

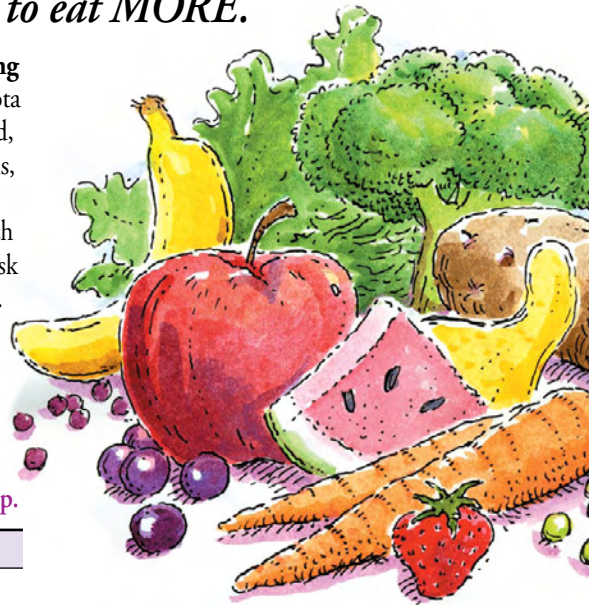
FRUITS & VEGGIES RULE!

Health Canada wants YOU to eat MORE.

Health Canada says most of us aren't getting enough of the good stuff – our daily quota of fruits and vegetables. And that's too bad, because produce is loaded with vitamins, minerals, fibre and other substances that help us stay well.

Decades of research have shown that a diet rich in fruits and vegetables is associated with a lower risk of heart disease, diabetes, stroke, and some cancers.

How many fruits and vegetables do we need for protection? It's a range of 4 to 10 servings per day, depending on your calorie intake and activity level. Find your personal produce quota at www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php.



What does one Food Guide serving look like?

- 125ml (½ cup) fresh, frozen or canned vegetables
- 125ml (½ cup) cooked leafy vegetables
- 250ml (1 cup) raw leafy vegetables
- 125ml (½ cup) or 1 fruit, fresh, frozen or canned
- 125ml (½ cup) 100% fruit juice

No-fuss ways to fit in your quota:

- Fresh melon wedge or sliced orange instead of a cookie
- Crunchy, sweet apple instead of a scoop of ice cream
- Berries on cereal or yogurt
- Sliced banana and peanut butter on toast
- Strawberries on salad
- Carrot chips or bell pepper slices with a sandwich
- Wedge of cabbage with vinaigrette
- Spaghetti squash with drizzled olive oil or grated Parmesan cheese

A special benefit of eating fruits and vegetables is the way they dress up your plate. You can choose every colour of the rainbow – red, orange, yellow, blue, purple, green – the more colour, the more nutrients you consume.

Bottom line: When you load up on fruits and veggies, you raise your odds against getting sick. That's a very appetizing idea.

HEALTH notes

■ Strength training exercise – OK for people at risk for heart trouble?

Yes – in fact, experts recommend resistance weight training has major benefits for people with cardiovascular disease. Building physical capacity enhances aerobic fitness essential to heart and blood vessel health. It helps everybody perform tasks of daily living like lifting and even sitting all day. That means less disability, more independence. Try guided, moderate weight training after your provider's evaluation and approval – especially if you have high blood pressure, prehypertension, obesity or other chronic conditions.

■ **Find your own quiet retreat.** Make relaxation a regular part of each day, equal in importance to household chores, social obligations or on-the-job tasks. Work in your garden or have a peaceful picnic in the park. When you're short on time, take a short walk and breathe in some fresh air. Curl up on the couch and read or just close your eyes for a few minutes. **The key:** Do something special for the pure pleasure of it.

■ **We hate to nag,** but flu season is approaching and it's more important than ever to avoid spreading germs. Best way to do that, according to health experts, is with good hand hygiene: Wash your hands often throughout the day. Using waterless alcohol-based hand sanitizers can help remove infectious critters. Remember, contagion occurs primarily when you touch germ-y objects, then touch your eyes, nose or mouth – don't do that!

WHAT YOU CAN'T SEE CAN HURT YOU

– especially if it's harmful bacteria hidden in your favorite foods. Bacteria are more likely to grow in foods that are high in protein and moisture, such as meats, poultry, seafood, dairy and eggs. Review the basics of preventing foodborne illness:

CLEAN food, hands and utensils thoroughly to avoid cross-contamination with germs.

COOK food to proper temperatures – 70°C for fish, 71°C for ground beef, pork or veal meats, 80°C for ground chicken or turkey, 82°C for a whole chicken and 71°C for medium cooked steak – to kill bacteria.

COOL food quickly to proper temperatures – a maximum of 4°C in the refrigerator and -18°C in the freezer – to preserve freshness and prevent bacterial growth.

How to Keep Kids OFF Tobacco

Children receive conflicting messages about tobacco – public health campaigns stress the dangers, while movies and media portray smoking as glamorous.

As a parent, you can help your children make the right choices. Here's how to keep them tobacco-free:

Walk the talk. Did you know kids whose parents smoke are more likely to experiment with tobacco? If you smoke, quit or cut back. Ban smoking in your home and car.

Educate early. It's never too soon for that tobacco talk. Even very young children ages 5-6 can understand the dangers of smoking and chewing.

Ask questions. For example, *do your friends use tobacco or hang out where smoking is allowed?* Talk about how they can respond when offered a smoke or chew.

Talk dollars and sense. Remind your kids of the high cost of a tobacco habit. Suggest other ways they could spend their money, such as special events, a car, clothes, video games, or new laptop.

Show and tell. Use real-life examples, such as a friend or sports figure whose health has been threatened by tobacco.

Focus on self-image. It's important to teens. Discuss the messy side of smoking, such as bad breath, yellow teeth, smelly hair and clothes.

By talking together and setting a good example, both of you will breathe easier.

MORE INFO ▶ Canadian Lung Association: www.lung.ca/home-accueil_e.php

THE GOOD NEWS:
If children reach
age 18 without
using tobacco, odds
are they never will.

DIET MYTHS | Finding a Plan That Fits You

Many reducing plans boast quick weight-loss results. But how do popular weight-loss strategies really measure up?

Very low-calorie diets – Such plans claim to help you lose pounds very quickly. But severely limiting calories may deprive your body of essential nutrients and create hunger, making these diets difficult to maintain. Weight is usually regained once normal eating is resumed.

Omitting food groups – Some fad diets limit your food choices or encourage select foods in large amounts, such as ultra low-fat, low-carb or high-protein plans. Boredom from limited food choices makes maintenance difficult. Research shows these diets are not effective at keeping lost weight from returning.

UPDATE: BIRD FLU

Health authorities continue to monitor H5N1, a severe form of avian (bird) flu virus that can be transmitted from birds to humans. The first human infections appeared in 1997. Since then about 400 cases have been reported in Africa, Asia and Europe, more than 60% resulting in death. Most cases were traced to infected poultry such as chickens.

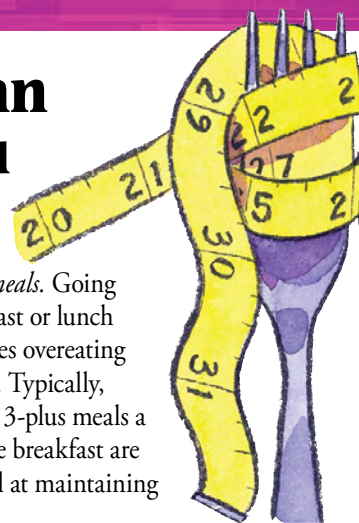
Normally avian flu is spread by migratory birds and doesn't move easily to humans; person-to-person transmission is rare.

Pandemic potential? Officials are concerned that H5N1 might mutate into a virus that can spread easily by humans, potentially creating a global outbreak, or pandemic flu. This would occur if we had little or no immunity to it and no vaccine as we do for seasonal (human) flu viruses.

Are we prepared? With past epidemics, doctors couldn't do much. But a lot has changed since the pandemics of the 20th century, including the last one in 1968. Governments are watching for H5N1 outbreaks in humans and birds, in case the virus should mutate.

Hopefully we will never again have to face a pandemic. But erring on the side of caution, scientists are taking the lead by researching seasonal flu medications and potential new vaccines that help fight avian flu in humans.

MORE INFO ▶ Health Canada: www.hc-sc.gc.ca/iyh-vsv/diseases-maladies/avian-aviare_e.html



Skipping meals. Going without breakfast or lunch often encourages overeating later in the day. Typically, dieters who eat 3-plus meals a day and include breakfast are more successful at maintaining weight loss.

Pills and gimmicks. Expensive seminars, pills or prepackaged meals work no better than less costly methods.

What's next? Design a permanent eating plan you can live with. Keep in mind, losing takes using more calories than you consume. Combine increased activity and eating fewer calories for weight loss that lasts.

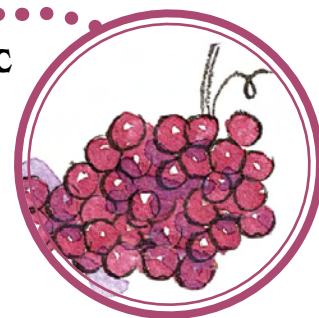
INTAKE – Keep the emphasis on eating a wide variety of wholesome, unprocessed foods. Fill up on whole (less refined) grains and 7-10 (for adults) servings of fruits and vegetables every day. Low-fat dairy products, legumes, poultry, fish and soy foods are healthful protein choices. **Good idea:** Watch portion sizes and limit high-calorie drinks.

OUTPUT – With your provider's okay, aim for at least 30 minutes of moderate exercise each day. **Good idea:** Gradually increasing activity to 60-90 minutes can help you lose excess weight. Most experts recommend a weight loss of 1-2 pounds/.45 to 1 kilogram a week.

Volumetric Trick:

Choose foods that fill you up without filling you out. These are foods with a high water content and low-calorie density – fewer calories than foods of the same weight.

Example: 1/2 cup/72 grams raisins vs. 1 2/3 cup/ 213 grams grapes – each have 100 calories but the grapes supply a bigger volume of food. This plan allows you to eat a greater volume of food, which helps you feel satisfied and full, while consuming fewer calories. Low-density foods include fruits and vegetables, beans, low-fat dairy products, and broth-based soups. The ideal low-density dish: a salad. The ideal low-density drink: water.





Q: How to avoid exercise-induced asthma?

A: Asthma is a common chronic respiratory disorder characterized by difficult breathing. Exercise and strenuous activity can trigger asthma symptoms – called exercise-induced asthma (EIA) – in both asthmatics and non-asthmatics.

For those vulnerable to EIA, symptoms may occur within 5 minutes into activity and are similar to regular asthmatic attacks. They include wheezing, chest pain or tightness, coughing, and inability to run without stopping to take a breath.

To control symptoms: Avoid sudden exposure to cold, dry air; in cold temperatures, wear a scarf or surgical mask over your mouth and nose. Breathe through your nose to allow the air to warm and humidify before reaching the airways. Warm up before exercise and take frequent breaks. Asthmatics may need medication at the start of activity or as recommended by your provider.

Don't be discouraged if you have EIA – there are many fun physical activities that aren't likely to aggravate the condition, such as swimming, walking, biking, gardening and golf.



STRAIN OR SPRAIN?

By Elizabeth Smoots, MD, FAAFP

Both strains and sprains usually occur as the result of a single, abrupt incident. The symptoms are similar – most frequently pain and swelling. Here's what makes them different:

Strain is an injury caused by overstretching or tearing a muscle. It is sometimes called a pulled muscle. Mild strains result in minute tears in a few muscle fibres. In more severe strains, the fibres may suffer a major tear with the loss of muscle strength or movement.

Muscles most vulnerable to strains include the hamstring, thigh, groin and shoulder. Conditions that increase the risk of a strain include lack of conditioning, poor flexibility, cold temperature, fatigue or a previous injury.

Sprain is an injury to the ligaments and soft tissues that surround and support a joint. These injuries, which range from mild tears to complete ruptures, tend to be more serious than strains. They can take longer to heal and, in severe cases, can result in an unstable joint.

Ankles and knees are the joints most susceptible to sprains. The injury often results from a sudden, twisting motion.

FIRST AID

for Strains and Sprains

To reduce pain and swelling from sprains and strains:

- Rest the injured area and avoid using it for at least 24-48 hours.
- Apply ice packs promptly, since swelling usually starts immediately. Repeat icing for 10-20 minutes every 2-3 hours during waking hours for the first 1-2 days. (Use a thin towel to protect your skin from the cold.)
- Wrap the injured area loosely with a compression bandage.
- Elevate the injury when resting at a point higher than your heart.
- Take a pain reliever such as ibuprofen, to ease pain and swelling.

Seek medical care if the injury is severely painful, swollen, or discoloured; is weak, numb, or deformed; or produces symptoms beyond 2 days.

5 BEST WORK HABITS



SPREAD POSITIVE ENERGY

Start viewing issues or tasks as personal challenges rather than problems. This raises the potential for good results and more enjoyment achieving them.

Leave gossip and complaints out of your dialogue – your upbeat attitude can be contagious and make a difference in everyone's productivity.

PLAN, PLAN, PLAN

If you don't, the day may take you anywhere, possibly where you don't want to go. Planning directs your energy toward the most appropriate activities and better use of your time.

List your plans and must-do tasks for the next day or week, then mark off items as you get them done. Seeing what you've accomplished can keep you motivated.

CLEAR THE CLUTTER

Removing distractions can improve your focus. Streamline and organize procedures and keep equipment running smoothly to stay on track.

Make your workspace as comfy as possible. Surround yourself with pictures of family or a relaxing scene, and music that helps your mood.

STAY CONNECTED

Keep the lines of communication open to co-workers both nearby and in other locations. Our modern means of communication allow us to easily stay in touch and let others know we're available.

Keep email and phone calls brief and learn to judge when face-to-face contact may save time.

PUT OFF PROCRASTINATION

Difficult or boring activities are tempting to bypass but delays may add work and create stress for you. Get motivated by completing one small piece of the task – such as an email or outline. Keep the end goal in mind. Checking chores off your to-do list feels good and lets you move on to the activities you enjoy most.

Keep those questions and suggestions coming!

phone: 800-952-0690
 fax: 205-437-3084
 e-mail: editor@personalbest.com
 website: www.personalbest.com

Editor: Diane McReynolds
 Managing Editor: Susan Cottman
 Assistant Editor: Kim Angeles
 Medical Editor: Elizabeth Smoots, MD, FAAFP
 Canadian Advisors: Marica Borovich-Law; John Brennan, MD, CCFP;
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 Mary P. Hollins, MS, JD; Leslie B. Hutchinson, PhD;
 Alice Lockridge, MS; Wm. Richard Ludwig, MD
 Designer: Nicolai Petersen
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 100 Corporate Parkway, Suite 600, Birmingham, AL 35242
 phone: 800-871-9525 fax: 205-437-3084

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LEFTOVERS

A Cook's Best Friend

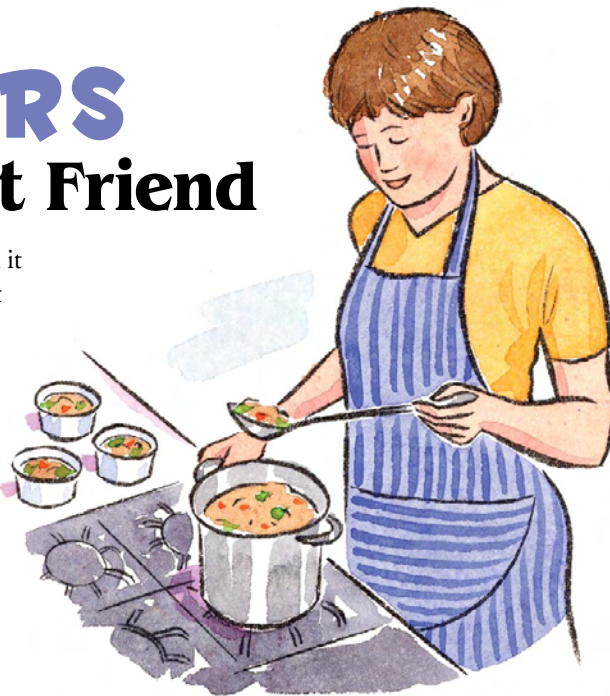
By cooking a little extra, you can spin it into another dinner or lunch the next day. You can also freeze leftovers and save them for really quick eats later. Have some fun transforming leftovers into a whole different dish.

The leftover most of us are familiar with is roasted turkey. Who hasn't used leftover Thanksgiving turkey and turned it into a meal for the next day, or several days! The meat can be used in wraps, sandwiches, soups, casseroles and salads. Using that principle you can create leftover ideas for many foods.

It takes little added effort to prepare a larger roast, extra chicken breasts or fish fillets, or a larger pot of soup than it would to cook the amount needed for one meal. You can serve it the next day with a different side dish and vegetable or build a salad with the ingredients. How about a Mexican theme? Use the meat in tacos or burritos, or add it to vegetables and potatoes and make a stew or pot pie.

So many of us have trouble fitting in our vegetables. Next time you shop buy extra of your favourite vegetable and do the preparation and cooking all at one time. Use the extra vegetables in a breakfast quiche, to liven up a salad or add to spaghetti sauce for a healthy punch.

Go ahead and get started by using leftover chicken and vegetables in our healthy chicken pot pie makeover (recipe at right).



Saving leftovers, saving time and energy.

Store Leftovers Safely: Proper storage is essential for food safety.

- Refrigerate or freeze leftovers within 2 hours after cooking – foods left out longer should be discarded.
- Use refrigerated leftovers within 3-4 days. Freeze foods that can't be used by then.
- When chilling, divide large amounts of food and pack in small, tightly sealed containers so they cool quickly.
- Reheat leftovers to 165°F/74°C (or until very hot and steamy).

Recipe of the Month

EnLIGHTened Chicken Pot Pie

A favourite comfort food on the light side. It still has the creamy base and crust we can't do without.

- 8 ounces/277g leftover cooked chicken breast, cut into bite-sized pieces
- 3 cups/680g of any leftover vegetables, cut into bite-sized pieces
- 1 can (10.75 oz/288ml) reduced fat, reduced sodium cream of celery condensed soup
- 4 servings refrigerated reduced fat crescent rolls (unprepared)

- ❶ Warm chicken, vegetables and soup in a pot over medium heat. Pour into a 9-inch/23cm round baking dish lightly sprayed with nonstick cooking oil.
- ❷ Place dish in preheated 350°F/177°C oven and bake about 30 minutes or until hot and bubbly; stir halfway.
- ❸ While mixture cooks, fold crescent dough with hands into a ball. With a rolling pin, roll out dough into a circle to cover top of chicken mixture.
- ❹ Add dough to the top of the dish and cook for an additional 20 minutes or until top is golden brown.

Nutrition Facts

Makes 4 servings (one-quarter of pie each).

Amount Per Serving	Calories	257
	Protein	18g
	Total Fat	7g
	Total Carb	27g
	Fibre	2.5g
	Sodium	292mg