

AUGUST 2011

Eating Out GUILT-FREE

Restaurant dining can mean a good time — and an abundance of fat, salt and calories. Next time you go out, take charge and have a healthier experience with these strategies:

PLAN AHEAD. Check to see if the menu is online, and choose another restaurant if you're not satisfied with the selections. Have a small snack (such as fruit) before leaving home so you don't overindulge at the main meal.

CHECK THE NUMBERS. Many restaurant chains now offer nutritional information on their websites. Do the math before you add those nutritional counts to your waistline.

DITCH THE BUFFET. Steer clear of all-you-can-eat situations. Enough said.

BAN "BAD" CARBS. Decline the bread or rolls before they reach the table. If you can't wait for the entrée, start with a small salad.

CUT THE CALORIES. Ask for dressings, sauces, butter and sour cream on the side so you can control the amount. Order a half-portion, or share the dish with your dining companion.

If you love dining out at restaurants with ethnic dishes on the menu, read "Around the Globe: Nutritional Traps and Tips" on page 4.



SWITCH IT UP. Have a baked potato instead of fries, for example. Substitutions sometimes cost an extra dollar or two, but you'll save a lot more on medical bills by making healthier choices. Just remember to hold the toppings unless the restaurant offers low- or non-fat options.

KNOW YOUR RIGHTS. Ask to have entrées baked or steamed instead of fried, and have creamy sauces replaced by wine — or broth-based versions.

DRINK RESPONSIBLY. Those extra cocktails not only add a lot of empty calories, but may also affect your judgment on how much to order and consume.

HEALTH NOTES

◆ Longevity Corner

A recent study showed that young adults, especially women who were more active for 20 years, gained less weight. We know that exercise burns calories, revs up metabolism and sometimes suppresses appetite. This study suggests that long-term habits make a difference — staying active consistently can help you maintain your weight.

— Zorba Paster, M.D.

◆ **Consumer tip:** Before you travel, have a medication prescription and health care strategy prepared in case of an injury or illness — or if you forget or lose your medicine. Keep a first-aid kit handy to clean and treat wounds and help prevent infection.

◆ **Take caution with supplements.** A new look at the data on 36,000 postmenopausal women (U.S.) suggests that adding calcium and vitamin D supplements may increase the risk of strokes and heart attacks. This finding was initially overlooked because so many women were already taking calcium when the study began. If you are an older woman considering calcium supplementation, review with your health care provider whether your risk of bone fractures outweighs your risk of heart disease.

Insight For Sore Eyes

Sharing Work Space



Lack of privacy is a reality in many workplaces. Whether you work in an open work space, in a cubicle or in a shared office, a little courtesy goes a long way.

Don't advertise eavesdropping.

In an open environment, conversations drift over from the next work space. The courteous solution is to ignore it. For example, if you hear someone ask a question from the other side of the wall and you know the answer, resist the urge to pipe up.

Keep it private. Avoid discussing personal matters where others can hear you.

Pay a visit. Resist the urge to converse "over the wall" or from across the room.

Don't be a distraction. Mute the sound on your computer and silence your cell phone. Eat away from your desk so that smells and eating sounds don't bother others.

Avoid surprises. Many people locate their work area facing away from the door of a cubicle or open space. Knock on the wall or say "Excuse me" so you don't startle them.

Respect boundaries. If someone is on the telephone, busy or appears lost in thought, don't interrupt them. Send an e-mail or instant message or return later.

The bottom line → You may not be able to change your work environment, but a little common sense and respect can help make your workplace more pleasant and productive for everyone.

With the increase in computer usage, eyestrain is becoming very common, occurring in about 70 percent of people who perform extended visual tasks. If you're one of them, here's what you need to know:

What causes eyestrain? Eyestrain is not a disease, but rather a symptom. It occurs when eyes get tired from intense use, such as driving, reading, using a computer, playing video games, trying to see in the dark or exposure to extreme brightness or glare.

What are the symptoms? Headaches, sore or dry eyes, blurred or double vision, stiff neck, light sensitivity and difficulty focusing on images are all common.

Is eyestrain serious? While eyestrain doesn't typically cause lasting eye damage, it can lead to physical fatigue, reduced concentration or productivity and increased work errors. Sometimes it indicates an underlying eye condition that requires evaluation.



How do you prevent it? Steps you can take include: Resting your eyes by taking a break or looking out a window; adjusting lighting to reduce glare; blinking more frequently; increasing the resolution, brightness, font size or contrast of your computer screen; using over-the-counter tear substitutes for dryness; and changing the distance between your eyes and the computer screen or reading material. If these changes don't help, see an ophthalmologist.

Sweet Relief → Massaging the temples in a circular motion for a minute or two can relieve symptoms.

TOP MOVE: *Functional Fitness*



Have you ever injured yourself doing everyday activities, even though you work out? Although traditional exercise routines are good for you, they tend to work muscles in isolation, while real-life activities require multiple muscles to work together.

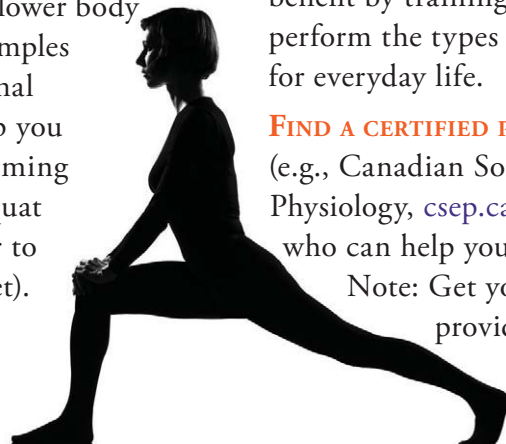
FUNCTIONAL EXERCISES tend to be multi-joint, multi-muscle actions, often combining upper and lower body movements. Some examples include multi-directional lunges (which can help you do tasks such as vacuuming and yard work) or a squat and bicep curl (similar to lifting a laundry basket).

PROGRAMS CAN BE CUSTOMIZED. A series of simple functional

exercises can improve strength, agility, balance, power, stamina, range of motion and flexibility. Athletes may target vulnerable muscles and joints to reduce injury risk. Seniors can live more independently if they can carry groceries or get up from a chair. The military and other organizations use such programs to ensure top performance. We can all benefit by training our bodies to better perform the types of movements we use for everyday life.

FIND A CERTIFIED PERSONAL TRAINER (e.g., Canadian Society for Exercise Physiology, csep.ca) or physical therapist who can help you design a program.

Note: Get your health care provider's okay before significantly changing your exercise routine.



Rude On the Road

Sooner or later you may encounter a driver who behaves dangerously by speeding, tailgating, making abrupt or frequent lane changes or cutting off other cars. You can't control other drivers, but you can remain calm and stay out of harm's way.

When it's the other guy...

Be attentive and courteous — obey all traffic rules even if the other person doesn't.

If you are challenged, get out of the way. Stay behind the agitated motorist, if possible.

If you're being followed, go to a well-lit public place and call the police.

Don't pull over or get out of your car if you feel threatened.

When it's you...

Stress from heavy traffic or personal problems can shorten anyone's fuse.

To keep your cool:

Maintain your car well, keep sunglasses and snacks handy, adjust your seat position and temperature, or listen to calming music.



Don't drive when you're upset, angry or overtired.

Plan your route, monitor traffic reports and allow plenty of time for travel.

Don't take it personally — not all rude behaviour is intentional.

If your temper rises, breathe deeply, take a break or focus on something pleasant. Consider the possible consequences of rash actions.

SAFETY CORNER

Why Immunize?

Immunizations are important in stopping the spread of disease, yet there has been some concern about them. Why is it important to immunize? The Public Health Agency of Canada offers this insight if you don't immunize:

You or your child will be at greater risk for catching 13 serious vaccine-preventable diseases.

You or your child will be a threat to others by passing on a disease to babies or people who can't be vaccinated for medical reasons.

Your child may have to be kept out of daycare or school. Check with your local public health unit or your daycare centre for immunization requirements.

➔ For more information, visit www.phac-aspc.gc.ca/im/is-vc-eng.php.



PRODUCE PICK of the Month

Berries

Berries are big on fibre, vitamin C and guilt-free sweetness. Peak berry season starts in June with strawberries, then blueberries burst on the scene followed by the sweetest of the bunch — blackberries and raspberries. Add to baking, top off your cereal, or puree for sauce — they're berry, berry good.

KNOW YOUR Numbers

“Low Fat”

3 grams or less

of total fat per serving.

That's what a package label must contain to be called low fat. Read nutrition facts labels to find foods that are low in fat. And watch your servings. Calories add up in multiple servings of low fat foods, too.

Nutrition Facts	
Serving Size 21 g	
Amount Per Serving	
Calories 90	
Fat 2 g	Fat 2 g
Saturated 0.3 g	Saturated 0.3 g
+ Trans 0 g	+ Trans 0 g
Cholesterol 0 mg	Cholesterol 0 mg
Sodium 310 mg	
Carbohydrate 15 g	
Fibre 1 g	
Sugars 0 g	

STAY IN TOUCH

Keep those questions and suggestions coming!

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Around the Globe: Nutritional Traps and Tips

By Cara Rosenbloom, RD

This month we're serving up four for four. Here's a guide to four common nutritional traps — a flood of fat, carb overload, deep-fried dangers and bloated portions — in four popular cuisines and how to avoid them.

Italian — Order a whole-grain crust pizza topped with cheese and lots of vegetables. Avoid “double cheese,” sausage or pepperoni. If you crave pasta, stick with tomato-based sauce instead of cream sauce. Have your spaghetti as a side dish (250 ml or one cup) alongside salad and chicken, rather than as a main entrée, which can be several cups.

Chinese — Vegetables are a mainstay of Chinese food, with greens such as bok choy, gai lan and broccoli taking a front seat. Replace some of your noodles or rice with extra vegetables. Opt for stir-fried dishes rather than deep-fried options such as egg rolls or breaded chicken. Get high-sodium oyster, black bean or soy sauce served on the side, and use them sparingly.

Indian — Enjoying Indian food is a tasty way to eat more fibre-rich beans. Opt for dal (spiced lentils, peas or beans) made without too much oil, or try chickpea curry.

Tandoori meats are a delicious and lean choice. Limit dishes made with lots of oil, ghee (clarified butter) or coconut milk (the calories add up quickly), and rely on flavour from spices instead. Order dishes with gobi (cauliflower) or palak (spinach).

Greek — Grilled meat and chicken are lean, but they're usually served with potatoes AND rice. Replace one of them with vegetables. Go easy on the salty dips such as taramosalata. Start with a cucumber and tomato salad instead.

Most menus are filled with refined grains, such as noodles and bread. Always choose whole-grain options when available. If refined grains are the only choice, keep the serving size small. And since restaurant portions are oversized, get in the habit of saving half for later, or share.



Summer Berry Parfait

- 2 cups/500ml plain, non-fat Greek yogurt*
- 2 tbsp/25ml honey
- 1 cup/250ml chopped nectarines
- ½ cup/125ml fresh blueberries
- ½ cup/125ml fresh strawberries, stemmed and quartered
- ½ cup/125ml fresh raspberries
- 20 whole unroasted almonds



1. Mix yogurt and honey until smooth.
2. Gently combine nectarines, blueberries and strawberries.
3. To assemble, fill 4 (8-oz/236ml) glass parfait or other dessert dishes as follows: Place a scoop of the nectarine mixture equally in bottom of each dish; add a layer of yogurt-honey cream, then a layer of raspberries, then a second layer of yogurt, and top with almonds.

*Greek-style yogurt is strained to remove excess water, creating a thicker, creamier texture than regular yogurt; it stands up well in a dessert. Option: Use nonfat sour cream.

Nutrition Facts

MAKES ABOUT 4 (1-CUP/250ML) SERVINGS.

Amount Per Serving	
Calories 175	
Total Fat 1.6g	Total Carbohydrate 23.5g
Saturated Fat trace	Dietary Fibre 3.2g
Cholesterol 0mg	Sugars 18g
Sodium 37mg	Protein 13.4g

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