

BODY

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COMMUNITY HEALTH SERVICES DEPARTMENT

Health Promotion & Program Support

Telephone: 519 344-2062 ext. 2142

Toll Free: 1-800-387-2882 ext. 2142

www.lambtonhealth.on.ca



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FEBRUARY 2012



World on Your Plate:
By Cara Rosenbloom, RD

Gut Essen! Eat Well with German Cuisine

If your image of German foods stops at Black Forest cake and bratwurst, it's time to try better-for-you options.

Almost all meals in Germany include breads — which are nothing like fluffy, white North American loaves. Instead, German breads are healthful, nutty and dense, since they are usually made with whole grains such as rye, oats and millet. Top some delicious, fibre-rich bread with fat-reduced Emmentaler or Gouda cheese, or try a naturally low fat fresh cheese such as quark.

From deli meat to sausage, meat is a mainstay in German cuisine.

Unfortunately, red and processed meats are known cancer-causing foods. This is based on numerous studies showing a link between red and processed meats and colon cancer. The World Cancer Research Fund advises people to consume fewer than 500 grams (18 ounces) of red meat a week and avoid processed meat (such as deli meats, hotdogs or sausage). Since protein is vital to the diet, replace sausage with other delicious German choices, such as chicken and trout.



Popular vegetables in German cuisine include beets, carrots, turnips, broccoli, cabbage and asparagus. Potatoes are also a mainstay and are used in soup, salad, dumplings and pancakes. While potatoes are versatile, they are more calorie-dense than other vegetables, so choose them less often. Antioxidant-rich fruits that grow in Germany include apples, plums, cherries and gooseberries. They can also be used in cooking and baking.

Body Bulletin Canada TAKEAWAY: Skimp on the meat and potatoes, and fill up on chicken, vegetables and whole-grain breads for a healthful taste of Germany.



HEALTH NOTES

◆ **Drug-resistant bacteria** are invading organisms, and hospitals are their favourite breeding grounds. Take these precautions:

- Take antibiotics only when absolutely necessary. Take all of the prescribed antibiotics.
- Wash hands several times daily with soap and hot water or use hand sanitizers.
- Never share personal items, such as towels or razors.
- Cover cuts and scrapes with a bandage.
- Avoid contact with other people's wounds or bandages.
- See your doctor for an infected wound and follow wound care instructions.
- Dry sheets, towels and clothes in a hot dryer (don't air dry) to kill bacteria.

◆ **These days, physicians encourage** pregnant women to remain active by getting at least 30 minutes of exercise on most days. Working out can prevent discomforts such as constipation and bloating, and improve mood, sleep and ability to cope with labour.

◆ **If you're a grandparent spending time with an infant,** you may need to protect your grandchild against pertussis or whooping cough by getting a diphtheria-acellular pertussis (Tdap) vaccine. **Best advice:** Make sure all your vaccinations are current.

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Smart moves for reaching your personal best are at:

www.personalbest.com/extras/CanadaFeb12tools

Help for FALLEN ARCHES

What are flat feet? In this condition, the arch on the underside of your foot is flattened, allowing your entire foot to touch the floor when standing. People are normally born with flat feet, but sometimes the arch never forms. Some adults also develop flat feet through aging, pregnancy, obesity or injury.

Are they a problem? Fallen arches may pose no problems or they can cause pain in the heel, arch, ankle, back or lower leg. Some people may notice swollen or achy feet after extended standing or sports.

What can be done? If you are experiencing foot pain, have a diagnostic exam with a podiatrist. Bring your regular shoes so the doctor can examine their wear patterns. Recommendations may include:

- Rest, ice and pain relievers.
- Weight loss if you're overweight.
- Exercises and/or physical therapy.
- Shoes with arch support or shoe inserts.
- Treatment of underlying problems such as broken/dislocated bones or arthritis.
- Injected corticosteroids or surgery if other methods have failed.
- Avoidance of aggravating activities or high-impact sports such as basketball or tennis.

Telltale Footprints: You may have fallen arches if you can see the entire outline of your foot when walking on sand or when stepping on a dry surface with wet feet.



Obese-Proof Your Work Area **7 WAYS**

You've heard the saying, "You are what you eat." Well, what about "You eat what you see?" Research shows external cues can make you overeat, eat the wrong things or eat when you aren't even hungry.

- 1 **Eat off smaller bowls or plates**, so it looks like you're having a bigger serving.
- 2 **Move the treats further away from your space.** (One study found that people ate five fewer chocolate drops per day if the candy dish was six feet away, rather than on their desks. That's 125 fewer daily calories!) Better yet, keep a fruit bowl nearby.
- 3 **If you order takeout**, put half in the refrigerator immediately so you aren't looking at it.
- 4 **Make healthy snacks visible** and appealing. Take bite-sized pieces of colorful fruits and vegetables to work.
- 5 **Avoid food in packages that say** "all natural," "healthy," or "fat free." You'll still gain weight if you eat too much.
- 6 **Keep serving dishes off the table** during



meetings or group lunches. Fix a plate and sit down to eat.

- 7 **Avoid having food in your space** or on your desk all the time. Save snacks for breaks.

What you see around you every day can greatly influence what, how and when you eat. Be aware of how you respond to food cues, and put healthier choices front and center.

EXPERT *Advice* — Elizabeth Smoots, MD, FAAFP

Q: What is cardiomyopathy?

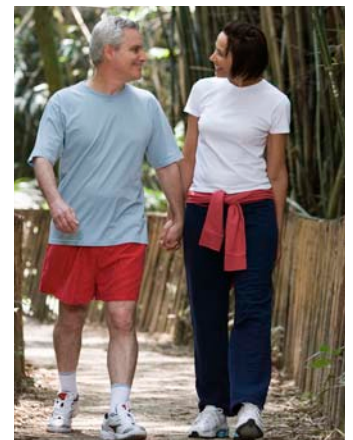
A: Disorders of the heart muscle are termed cardiomyopathy. The disorders weaken the heart muscle and can cause the heart to enlarge or become stiff. This may make it harder for your heart to pump blood throughout your body. The three main forms of cardiomyopathy include dilated, hypertrophic and restrictive types.

Treatment varies with the form of the disease. Among the options are medications or surgery to implant an assistive device or transplant a donor's heart.

If you have cardiomyopathy, work closely with your provider to get the best possible care. Lifestyle measures are also beneficial in managing the disease.

Helpful steps to take: Stop smoking. Lose excess weight.

Reduce salt intake.
Exercise regularly with your doctor or health care provider's supervision.
Limit or avoid alcohol.



EYEING THE GLYCEMIC INDEX:

Pros and Cons

The glycemic index (GI) rates foods on how much they raise your blood sugar. Foods such as white bread that raise your blood sugar more are “high-glycemic.” The premise is that if you eat mostly low-glycemic foods, your blood sugar will fluctuate less and you will lose more weight. This approach has both pros and cons:

Pros

Low-glycemic, slow-absorbing foods stay in the digestive tract longer. This may help control appetite and prevent insulin resistance (a condition that increases the risk of diabetes). Whole grains, produce, legumes and dairy products are low-glycemic.

Cons

The GI doesn't tell you how many carbohydrates to consume, how to limit calories or fat or how to eat a balanced diet. Furthermore, the index doesn't judge the quality of carbohydrates. For example, potato chips may have a lower GI than a baked potato, even though the latter is probably a healthier food choice. In



addition, research supporting the GI diet for weight loss remains mixed.

The Bottom Line

A GI-based diet plan is fairly easy to use and may help people who want to stabilize their blood sugar, change their overall eating habits or avoid counting calories. But a balanced eating plan may accomplish the same goals. People with diabetes or other health issues should check with their doctors or their health care providers before starting any new diet. A registered dietitian can help too.

Do Cholesterol-Lowering Supplements Work?

High cholesterol, a risk factor for heart disease, is often managed by prescription drugs such as statins. But what about supplements — can they control the condition as well?

Research has shown promise with several supplements in lowering cholesterol.

For reducing both total cholesterol and LDL (“bad”) cholesterol, candidates include artichoke extract, barley, beta-sitosterol and sitostanol (found in certain margarines), blond psyllium (found in certain fibre supplements), garlic extract and oat bran. Fish oil and ground flaxseeds may reduce triglycerides, and green tea extract may reduce LDL levels. The most common side effect concerns are relatively mild — typically gas and

diarrhea — but use caution if you are also taking blood-thinning medications, especially in the case of fish oil, flaxseeds, garlic and green tea extract.

FYI: If you have high cholesterol, supplements combined with lifestyle changes might help; if not, your doctor or health care provider may suggest options such as prescription medications. *Note:* Always get your provider's OK before taking any over-the-counter medications or supplements.



PRODUCE PICK of the Month

Star Fruit

Star fruit, also called *carambola*, stands out in the produce aisle for its distinctive five-pointed star shape when it's cut crosswise. Its waxy skin ranges from yellow to green and is grown in Florida and Hawaii. A 125-ml (½-cup) serving of star fruit is only 20 calories and gives you 20 percent of the daily value of vitamin C (based on a 2,000-calorie diet). Add this bright star to your galaxy of delicious fruit choices.



KNOW YOUR Numbers

Heart Health

The Framingham Risk Calculator (using Canadian lipid guidelines) can estimate your heart disease and stroke risk during the next 10 years. The calculator is recommended for adults starting at age 20, who have not been diagnosed with diabetes (people with diabetes are already considered at high risk for heart disease). During Heart Month, check your risk at www.palmedpage.com/Framingham/2009CCS/Framingham_male.html. You'll be given a percentage (for example, 10 percent), based on factors such as your HDL (“good”) cholesterol and age. Discuss the results with your doctor or your health care provider.



STAY IN TOUCH

Keep those questions and suggestions coming!

phone: 800-871-9525

fax: 205-437-3084

e-mail: editor@personalbest.com

website: www.personalbest.com

Managing Editor: Susan Cottman

Executive Editor: Liz Carey

Advisors: Marica Borovich-Law, MBA;
John Brennan, MD, CCFP; Cara Rosenbloom, RD

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Kid-Friendly, Healthy Meals

Kids can be tough customers when it comes to healthy meals. Battling and bribing aren't good long-term solutions either. Consider these ideas:

Set a good example. Eat fruits, vegetables, 100 percent whole grains, lean protein sources such as legumes, fish and chicken, and foods that have ingredients you can pronounce. Watch portion size, stop eating when you're full and model a sense of adventure about trying new dishes.

Get them involved. Even small children can help pick out produce at the store, lend a hand in the vegetable garden and decide what to make for dinner. Older children and teens can look for healthful recipes online and create custom cookbooks.

Have fun with assembly-line meals. Get help pulling all the ingredients together and then invite everybody to fill their own plates. Examples: deli sandwiches; chicken fajitas; bean and vegetable wraps; and chef salads.

Add appeal. Presentation makes a big difference. Use colourful plates, arrange vegetables into a smiley face on the plate, make sandwich kebobs or serve a frozen banana on a popsicle stick.



Have some fun. Try creative names for dishes (Peter's Perfectly Puffed Potatoes) or use themes such as Italian night. Use low fat dips to jazz up vegetables or encourage your child to create a new recipe, such as his or her own version of trail mix.

Eat together. Whether it's takeout or a homemade dish, what matters is sharing the meal. Keep it relaxed and enjoyable. If family meals only occur once or twice a week, mark it on your calendar as a special event. And for reluctant teenagers, let them invite a friend over.

Broiled Salmon with Dill

20 ml (4 tsp) 20 Dijon mustard
25 ml (2 tbsp) fresh lemon juice
25 ml (2 tbsp) olive oil
2 ml ($\frac{1}{2}$ tsp) minced garlic
4 x 133-g (4-oz) red salmon fillets, skin removed
Salt and pepper to taste (optional)
25 ml (2 tbsp) fresh dill, chopped

1. Set oven control to broil. In small bowl, whisk together first 4 ingredients.
2. Spread mustard mixture evenly on top of fillets; season with salt and pepper if desired.
3. Spray broiler pan rack with cooking spray. Place salmon on rack and in oven at least 10 cm (6 inches) from heat. Broil 6-8 minutes, depending on fillet thickness, or until fish flakes easily with a fork.
4. Sprinkle dill over fillets and serve.



Nutrition Facts

MAKES 4 SERVINGS.

Amount Per Serving	
Calories	126
Total Fat	10g
Saturated Fat	1.5g
Cholesterol	24.5mg
Sodium	139mg
Total Carbohydrate	trace
Dietary Fibre	trace
Sugars	trace
Protein	7.8g

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