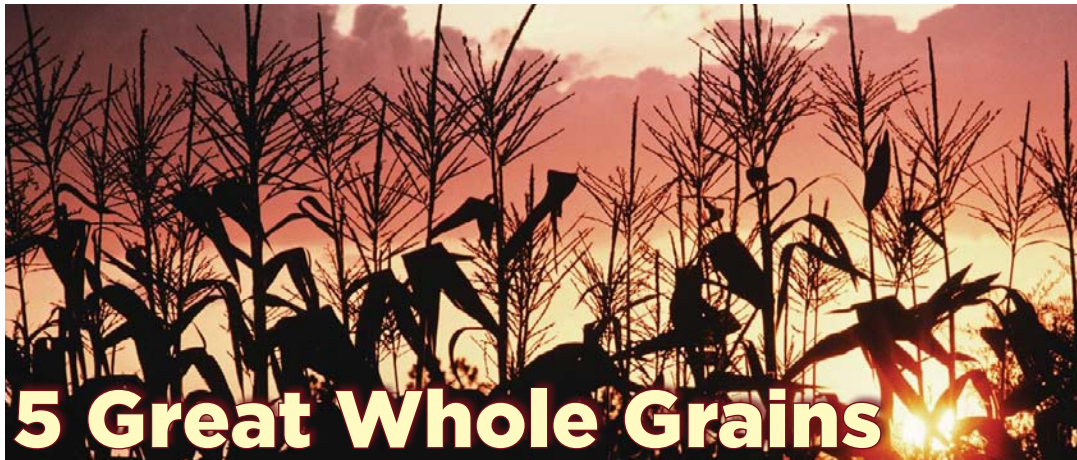


SEPTEMBER 2010



5 Great Whole Grains

Looking to add more whole-grain goodness to your diet? Look closer at these delicious choices:

- 1. Oats** aren't just for breakfast. *Try:* bread with added whole-grain oats or fruit cobbler topped with oats and a bit of brown sugar. You can also replace up to half of the flour in a recipe with oat flour. Whip up our pancake recipe on page 4 using whole oats and whole-wheat flour.
- 2. Brown rice** is more nutritious than white. *Try:* brown rice in stir-fry, a casserole or as stuffing for baked peppers or tomatoes.
- 3. Spelt** is a type of wheat – a bit sweeter, nuttier and richer in protein than regular wheat. *Try:* spelt pasta, pretzels or crackers.
- 4. Quinoa** (pronounced keen-wa) is an ancient grain with a nutty flavour and a chewy texture. *Try:* quinoa instead of rice as a side dish, or try it in pilafs or risotto.

5. Corn is an age-old staple. *Try:* whole-grain cornbread, baked tortillas or air-popped popcorn (minus the butter and salt).

Whole grains are packed with vitamins, minerals, fibre and other health-protecting nutrients.

Research suggests they may help fight cardiovascular disease and control insulin, triglycerides and weight.

Canada's Food Guide recommends that half of your daily grain choices (or 3-4 of your 6-8 daily servings) should come from whole grain foods.

What's in a name? When shopping, look for the word *whole* as the first item on the ingredients list, or for the words *100% whole grain* on the product label. Terms such as *brown*, *nine-grain*, *mixed grain* and *multigrain* don't guarantee the product is whole-grain.

HEALTH NOTES

◆ **Flu season is just around the corner.** Practice prevention.

- 1) Get a flu shot every year, recommended for most everyone.
- 2) Clean your hands with soap and water or alcohol-based sanitizers. Use a tissue to cover coughs and sneezes. If you get the flu, stay home. Avoid touching your nose, mouth and eyes.
- 3) Use antiviral flu drugs with your provider's okay; take within 2 days of symptoms.

◆ **Keep a smile file.** Have you run across a cartoon, photograph, online video or postcard that makes you smile? Put it in a folder (either on your computer or in a paper one). When you're having a tough day, open your "smile file" to help perk up your attitude.

◆ **Why "watchful waiting" for some prostate cancers?** More prostate cancer patients and their health care providers are opting to monitor the disease with prostate-specific antigen (PSA) tests and biopsies instead of surgery, radiation or medicine. This approach is suitable for prostate tumours that are found early or slow-growing. It offers time to seek opinions and alternatives and possibly avoid needless treatment. However, studies show a third of men choose treatment to avoid the anxiety of waiting. Every case is different, so always explore your options.

Thinking Young

Your state of mind can have a big effect on how old you feel – and maybe even how long you'll live. Consider these findings:

- The Women's Health Initiative (U.S.), a study of more than 97,000 women, found that an optimistic outlook reduced the risk of premature death by 14%; hostile and negative women were at higher risk.
- A 7-year study at the University of Texas revealed that more upbeat seniors were less likely to become frail.
- Among adults 65 and older, 60% feel younger than their age, according to a Pew Research Center (U.S.) survey. In fact, one-sixth of this group feels at least 20 years younger than their age, and only one-fifth of those 65-74 feel "old." The older adults also tended to have a more positive view of their lives than other age groups.

Are there ways to become more positive?

- Each day, list at least 3 things that went well.
- Take stock of the things in your life you appreciate.
- Find activities you love and take time to become fully absorbed in them.
- Have regular contact with people who support you.
- Choose meaningful life goals and start working on them.
- Give someone a real and unexpected compliment each day.

Give it a try: You just might increase the quality and the quantity of your years at the same time.

Managing Cholesterol with Exercise

Health experts, including the Heart & Stroke Foundation of Canada, recommend physical activity along with a healthy eating plan to help manage unhealthy cholesterol.

How does exercise improve cholesterol?

- ➊ Exercise helps you manage your weight. Being overweight increases low-density lipoprotein (LDL), or "bad" cholesterol that can build up in the arteries. Even losing a small amount of weight can make a big difference.
- ➋ Exercise helps move LDL from the blood to the liver, where cholesterol is converted into bile and excreted. The more active you are, the more LDL your body can expel.



Overcoming Social Pressure to Spend

It's hard to resist the culture of shopping, even for people who don't feel the urge to spend. Commercials enticing us to buy are everywhere – TV ads, websites, emails, billboards – not to mention shopping channels and online auctions. Is it any wonder why people love to shop and over-spend?

Take control and overcome the temptation to spend with the following tips:

- ▶ **Identify** what triggers your spending. Do you shop when you feel bored, sad or inadequate? Is shopping a recreational activity?
- ▶ **Identify** signs of compulsive spending. These include: owning multiples of an item; shopping to improve your mood; shopping without knowing how much money you have; and making large purchases, such as a car, without comparing prices or

How much is needed to impact cholesterol?

Aim for 30 minutes a day of moderate to vigorous exercise, such as walking, jogging, or swimming, to lower cholesterol. Vigorous exercise also increases high-density lipoprotein (HDL), or "good" cholesterol that helps rid the blood of LDL cholesterol.

However, any exercise is beneficial. If you are not active, get your health care provider's okay before starting an exercise program. Then, begin slowly and gradually increase activity as your body adjusts to increased exertion. Walking is a good place to start – it's easy on the body and relatively inexpensive.

You don't need to be a professional athlete to lower LDL cholesterol or keep it at a healthy level. You just need to move.

determining the long-term impact on your finances?

- ▶ **Pay** in cash. Studies show people who do tend to spend less than when using credit cards.
- ▶ **Find** alternatives. Socializing and hobbies can provide more lasting fulfillment than shopping.
- ▶ **Share** your feelings. You may feel a lift that's better than anything money can buy.

Get help if your spending is out of control. A self-help group such as Debtors Anonymous or a professional counselor can advise you on how to plan your finances for both short- and long-term goals.

Body Bulletin takeaway: What matters more than what you have in your life is what you do with your life.

Staying Safe from MRSA

MRSA is methicillin-resistant *Staphylococcus aureus*, a potentially dangerous type of staph bacteria that can cause skin and other infections. Most MRSA is contracted in health care settings, though it's also spread in schools and through general contact with contaminated objects and infected persons. Like other superbugs, MRSA is resistant to certain antibiotics.

Signs and treatment: MRSA and other staph infections normally begin with small red bumps or boils that may become swollen and painful. If MRSA is diagnosed promptly, antibiotic treatment may prevent complications including pneumonia and blood poisoning, as well as recurring infections. Carefully follow your health care provider's directions while you have the infection.

Prevention starts with awareness and simple precautions:

- Follow good hygiene. Wash your hands thoroughly and often with soap and water. Carry hand sanitizers.
- Disinfect your hands after visiting health care facilities.
- Don't share personal items such as razors, nail clippers, towels and bedding.
- Avoid contact with others' wounds or bandages.
- Disinfect shared objects, such as athletic equipment, before and after use.
- Keep your hands and fingers out of your mouth, nose and eyes.

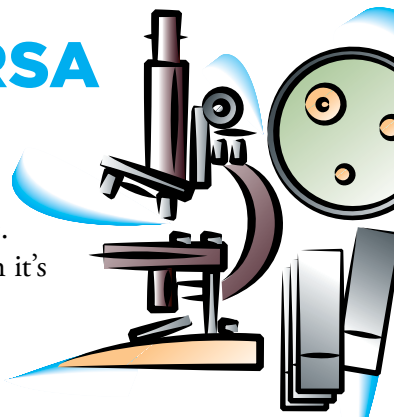
Q: What are triglycerides?

A: Triglycerides are common fats derived from foods. They are carried in your bloodstream and deposited in your fat cells until they're needed for fuel. A high blood triglyceride level may be harmful to your health – it is a risk factor for heart attack, stroke or hardening of the arteries. High levels can also lead to pancreatitis – inflammation of the digestive gland called the pancreas.

Screening. A fasting blood fat profile includes a triglyceride level. Ask your provider if you should have one if you have not been tested.

Blood values. The target level for triglycerides is less than 1.7 mmol/L, according to the Heart & Stroke Foundation.

How to improve. Weight loss, replacement of saturated fat with heart-healthy unsaturated fat, and medications can help lower high triglyceride levels.



Keep cuts, sores and scratches clean and bandaged until they heal. If you have a rash or wound that doesn't heal, see your provider promptly.

Use antibiotics wisely. Unnecessary or improper use contributes to drug resistance in bacteria of all kinds. If you are prescribed antibiotics, take the entire amount, even if you feel better before your last dose.

SAFETY NOTE

Which cutting board is safer?

(a) plastic (b) wooden (c) either

The answer is c – as long as you scrub it thoroughly with soap and warm water after exposing it to raw animal-based foods (meats, poultry, seafood, eggs). The plastic advantage: You can clean it in the dishwasher.

Tips: 1) Assign one board for raw animal foods and one for everything else, such as breads and produce. 2) Replace boards that develop deep grooves or cracks that can trap troublesome bacteria.

QUIKQUIZ: Knife Safety IQ

Knives are an essential tool in any kitchen. How much do you know about using them safely?

1. **The sharper the knife, the less likely you are to injure yourself with it.**

True False

2. **Any hard, smooth surface, such as counters or plates, are good for cutting.**

True False

3. **When a knife falls off the counter, what should you do?**

- a. Throw a towel over it before it hits the ground
- b. Let it fall
- c. Try to catch it by the handle
- d. None of the above

ANSWERS

1. *True.* Use sharp, high-quality knives. Most knife cuts occur with dull knives because you must apply more pressure to use them, which may cause your hand to slip. Keep your knives sharpened. Flimsy, poorly constructed knives can bend, break, or quickly lose their sharp edge.

2. *False.* Always use a surface designed for cutting. Knives can slip

on stone or other smooth surfaces. *Tip:* Place a damp kitchen towel beneath the cutting board to prevent it from slipping.

3. *b.* While your first reaction may be to try to catch it, never attempt to catch a falling knife. Step as far back as possible and let it hit the floor.



Keep those questions and suggestions coming!

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Cooking for Nutrition Preserve valuable vitamins.

By Cara Rosenbloom, RD

For optimal health, our bodies require vitamins from food and beverages. Vitamins break down when exposed to light, heat, water and air. You can preserve these essential nutrients with proper food storage and preparation. Here are some guidelines.

GRAINS: Pasta, rice and other grains are often “enriched” with added vitamins. Avoid rinsing rice before cooking as it may wash away nutrients.

Rinsing cooked grains and pasta also causes considerable nutrient loss and is not recommended.

MILK: Milk is stored and sold in many convenient containers, but not all are equally good for retaining milk’s vitamins. Milk contains riboflavin, which is easily destroyed by light. To preserve this B vitamin, buy milk in opaque cardboard containers, rather than in clear plastic jugs.

VEGETABLES: Prior to cooking vegetables, quickly rinse them, so fewer vitamins are lost in the water. When

cooking veggies, use little or no water; this reduces the loss of water-soluble vitamins B and C. Cook quickly by steam, microwave or stir-fry, which require minimal water and cooking time. *Tip:* Cover your pot to retain vital nutrients as the vegetables cook. Cook until vegetables are “tender-crisp.” Boiling results in the highest nutrient loss of any cooking method. Of course, the best and easiest way to have your veggies: Eat them whole and raw whenever possible.

FRUIT: Air may degrade the vitamin content in fresh-cut fruit, especially vitamins A and C. One great trick is to cut fruit in large chunks. This creates less surface area exposed to air. Eat fruit soon after it is cut. Store leftovers in well-sealed containers and avoid direct light.

Keep these tips in mind and you’ll enjoy the taste – and nutritional benefits – of your favourite foods.



Oatmeal Pecan Pancakes

- ½ cup/125ml whole oats (not instant)
- 2½ cups/625ml low fat milk
- 1 cup/250ml whole-wheat flour
- ¾ cup/175ml unbleached, all-purpose flour
- 1 tbsp/15ml sugar
- 1 tbsp/15ml baking powder
- ½ tsp/2ml salt
- ¼ tsp/1ml nutmeg
- ¼ tsp/1ml cinnamon
- 3 medium eggs
- 1 tsp/5ml vanilla extract
- 3 tbsp/45ml pecans, chopped
- Canola oil spray

- 1 In a medium bowl, combine oats and milk; set aside.
- 2 In a large bowl, combine flours, sugar, baking powder, salt and spices; blend well.
- 3 Stir eggs and vanilla together, then add to oat mixture.
- 4 Combine oat and dry mixtures; add pecans and stir until all ingredients are moist (don’t over-mix).
- 5 Lightly coat large skillet with oil spray and heat to medium-high.
- 6 Using a ¼-cup/50ml measure for each pancake, scoop batter onto medium-hot skillet. Turn each pancake when bubbles appear on the surface and bottom is golden.

Nutrition Facts

MAKES 16 PANCAKES.

Amount Per Pancake		Amount Per Pancake	
Calories 100			
Total Fat	2.3g	Total Carbohydrate	14.3g
Saturated Fat	.7g	Dietary Fibre	1.2g
Cholesterol	37mg	Sugars	2.2g
Sodium	157mg	Protein	4.7g

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