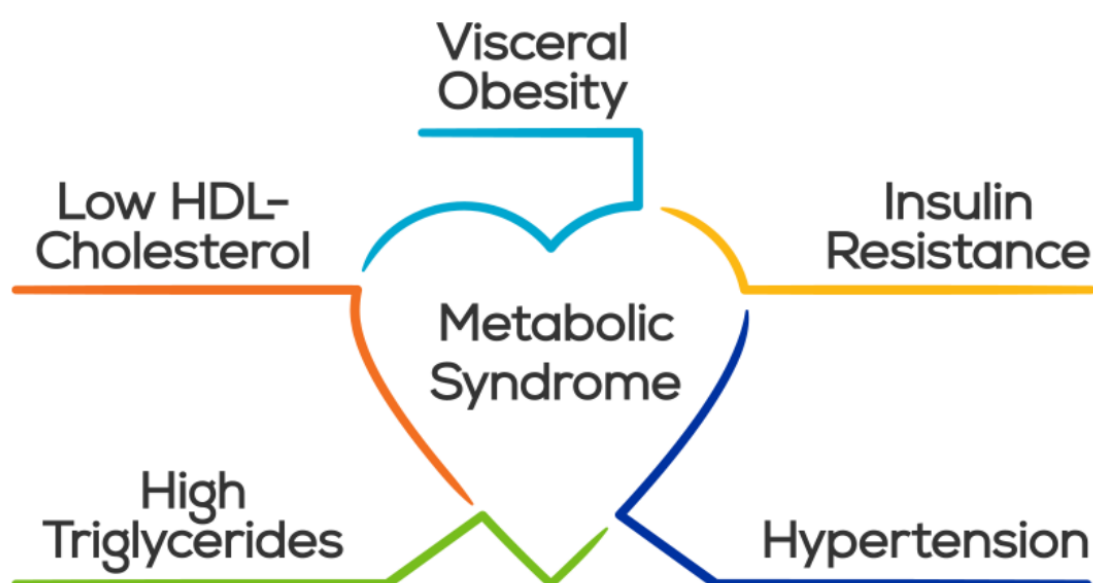
MetS is defined by having a set of health conditions



1 in 5
Canadians
currently
have MetS



People who have MetS
experience at least
3 out of the 5 health
conditions listed below:



Click on image to learn about Metabolic Syndrome Canada and the CHANGE program.

People who are over 65 years old, women, and those not getting enough sleep are at greater risk of MetS.

Being diagnosed with MetS increases your risk for developing chronic diseases like type-2 diabetes and heart disease.

Important research is ongoing to improve our understanding of how nutrition is linked to MetS

Dietary lipids directly influence your blood lipids.

*This is why your doctor may ask you to fast before a visit



Abdominal fat can contribute to inflammation in the blood, which is linked to risk for MetS disease.



Foods that are micronutrient rich are important for weight maintenance.



People who have obesity have different gut microbiota than people who are lean.



Food in the diet can influence MetS risk

Eating 5 servings of fruits and vegetables per day can improve diet quality and reduce disease risk.



Following current evidence-based dietary recommendations has been linked to greater weight loss.



The Mediterranean diet pattern includes eating plant-based foods, fish, nuts, oil, herbs and spices.



Future research will improve our understanding of how nutrition impacts MetS risk reduction.

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