

WHATEVER GETS YOU GOING

March 2007

March is Nutrition Month



Do you want to create your own **personalized food guide**, using CFG guidelines? **My Food Guide** is an interactive tool that will help you personalize the information found in *Canada's Food Guide*. By entering information, such as age and sex, selecting various items from the four food groups and choosing different types of physical activities, you can create a tool that is customized just for you!

Check out Health Canada's Website at www.hc-sc.gc.ca to find this useful tool!

If you don't already receive the G02 newsletter and would like to sign up, go to newsletter@go2calgary.com



Go2 ... Supports Healthy Eating!

Discover Eating Well with Canada's Food Guide

Why follow Canada's Food Guide in the first place? Simple. To meet nutrient needs, reduce risk of certain diseases, benefit overall health and vitality, maintain a healthy body weight, have more energy, and look and feel better. Clearly, there are a lot of benefits to making physical activity and healthy eating a priority in your life. Deciphering the plethora of nutrition research can be a daunting task. Eating Well with Canada's Food Guide translates the latest research and shows easy ways for Canadians to eat well and be active.

What's New in Eating Well with CFG?

Instead of one-size-fits-all serving numbers from each food group (e.g. Grains = 5-12 servings per day) the new food guide gives specific recommendations based on age and gender (e.g. Children aged 4-8 years or adults age 51+ years). This allows you to tailor your own food guide to the serving amounts *you* need from each group per day. The old Food Guide started at the age 4, whereas the new Food Guide includes the 2-3 years age group. Another change is the switch in positioning of the grain products for vegetables and fruit. Vegetables and fruit are now the largest arc of the rainbow emphasizing the importance of these foods in health promotion and disease prevention. Certain stages of life are now given nutrient advice. This addresses the fact that some groups may be short on certain nutrients in their daily food choices, despite their best efforts. For example, it's recommended that women of childbearing age take a multivitamin with folic acid, and men and women over 51 take a daily vitamin D supplement.

Serving sizes from each food group have generally stayed the same. New ethnic foods have been added such

Eat Well, Get Active!

Eating well and being active work together for a healthier you. These healthy habits may help you reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis while providing many benefits such as:

- Better overall health
- Lower risk of disease
- A healthy body weight
- Feeling and looking better
- More energy
- Stronger muscles and bones

Steps towards better health and a healthy body weight include:

- Eating the recommended amount and types of food each day
- Limiting foods and beverages high in calories, fat, sugar or salt.

Being active in some way, every day.



as eggplant, quinoa and kefir, to embrace the Canadian mixing-pot of cultures. Lists of what a serving size is for individual foods can be found online at www.hc-sc.gc.ca. Copies of the new food guide are available through your local dietitian or through the Calgary Health Region (www.calgaryhealthregion.ca) or by phoning 1-866-408-LINK (5465).

Making Wise Choices

Ideas are also given on how to make the best choices from each food group. For example:

- Choosing one dark green and one orange vegetable each day
- Making half your grain products whole grain each day
- Drinking skim, 1% or 2% milk each day
- Choosing meat alternatives like beans, lentils and tofu more often.

Extra tips to enjoy a variety of food from each food group as well as to drink water regularly are included. Information on label reading, trans fats and how to breakdown combination foods (e.g. Stir-fry) is given in the new food guide. Also new is the recommendation for 2-3 tablespoons of unsaturated fats per day (olive, canola, soy-bean oil).



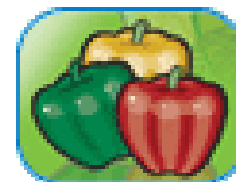
Be Active

30-60 minutes of moderate physical activity for adults and 90 minutes for children and youth are recommended. Tips for active living at home, work, school and everywhere else are also outlined in the new food guide.

Eat Well

Nutrition has recently taken a side seat to hectic schedules and busy lifestyles. The new Canada's Food Guide now recognizes the need for families to take time and eat together.

Basic tips and steps are given as an easy way to start today with eating well and being active. It is important for parents to be healthy role models for children and for all people to savor the food they eat, making eating an enjoyable part of life no matter what foods make up your rainbow!



Celebrate March is Red Cross Month!

The Canadian Red Cross is known as being a leading, reliable organization during times of disaster and conflict. But during March is Red Cross Month, it's important to remember that the Red Cross is always in the neighbourhood, helping youth, families, adults and seniors during times of need.

In Southern Alberta, the Canadian Red Cross offers a host of programs and services, such as injury prevention, first aid and water safety, violence and abuse prevention education, HIV/AIDS awareness and education, global issues training and housing assistance and advocacy. One of the largest programs in the region is the Medical Equipment Loans Service (MELS) which provides over 20,000 free, short-term loans of mobility equipment to Southern Albertans every year.

The Canadian Red Cross improves the lives of the most vulnerable by mobilizing the power of humanity. For more information on the Canadian Red Cross, or how you can 'Do *Something*' during March is Red Cross Month, please contact www.redcross.ca/southernalberta.

Dinnertime is Family time

Monkey See Monkey Do

The very first step in teaching healthy eating habit to your children is to make them *your* habits. Ellyn Satter, a Registered Dietitian, explains that your child will grow up to eat the way you eat, whether you like it or not. As a parent, you need to show children why regular meals are important and how healthy foods help you to grow, learn and play.

All about the Environment

Mealtime is so much more than just eating. It is a chance to connect with our loved ones and share daily experiences. If conversation goes quiet, a favorite dinner activity is "Worst and Best". Each family member takes a turn telling the worst then best events that happened that day. Communicate, share your lives, and bond. Babies need adults to hold them while they feed for warmth and love, children and adolescents are no different. Eating times need to be associated with comfort and a pleasant atmosphere at regularly scheduled and reliable times children can depend on.

A Balancing Act

Avoid the terms 'good' foods and 'bad' foods. All foods can fit. Some foods make your taste buds tingle with delight while other foods are richer in nutrient value. Both food experiences are natural and necessary parts of being a healthy eater. Plan ahead for balanced family meals with vegetables and fruit, some carbohydrate (rice, whole grain bread, pasta), some protein (chicken, fish, tofu), milk or alternatives and some unsaturated fat (margarine, olive oil, salad dressing).

Making Food Fun

Knowing what your responsibilities as a parent are with feeding a child can greatly relieve the stress of dealing with a picky eater. Ellyn Satter explains how parents are to decide *what* foods come into the house and go onto the table, *when* food is offered (meal and snack times) and *where*. Children decide *how much* they need to eat and *whether or not* they will eat. The hard part is trusting your child to naturally know what their bodies need. Babies are born natural eaters. Helping children develop down the path of knowing when they are hungry and stopping when they are full (even if you think it is too much/too little) will help them grow up to be happy, healthy eating teens and adults.

Reference: Ellyn Satter MS RC LCSW BCD, *Your Child's Weight Helping Without Harming*. 2005, Kelcy Press, Madison WI.

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Building it in: Healthy Eating for the Hurried

Plan Ahead

Healthy habits start with planning. Scheduling meals and snacks (write in your day timer if need be) helps you know what foods to shop for, keep at home, take to work and pack for lunches. Preparation is crucial in reducing the amount of tasty, yet low nutrient, high fat, high salt, high sugar snacks we crave when eating is avoided as life gets busy. Scheduling eating and physical activity into your day helps keep you organized and motivated.



Make a List

Grocery shop with a week's worth of meals in mind. Make sure staple food ingredients are on hand and easy to throw together after work when cooking enthusiasm is low. Stick to the outer isles of the supermarket where fresh and wholesome foods are located. Middle isles tend to be packed with preserved and processed food products. For tips on inexpensive, basic foods to keep on your shelf visit www.calgaryhealthregion.ca or call 943-LINK (5465).

Strategic Snacking

Preventing ravenous hunger is the first step in maintaining a healthy body weight. Especially if you are active during the day, make sure to have ample healthy, yet fulfilling snacks on hand, in your desk, in the fridge, even in your car to make sure the munchies don't overtake you mid-afternoon. Combine carbohydrate with protein (such as apples with peanut butter, hard boiled eggs and veggie sticks, half a turkey sandwich, hummus and whole grain crackers or fruit and nuts) to ward off that continuous junk food craving.



Break That Fast with Breakfast

Start your day with a healthy breakfast. Health professionals have been saying this for years and still are, as breakfast is proven to help with learning, concentration, energy and avoiding night time snacking. Balance out breakfast with at least 3 of the 4 food groups to help you start your day off right.



KISS: Keep it Simple Silly

Gourmet meals are not necessary for good health. Thousands of healthy, cheap and quick recipes are available in cookbooks, online or from your local dietitian, to arm yourself with during your quest for health as part of your hectic life. Don't underestimate simple ingredients. Spices, beans, vegetables, eggs, chicken, milk, low fat cheeses and yogurt, just to name a few, are common household items which can be thrown together into a scrumptious family meal with minimal time.

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GO ₂	Mon	Tue	Wed	Thu	Fri	Sat
						March 2007
				1	2 Youth In Action (1)	3
4)	5	6 Walk at an indoor location, such as a mall.	7	8	9 Youth In Action (1)	10 Fish Creek X-country
11	12	13	14 Day camp and Play-school Kick Off	15	16 Youth In Action (1)	17 St. Patrick's Day Run
18	19	20	21	22	23 Youth In Action (1)	24
25	26	27	28	29	30 Youth In Action (5)	31

If you have a healthy active event coming up, let us know!



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Detailed Events Listing - March 2007

1) Youth In Action Nights

Location: Southland Leisure Centre

When: Every Friday night 7:30 – 10:30

Contact: (403) 251-8122

Join other youth 11-17 years for an evening of music, challenges and good times. The fun includes a pool party, drop in badminton and basketball in the sport hall.

Drop In Hip Hop

7- 9 p.m. Cost \$ 4.85 (includes admission to Pool Party)

Pool Party Fridays

8- 11 p.m. Cost \$ 4.85

Late Night Gym Drop In

10 p.m.- midnight Cost \$1

2) Teen Pool Party

Location : Village Square Leisure Center

When: every Friday until June 29, 2007 (no event on April 6)

Time: 8 - 11 p.m.

Ages: 12 - 17 years **only** (proof of age required with date of birth)

3) Day camp and Playschool Kick Off

Location: Southland Leisure Center

When: Wednesday, March 14, 6:30- 8:30 p.m.

Get a start to your planning for your child's summer day camp experiences as well as your preschoolers opportunities for Fall

2007 preschool class.

4) Fish Creek Cross Country Race

Location: Enter Fish Creek Park at Sun Valley Blvd. across from Sun Harbour Rd. SE. Turn left at the first fork in the road and start is adjacent to the parking lot

When: Saturday March 10, 11:45 kids race 12:00 adults race

Contact: Calgary Road Runners website for more information

5) St. Patricks Day 5 and 10 km run

Location: Start and finish at Red and White Club, by McMahon Stadium

When: Saturday March 17, 10:00 am

Contact: Calgary Road Runners website for more information

6) Calgary Walking Meet-up Group

Location: Anywhere in Calgary

Contact: www.walkers.meetup.com

Meet other local people who are interested in walking for the fun of it! The walking group is here to promote interest in physical activity. And we wish to do it through emphasizing the fun, the play, and connection with nature. Fitness and health will happen when we're looking the other way!