



Every Step Counts

How Will I Benefit from Walking

The Alberta Centre for Active Living promotes walking to improve your health. It recommends that your pace be at least at a moderate intensity, and you walk for at least 10 minutes at a time for 30 to 60 minutes a day, most days of the week to enhance health benefits. Health benefits include:

- Help to prevent heart disease and stroke.
- Help to prevent bone loss and osteoporosis.
- Boost your mood.

Let's Get Started!

Walking 10,000 steps per day is a good goal to set. Most people cover about half that amount in their typical day, so you will only need to come up with another 4,000 to 6,000 more steps in a day to reach this goal (about a 30 to 60 minute brisk walk). You can start by wearing your pedometer for a few days and calculate an average daily count to allow you to set appropriate goals.

For more information regarding current research on pedometers and walking, please visit the website for the Alberta Centre for Active Living.

<http://www.centre4activeliving.ca/>



Colour Your World with Vegetables & Fruit

Think colour, when trying to get a healthy variety of vegetables and fruits. Eating vegetables and fruits of many different colours provides your body with a wide range of valuable nutrients, like, folate, fibre, potassium, lycopene and antioxidant vitamins A and C.

Dietitians of Canada recommend choosing **5-10** servings of vegetables and fruit each day. Examples of one serving include:

- 1 medium fruit or vegetable
- ½ cup fresh, frozen or canned veggies or fruit
- 1 cup salad/lettuce/spinach
- ½ cup of 100% pure fruit juice

And, for more variety try new fruits and vegetables regularly.

Ricotta Figs

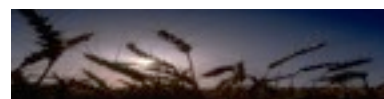
- 12 ripe fresh figs
- 1 cup fat free ricotta cheese
- 6 Tbsp honey
- 1 tsp lemon peels, grated
- 1 tsp orange peels, grated
- ¾ tsp vanilla
- 2 Tbsp pistachio nuts

Remove stem ends from figs and cut each in half length wise.
Combine ricotta, honey, lemon peel, orange peel, and vanilla in a small bowl until well blended.
Serve figs with ricotta mixture.
Garnish with chopped nuts.

For more information & recipes:
www.dietitians.ca
www.eatright.org

Incredible, Edible Fibre

Dietary Fibre is the part of plant foods we cannot digest. It is only found in food sources of plant origin: grains, cereals, fruit, vegetables, legumes, nuts and seeds. Fibre is often divided into two broad classes: Insoluble and soluble forms.



in wheat bran, whole grain breads and cereals, flax seed, some vegetables and the skins of fruit.

Soluble fibre: Best known for helping to reduce cholesterol and slowing down the rate that glucose (sugar) enters the blood). It is mostly found in oat bran, oatmeal, barley, psyllium, legumes and some vegetables and fruit.

How much fibre do I need?

According to Health Canada, Canadian adults do not get enough fibre, as Canadians are only averaging 4.5 to 11 grams of fibre per day. Current guidelines recommend women should aim for about 25 grams of fibre per day, while men should aim for approximately 38 grams per day.

How can I boost my fibre intake?

Health Canada suggests: eating plenty of plant foods, 5 or more servings of whole-grain products and 5 or more servings of vegetables and fruit each day.

Remember: As you increase your fibre intake, drink lots of fluids.

For more information and fibre tips: www.dietitians.ca

http://www.toronto.ca/health/pdf/nm_fibre.pdf

Portion Distortion

The Canadian Food Guide to Healthy Eating identifies serving sizes to help you plan and judge your food portions. When it comes to portions, size really does matter. This doesn't mean you have to deny yourself when it comes to your favourite treats, but pace yourself, enjoy the flavour of food, and stop when you are full.

One Serving Looks Like...	
Grain Products	Milk Products
½ bagel	1 cup (250mL)
½ cup pasta	50g of cheese (2 thumbs)
Veg & Fruit	Meat & Alternatives
1 medium	50-100g meat
1 cup salad	2 tbsp peanut butter

Adapted from York Region Nutrition Services "Nutrition Matters" Mar 2005.

A Matter of Fat

According to Health Canada, the average Canadian is getting about 38% of his or her calories from fat. Current guidelines recommend women keeping their fat intake under **65 g** per day, and men staying below **90 g** of fat per day.

Not all fats are created equal*

For more information regarding fats and lower fat recipes please visit:

HEALTHY FATS	
Monounsaturated Fat <i>May improve cholesterol</i>	Olive, canola, and peanut oils, non-hydrogenated margarines, nuts, seeds and avocados
Polyunsaturated	Safflower, sunflower and corn oils, non-
Omega-6 Fat <i>Can lower Triglycerides</i>	hydrogenated margarines, & nuts
Omega-3 Fat <i>Can help lower the bad LDL cholesterol</i>	Fattier fish, such as herring, trout, salmon, Canola and soybean oils, flax seeds & walnuts
UNHEALTHY FATS	
Saturated Fat <i>Can raise the bad LDL cholesterol</i>	Fatty meats, full fat milk products, butter, lard, coconut, palm oils, hydrogenated vegetable oils.
Trans Fat <i>Can raise the bad LDL cholesterol</i>	All foods made with partially hydrogenated vegetable oil, snack foods, fast and many ready-prepared foods

Upcoming Intuit Lunch and Learn Sessions: March 21: "If I overindulge, will it add to the bulge?"
May 23: "Healthy meals for people on the go" July 18: "Quench your thirst...or Calorie burst?"



Calcium Counts

Eating calcium-rich foods, along with regular weight-bearing activity, can help maintain bone mass and strength and reduce your risk for osteoporosis.



Current recommendations for healthy adults are approximately **1000mg** of calcium each day.

Which foods contain calcium?

Calcium rich sources: Milk and milk products such as cheese & yogurt.

Non-Dairy sources: Broccoli, Bok Choy, Kale, Almonds, Salmon, Tofu.

Calcium fortified sources: Fortified beverages such as orange juice or soy and rice beverages.

For more information on Calcium and your health visit: www.dietitans.ca

Whole Grain Power

What is a whole grain?

Whole grains contain all 3 parts of a grain kernel: The bran, endosperm and germ.

What are the benefits of whole grains?

Whole grain products provide B-vitamins, iron, and carbohydrates, as well, studies have suggested whole grains may reduce risks of heart disease, stroke, cancer, diabetes and obesity.

Enjoy whole grain choices more often such as whole wheat, oats, barley, rye, and brown rice.

Savour the Flavour

Current recommendations for daily sodium intake are 2300 mg or less per day. Following low sodium eating may help keep your blood pressure at a good level, as increased blood pressure has been linked to stroke, heart disease and kidney disease.

Tips for flavouring food



Be "spicy" instead of "salty" when cooking. Flavour with a variety of herbs, lemon, wine or vinegar. Add herbs to a shaker; fill it with an herb instead. Use a low-salt cookbook to learn how to make a variety of flavorful foods without the extra salt.

For more flavour saving tips go to: www.dietitans.ca
www.heartandstroke.ca

Rise and Shine with Breakfast daily



Canada's Food Guide to Healthy Eating. As a rule of thumb, breakfast should provide about 25% of your daily energy and nutrient needs.

Benefits of a Healthy Breakfast

Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight.

Quick and Easy Breakfasts*

- Smoothie with milk/yogurt, and fruit
- Batch of healthy muffins with a piece of cheese
- Homemade granola with nuts and fruit.

For more healthy breakfast ideas: www.kelloggs.ca

Forget Dieting and Get On With Living

While dieting is a popular remedy to weight loss, studies have shown that diets are not effective for long-term health and weight control. Having a fixation on weight reduction and an ideal body shape makes people vulnerable to yo-yo dieting, weight cycling and restrictive eating plans. Current research is pointing to permanent lifestyle changes and healthy habits for an effective method of long-term weight management and better overall health.

Adopt an eating pattern you can live with. If you need help consult a *Registered Dietitian*:

Find an RD at: www.dietitans.ca