

HEALTHY WAYS

Healthy Weight

Forget Dieting
Eat Healthy!

Eat Well for Less

Family
Makeover

Get Moving!

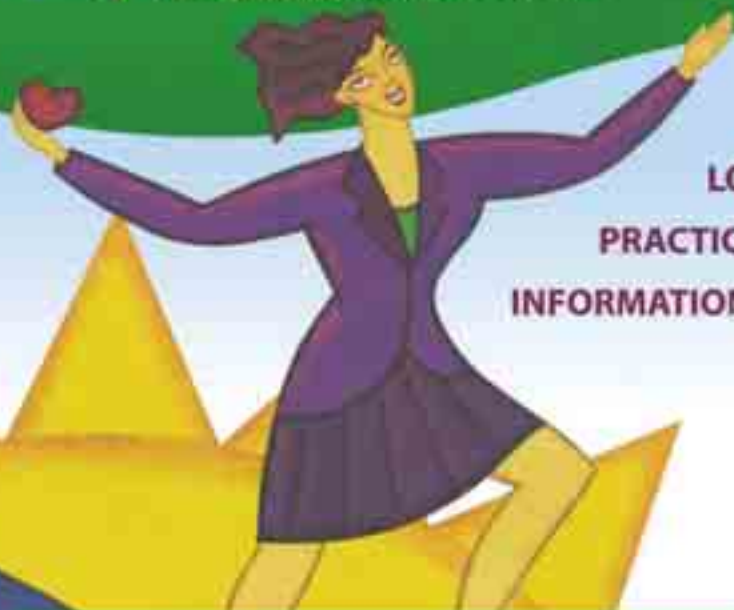


Heading
towards
Health



Dietitians of Canada
Les diététistes du Canada

VISIT US ONLINE AT WWW.DIETITIANS.CA/EATWELL



**LOOKING FOR CLEAR,
PRACTICAL, NUTRITION
INFORMATION YOU CAN TRUST?**



Dietitians of Canada is the national voice for 5,000 dietitians – the most trusted source of information on food and nutrition for Canadians.

Find the tools you need to eat well and achieve a healthy weight. Join the thousands of Canadians who use our site regularly.

▶ **Use the interactive areas:**



EATTracker™ – receive personalized feedback on your daily food and activity choices, and calculate your Body Mass Index



Healthy Eating Is In Store For You™ – understand the nutrition information on the food label and explore a Virtual Grocery Store



Let's Make A Meal! – shows you how to plan balanced menus



Nutrition Challenges – tests your nutrition knowledge

▶ **Search for recipes, as well as find Tips, Fact Sheets and FAQs on a variety of topics**

Learn about healthy eating for preschoolers at www.dietitians.ca/healthystart, and initiatives in schools across Canada at www.dietitians.ca/child.



Sign up for nutrition updates online at www.dietitians.ca/eatwell



FIND A DIETITIAN
www.dietitians.ca/find

Whether you need to follow a special diet, achieve a healthy weight, or want to improve your eating habits, a registered Dietitian will help you translate nutrition science into practical strategies that suit your lifestyle.



On Your Way to Your Healthy Weight

Are you worried about your weight? So are many of us these days. Some are justifiably concerned because their extra pounds are a health risk. But others are obsessed with thinness, putting their health at risk in a quest to lose weight they don't need to lose. Weight is not about looks – it's a health issue. And the goal to strive for is your Healthy Weight.

But what is a Healthy Weight? How can you achieve it and maintain it? And how can you know what is best for you with all the information out there? To help you out, Dairy Farmers of Canada have brought together the knowledge and expertise of several dietitians and researchers to offer you this guide to Healthy Weight. It provides insights and practical tools for adopting the healthy habits that will help you – and your family – have a Healthy Weight.

We hope this guide will inform and inspire you to eat healthily and be more active – the two main keys to success. Because the healthy way is the best way to a Healthy Weight.



Isabelle Neiderer
Registered Dietitian
Director of Nutrition
Dairy Farmers of Canada



Arya M. Sharma
MD, FRCPC
Director, Canadian
Obesity Network
Professor of Medicine
McMaster University

Health info for every body



Do you have questions about your health
or the health of someone you love?

Let us show you how to:

- ✓ Track what you eat
- ✓ Achieve a healthy weight
- ✓ Eat healthily on the run
- ✓ Prepare food safely
- ✓ Learn about the nutrient content
of foods



Brought to you by the Public Health Agency of Canada and major health organizations across Canada, the Canadian Health Network offers dependable and up-to-date information. From healthy living to disease prevention, there's no better source.

HEALTH INFORMATION YOU CAN TRUST

For more information please visit the Canadian Health Network (CHN)

www.canadian-health-network.ca

The Canadian Health Network is not affiliated with and does not endorse or recommend any product and/or advertiser in the publication.

Editor-in-chief:

Chantal Dauray

Contributing Editors: Judith Brown,

Chantal Dauray, France Giguère,
Josée Larivée, Michel R. Magnan,
Nathalie Vallerand

Creative Director:

Renée Grégoire

Associate Creative Director:

Valérie Leblanc

Graphic Design: Benoit Lebel

Research and Review:

Heidi Bates, RD, MSc (cand.)

Pierrette Buklis, RD, MHSc

Fannie Dagenais, RD, MSc

EquiLibre

Julie DesGroseilliers, RD

Nathalie Jobin, RD, PhD, Extenso

Nathalie Lambert, BSc in Phys Ed

Three-time Olympic medal winner

Susie Langley, RD, MSc

Isabelle Neiderer, RD

Dairy Farmers of Canada

Julie Paquette, RD, MSc

Dairy Farmers of Canada

Translation:

Judith Brown, CTr

Special Contributions:

David C. W. Lau, MD, PhD

Obesity Canada

Marielle Ledoux, RD, PhD

Université de Montréal

Marie Marquis, RD, PhD

Université de Montréal

Angelo Tremblay, PhD

Université Laval

Concept and Supervision:

Allard Johnson Communications

Sales Manager:

Micheline Jarry

National Account Manager:

Louisa Di Tullio

SHARED PRODUCTION CENTRE

Production Coordinator:

Luc Gauvin

Printed by:

Transcontinental Printing Inc.

www.dairygoodness.ca

NOURISH YOUR DAY



ONE-TIME PUBLICATION

Contents

LIVING HEALTHY

- 6 My Weight, My Health
- 8 Obesity: How big is the problem?
- 10 Rate Your Weight
- 12 Stressed Out about Your Weight?
- 14 Down with Diets
- 16 Nourish Healthy Eating for Your Kids



EATING WELL

- 20 How Big are Your Servings?
- 22 Fill Up on Fruit and Vegetables
- 23 Getting Enough Milk, Yogurt and Cheese?
- 24 The Benefits of Milk Products

LIVING BETTER

- 28 Three Obstacles to Healthy Eating
- 29 What's for Supper?
- 31 Put More Variety in Your Lunches
- 33 Let Them Eat Snacks!
- 36 Breakfast is Important!
- 38 Yogurt Planet
- 40 Cool Down
- 42 Kids in the Kitchen
- 44 Come to My Birthday Party!

GETTING FIT

- 46 Move More Every Day
- 49 Weekend Makeover

The content of this publication has been reviewed and approved by Dr. Rena Mendelson, member of the Canadian Obesity Network, and Dr. Arya M. Sharma, Network Director.

The Canadian Obesity Network is the primary Canadian network of obesity researchers and health professionals committed to reducing the mental, physical and economic burden of obesity on Canadians. www.obesitynetwork.ca



My Weight, My Health



For once and for all, let go of the outdated concept of your “ideal weight.” The goal we should all be aiming for is our “Healthy Weight.”

Not just a number on your bathroom scale, your personal Healthy Weight is all about feeling good and being healthy. Neither too much nor too little, your Healthy Weight is in a range that contributes to lowering your risk of health problems.

Health is what counts

Although excess weight does not stop women from being beautiful – consider the voluptuous women in paintings by Renoir – too much can be risky for your health. When you are over your Healthy Weight, your well-being is threatened, especially as you grow older. Being under your Healthy Weight is not good either. Over time, under-eating leads to nutrient deficiencies and can affect the health of your bones, your immune system, your work performance and your general well-being. Getting an early start on improving your eating habits

can help you realize your potential and enjoy a long and rich life with your loved ones.

Achieve your Healthy Weight slowly but surely

If you are carrying around excess weight, losing some of it can be very good for your health, on the condition that you lose it sensibly. Let's say it once and for all: you won't achieve lasting results with fad diets. In fact, the quest for thinness at any price associated with strict diets often results in gaining even more weight or, worse, suffering from an eating disorder.

Apply the same effort to being efficient and effective at reaching your Healthy Weight as you would apply to your work. Decide on an approach with objectives that are realistic and methods that are proven safe and effective. Your primary goal should always be your health, through making better food choices and being more physically active each day. Weight loss will usually follow.

Staying at your Healthy Weight

When you are situated in your Healthy Weight range, it's worth recognizing and appreciating it, then letting go

When you are over your Healthy Weight, your well-being is threatened, especially as you grow older.

of the diet obsession forever. Unfortunately, many women are obsessed with losing more weight, to meet some ideal their bodies are not programmed to maintain. In fact, more and more scientists are convinced that each person has a particular weight their body will strive to maintain. Your body will seek to stabilize at this set point, what you will

weigh “naturally” when you eat strictly according to your hunger, no more, no less. Combined with a healthy lifestyle, a balanced diet and daily physical activity, you can maintain your weight within the healthy range over the years. You may not have the “look” you desire, but you will be more likely to have generally good health.

What is a Healthy Weight?

A standard recognized around the world, Healthy Weight actually varies from one person to the next. For a given height, the Healthy Weight range corresponds to a variety of shapes and bone structures. A slight, small-boned person may be in the lower end of the range, whereas a big-boned, muscular person may be in the upper end. The Body Mass Index (BMI) is used to determine if an individual is within the Healthy Weight range. The BMI is not absolute, however, and does not measure body composition or consider other factors important to health, such as eating habits and fitness levels. The Healthy Weight range is associated with a BMI from 18.5 to 24.9. You can calculate your BMI on page 10. ◀

REVIEWED BY SUSIE LANGLEY, REGISTERED DIETITIAN, MSc

Obesity

How big is the problem?

The problem is huge. Really huge. In Canada, as in other Western countries, obesity is reaching epidemic proportions. In fact, 60% of Canadians over 20 have a weight problem. The population – adults as well as children and teens – is getting heavier each year. The consequences are enormous.

You are obese if you have a Body Mass Index (BMI) of 30 or over, unless you are very athletic. Although obesity is a serious health issue, you're not off the hook if you are merely overweight (a BMI of 25 to 29.9), just somewhat less at risk. Clearly, weight gain not only makes your clothes tighter and affects your self-esteem – you are compromising your health and shortening your life. Excess weight means you are at greater risk of heart disease, stroke, diabetes, cancer and cirrhosis, all of which could cause premature death. The medical complications of obesity include gallbladder disease, osteoarthritis, sleep apnea, gout and even cataracts, which affect your quality of life. The more weight you carry, the greater the risk.

With a minority of Canadians – fewer than 40% – in their Healthy Weight

range, many are asking why we are getting fatter. The reasons appear to be both simple and complex. Simply put, most of us are eating more calories than we are expending. Food is more readily available, for less physical work, than it ever has been in history. Eat just a little bit more than you need every day, say 100 calories – two small cookies worth – and you'll gain 10 pounds (4.5 kilograms) every year. That's 100 lb (45 kg) in 10 years! That's how easy it is to become obese. Now for the good news: Expend an extra 100 calories a day, by walking or taking the stairs for example, and you'll lose as much. Cut out the cookies and you'll lose even more.

Dr. David C. W. Lau, president of Obesity Canada, says we should also look at obesity as a societal problem. New strategies are needed to deal with both



“Overweight and obese children and adolescents are now experiencing formerly adult-onset diseases, like diabetes and heart disease.”

the environmental and biological factors driving this so-called epidemic.

“Fortunately,” says Dr. Lau, “losing even a modest 5% to 10% of your weight can reap significant health benefits. First, we have to stop overfeeding. Why does every meeting have to offer goodies to entice people to come? We don't need so much food so often! Secondly, we have to reintroduce physical activity into our lives. And not just at the gym. Instead of taking the car to the store, safe bicycle paths could be the answer. And let's put the stairs, not the elevators, front and centre,” he suggests. “Move more, and move more often.”

As for kids, “Baby fat is not cute,” Dr. Lau states emphatically. “Overweight and obese children and adolescents are experiencing formerly adult-onset diseases, like diabetes and heart disease, at ever younger ages. In fact, the current generation of children may have shorter life spans than their parents.” Dr. Lau is launching an urgent call to action: In our individual lives and as a society, let's start making the healthy choices now. ◁

The mandate of Obesity Canada is to improve the health of Canadians through a better understanding of obesity based on research, education and awareness and by adopting a healthy lifestyle. The organization's Web site is currently under construction.

Rate Your Weight



Are you at risk? The farther you are from your Healthy Weight, the greater your risk of health problems. Here's how to find your Healthy Weight range.

To find out whether you are at a Healthy Weight, calculate your Body Mass Index (BMI), as follows:

$$\text{BMI} = \frac{\text{WEIGHT IN KILOGRAMS}}{(\text{HEIGHT IN METRES})^2}$$

For example, a woman who is 1.60 metres tall and weighs 60 kilograms:

$$\frac{60 \text{ kg}}{1.60 \text{ m} \times 1.60 \text{ m}} = \text{BMI } 23.4$$

- To convert pounds to kilograms, divide by 2.2.
- To convert inches to metres, multiply by 0.025.
- Health Canada's Web site can calculate your BMI for you (in either the metric or the Imperial system). Google "Health Canada" and "BMI" and you will get to Health Canada's Food and Nutrition section that features the BMI calculator.

If your BMI is...

- ▶ **Under 18.5: You are probably underweight.** This is associated with malnutrition, osteoporosis and a lower ability to fight infection and disease.
- ▶ **Between 18.5 and 24.9: The Healthy Weight range.** Super! This is the zone where you have the least health risk related to weight. Aim to maintain your "Healthy Weight."
- ▶ **Between 25.0 and 29.9: overweight; 30 and greater: obese.** You are more vulnerable to such health problems as diabetes, heart disease, high blood pressure, gallbladder disease and certain types of cancer. The higher your BMI, the more your health is at risk.

Limits to the BMI

The BMI is a screening tool that applies to adults (18 or over). It does not apply to pregnant or breastfeeding women, and must be adapted for very muscular people, naturally very lean people and young adults who are not yet fully grown. The limits of the Healthy Weight range may also be different for people over 65.

Waist Circumference: As important as the BMI

Excess abdominal fat is another important indicator of health risk. A waist measurement of 35 inches (88 centimetres) or more for women and 40 inches (102 centimetres) or more for men is associated with increased risk of diabetes, heart disease and high blood pressure. ◀

REVIEWED BY PIERRETTE BUKLIS,
CONSULTING DIETITIAN, RD, MHSc



Every
Day

BIKE

yourhealthyweight.ca





Stressed Out about Your Weight?

Too many women are obsessed about their weight. Do they realize to what extent they are undermining their mental health?

Joan recounts that she was nearly 60 before she truly understood that being thin was not a guarantee of happiness or a sign of success. Although she could rattle off by heart the recommendations of *Canada's Food Guide*, thinness was a constant but unattainable goal. "Today, I realize that looking good comes from feeling good in your skin. I don't want other women to have to take a lifetime to understand that."

Waiting to lose weight, waiting to live!

The quest for the perfect weight can have major repercussions on your quality of life. Certain women manage to put whole chunks of their lives on hold. They will let themselves fall in love, go dancing or learn to ski only when they have lost weight! That sets up a vicious circle: extreme dieting until they break, the overwhelming sense of failure that follows, binge eating on empty calories and piling the pounds back on. Then they feel guilty and incompetent, eroding their last shred of self-esteem. And so the wheel turns: their weight goes up and they feel like they've lost all control. The cycle must be stopped!

But the data show that approximately half of the women whose weight is already in their Healthy Weight range want to be thinner. Influenced by the powerful Hollywood image machine, they compare their real bodies to the perfect long limbs and lipo-sucked bellies in the retouched photos that are works of art created by teams of professionals. The stress and anxiety caused by this totally unrealistic goal is outrageous, and can lead to serious eating disorders. Nevertheless, women want to live up to this model. But real people come in all sizes and shapes, and real people need to be nourished.

"I realize that looking good comes from feeling good in your skin. I don't want other women to have to take a lifetime to understand that."

— Joan, 60

Cut yourself some slack

Be wise enough to set realistic goals for yourself. Do you feel like you cheated on your diet? Why not get rid of the notion of cheating? Every food has its place, even chips and chocolate. There's nothing wrong with eating a little once in a while. Nor is there anything wrong with not eating them, if you so choose. When women feel like they have "cheated," it's as if eating the cursed food has annulled all their efforts every other day. Their self-judgment can be severe and without mercy.

Thinness is no proof of health, no sign of success. A healthy attitude comes from a healthy relationship with your body and your food. ◀

REVIEWED BY SUSIE LANGLEY,
REGISTERED DIETITIAN, MSc

Down with Diets

Fad diets, popular diets, celebrity diets. Rarely effective for weight loss, such diets are virtually useless at helping you maintain a Healthy Weight. Let them go, stop the yo-yo and learn how to eat well and make good food choices you can live with every day.



Quit playing yo-yo

Does your weight go down, and up. And down and up again? That's yo-yo dieting. Your body reacts to a diet as if it were experiencing famine by reducing energy expenditure. So as soon as you start to eat "normally" – or more than before in reaction to all that unpleasant deprivation – your body has a tendency to store as fat the calories it finally receives. Every hard-lost pound rapidly returns, plus a few more in most cases. From diet to diet the weight piles on, despite all your efforts and enormous willpower.

Listen to your body

Your body sends signals telling you when it's hungry and when it's satisfied, to help you respond to your physiological needs. Listen to these signals! They can help you reach and maintain your Healthy Weight. The next time you are about to eat ask yourself if you are truly hungry. Real hunger is a physiological need that pushes you to eat in order to survive. False hunger is a psychological need to eat, stimulated by the sight, smell or thought of

Your body reacts to a diet

as if it were experiencing famine

by reducing energy expenditure.

appetizing food. Bombarded with messages to eat and influenced by emotions, you may have a hard time saying "no" to food even if your body isn't running on empty. To give yourself a chance to notice the signal of satiety, eat slowly and take frequent pauses. But caving in to false hunger once in a while is nothing to be ashamed of – just don't make it a habit or you might gain weight over the long term.

Small changes, sustainable results

No need to go to extremes, hunting down carbs or fat wherever they may be lurking. Unbalanced diets can never guarantee your health! The experts agree: weight is about total calories in versus total calories out, no matter where they come from. Aim for small, realistic and gradual changes in your eating patterns. Experience the joy of moving a little more each day. Listen to your body and treat it well with nutritious foods with appealing colours, textures and aromas. Explore the produce aisles of your supermarket and farmers' market, overflowing with fresh food for great

"Lite" foods can make you heavy

Fat-reduced products often contain almost as many calories as the original versions, because more sugar may be added. "Hey, it's 'lite,' so I can eat all I want," you may be thinking. Unfortunately, as such foods may also be less satisfying, physically and psychologically, you may want more. Better to be satisfied with a smaller serving of the real thing. Because eating well is about savouring every bite.

Restaurant-size servings = two meals

When you go out to eat and there's too much food, don't feel you have to clean off your plate – ask for a doggie bag to take home tomorrow's lunch.

meals to share with your family and loved ones. Now that will nourish your body, your mind and your spirit! ◀

REVIEWED BY SUSIE LANGLEY, REGISTERED DIETITIAN, MSc

Nourish Healthy



How can you help keep your children's weight in the healthy range — without making them diet or, worse, setting them up for an eating disorder?

Childhood obesity is in the news a great deal lately, and it's not surprising: Obesity in children has tripled over the past two decades. According to the latest findings, nearly a third of children and adolescents are overweight or obese. But at the same time, many girls and boys who are at a normal weight or slightly underweight report being dissatisfied with their weight.

Excess weight among children is causing problems as serious as type 2 diabetes, high blood pressure and high cholesterol levels — health problems that used to be found only in adults. And as excess weight and obesity in adolescence can persist into adulthood, the consequences to their health are even more serious.

Eating for Your Kids

Our current lifestyle doesn't help. Twenty-five years ago, 80% of children walked to school, but today, fewer than 10% do so. Children often only have one or two periods of physical education per week. So it's up to parents to get kids moving and to make good food choices for the family.

Is my child at a healthy weight?

A standard growth chart, not the Body Mass Index (BMI), is the reference tool that applies to growing children and teens to assess whether they are in an appropriate weight range. The child's height and weight are plotted on a curve over time, which means the same physician or clinic should see the child at least once a year. The chart shows the child's percentile compared to the rest of the population of the same age, and allows the physician to track the child's weight and development and then make a diagnosis.

My child is slightly overweight!

Don't panic. Be patient, it may be temporary. The child could become leaner during the next growth spurt. Remember, children often put on some weight prior to entering puberty. Most importantly, do not impose a weight-loss diet on your children because it could compromise their growth or cause them to develop a negative relationship with food and their body. Instead, aim for a balanced pattern of eating. As a parent, your role is to ensure that healthy and nutritious foods are

available to your children. As for portion size, encourage your children to respect their appetite.

Not enough is like too much!

Among children and teens, an obsession with being thin can lead to unhealthy behaviours, like following ineffective diets, fasting, skipping meals, smoking, etc. The practice of restrictive diets during adolescence is associated with anxiety, depression and low self-esteem and may even cause weight gain! And then there are all the obvious consequences to health.

Talk about it — the right way!

Remember that a comment about a child's weight can have serious negative repercussions, like encouraging them to skip meals or pushing them to eat in secret because they feel guilty. Let your kids know that such attempts to lose weight don't work and can even have the opposite effect. Emphasize the fact that the "ideal" >

Emphasize the fact that the "ideal" body does not exist and that what's important is to feel good in their skin and take care of their health.

body does not exist and that what's important is to feel good in their skin and take care of their health. Do your children really understand that the photos of their favourite idols are often retouched? There's a topic for a discussion with your teenagers!

An alarming number of children and teens don't eat the minimum recommended amounts of fruit, vegetables and milk products.

Better food choices for good development

Young people could all profit from improving their eating habits, whatever their weight. A recent study in Québec revealed major deficiencies in the eating patterns of children and teens that could harm their health and development. For example, an alarming number don't eat the minimum recommended amounts of fruit, vegetables and milk products. Notably among teens, insufficient intake of phosphorus and magnesium combined with a lack of calcium risks compromising the optimal development of their bones, exposing them to problems with osteoporosis in the future. What's more, certain habits acquired during adolescence – turning up their noses at milk and skipping breakfast, for example – often persist into adulthood, with the foreseeable cumulative effect!

As parents, you are role models

Bridget grew up learning to eat everything on her plate because the poor children in Africa were dying of hunger. "After that, it took me years to try and lose weight," she recounted. "I'm now raising two little girls, and one of them said something the other day that stopped me in my tracks. Looking at a birthday cake that made her mouth water, Catherine sighed, 'I love cake, but I can't eat any because it makes me gain weight.' Imagine! But a few weeks before, I was talking with

my sister, in Catherine's presence, about my sweet tooth and how I must watch what I eat. Is that what registered with her? What a message to give my girls!"

Our children are watching us. They take note of what concerns us, what we say and what we eat. We have to pay attention to the messages we're sending. A mother who is always checking her weight and forbids herself from eating certain foods is sending her children the wrong message.

How to help children reach or maintain a healthy weight

Here are some winning strategies that work best when they become habits at a very young age, according to Marie Marquis, PhD, dietitian and associate professor in the nutrition department at the Université de Montréal.

- ▶ Ask children whether they are hungry or thirsty before giving them something to eat or drink, and whether they are aware of feeling satiated at the end of a meal. Respect these signals. Offer water to quench their thirst, avoid serving portion sizes that are too big, and never force them to clean off their plates.

- ▶ Check where and when your children eat, what their food choices are and in what quantities.

- ▶ Encourage eating meals together as a family, often an indicator of healthy eating. Turn off the TV and take advantage of the time to chat.

- ▶ Limit the number of hours of sedentary activity, such as the time spent at a computer or in front of the TV. Putting a television set in a child's room is not a good idea.

- ▶ Get moving and get cooking as a family.



Teach your kids the pleasure of eating healthfully, of discovering new foods and being physically active because *it's fun* and not because *it makes you lose weight*. Also important is to avoid creating forbidden foods, as that raises kids' curiosity and could incite them to overeat

the forbidden food as soon as your back is turned. Better to offer a small serving of the less nutritious food and convince the children to eat it less often! Teaching your kids to make choices without creating anxiety over what's "good" and what's "bad" is a gift of freedom. <

REVIEWED BY SUSIE LANGLEY, REGISTERED DIETITIAN, MSc

How Big are Your Servings?

Think the pounds would pile on were you to eat all the servings recommended by Canada's Food Guide to Healthy Eating? Think again. You may not realize the true size of a serving.

A SERVING IS...

► MILK PRODUCTS (2 to 4 servings per day)

1 cup (250 mL) of milk; 2 oz (50 g) of cheese; 3/4 cup (175 mL) of yogurt, etc.

Are you overestimating the amount of milk products you consume? The milk you put in your coffee or cereal generally does not add up to a full serving. A cheese stick is hardly half a serving. Are you really getting enough?

► GRAIN PRODUCTS (5 to 12 servings per day)

1 slice of bread; 1 oz (30 g) of cereal; 1/2 cup (125 mL) of pasta or rice; 1 half bagel; 1 half pita, etc.

On the other hand, the correct serving size of grain products may be a lot smaller than you think. One bagel in the morning is two servings. Two slices of bread in your sandwich is another two servings. A plateful of spaghetti at supper is often another three or four servings. That already adds up to about eight servings.

► VEGETABLES AND FRUIT (5 to 10 servings per day)

1 medium-size vegetable or 1 medium-size fruit; 1/2 cup (125 mL) of most fresh, frozen or canned fruit and vegetables; 1 cup (250 mL) of lettuce; 1/2 cup (125 mL) of juice, etc.

As you can see, it's not hard to get your minimum recommended daily servings of vegetables and fruit. You could even aim for 10 servings without worrying about too many calories, while you're filling up on good-for-you vitamins and antioxidants.

► MEAT AND ALTERNATIVES (2 to 3 servings per day)

2 to 3 oz (50 to 100 g) of meat, poultry or fish; 1/2 to 1 cup (125 to 250 mL) of legumes; 1 or 2 eggs; 3 oz (100 g) of tofu; 2 tablespoons (30 mL) of peanut butter, etc.

Include a serving of protein at lunch and supper, without overdoing it – the ideal serving of meat, poultry or fish is the size of a deck of cards.



Aim high or aim low?

Canada's Food Guide to Healthy Eating proposes a variable number of servings to meet the particular needs of each individual. The majority of people need the middle amount. However, growing teenagers, pregnant and breast-feeding women, people who do demanding physical work, and those who are very active, like athletes, may require a larger number of servings.

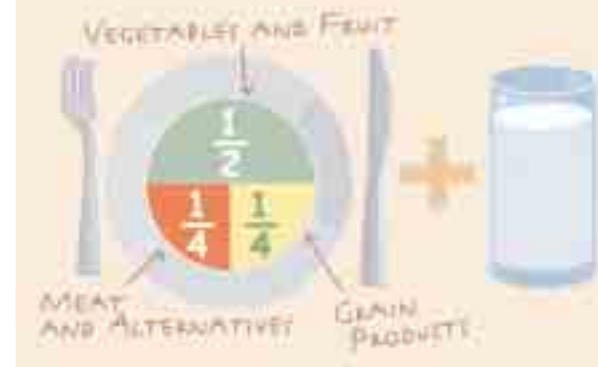
Choose a variety of foods in each of the four groups and let your appetite guide you, by eating slowly and paying attention to your internal signals to know when you are hungry and when you are satiated.

How much do little kids need?

For children age 2 to 5, the size of one serving usually varies from half to a full serving as indicated in Canada's Food Guide and tends to increase with age to the range of servings suggested by the Guide. At any age, the child's appetite is the best guide to quantify servings. As for milk, preschoolers should drink 2 cups (500 mL) per day because, in addition to calcium, milk is their main food source of Vitamin D, essential to the formation of bones and teeth.

The Ideal Plate

Ideally, about one quarter of your plate would be covered with meat or an alternative, one quarter with grain products and half with fruit and vegetables. Your meal would also include a glass of milk or a milk product for dessert.



Super-size me

According to Statistics Canada, the average number of calories in the Canadian diet soared 18% between 1992 and 2002! Not surprising, as the retail size of many foods, from chocolate bars and potato chip bags to restaurant meals and desserts, has practically doubled in the past 20 years. It's time to downsize those gigantic serving sizes. <

Note: Health Canada is expected to soon release a new, revised version of "Canada's Food Guide to Healthy Eating." www.hc-sc.gc.ca

REVIEWED BY ISABELLE NEIDERER,
REGISTERED DIETITIAN

Fill Up on Fruit and Vegetables

More than half the adults in Canada don't eat the recommended number of daily servings of fruit and vegetables. So it's not surprising kids don't either. Here are some tasty tips to make fruit and vegetables a regular at your meals.



Set the example

If parents eat fruit and vegetables, the kids will be more likely to follow suit. And studies have shown that children eat healthier meals when the family gathers together around the table. Set the example and everybody wins!

I don't want any!

Be patient. You may have to expose your children to a new food five to 10 times before they decide to try it. Introduce new fruit and vegetables regularly, but without being too insistent. Have two or more choices at every meal and vary the colours, shapes and textures.

At every meal

Fresh, frozen or canned, mashed or in soup, any way is a good way to eat fruit and vegetables. Have some at breakfast, lunch, supper and for snacks, and you will meet your goal of at least five servings of fruit and vegetables per day.

- Add fresh or dried fruit to cereal or yogurt.
- Add fruit to snacks and salads, or prepare them appetizingly for dessert.
- Most soups, sauces and stews can easily accommodate twice as many vegetables. Sneak them in and the kids will never know.
- Keep a bowl of fruit handy. And if cut-up veggies are ready in the fridge, they make a more tempting snack.
- Consider using frozen fruit and vegetables, ready to serve in a jiffy.
- Purée vegetables to make soup. Serve them raw in a salad or with dips, stir-fried, grilled on a kebab or topped with melted cheese.

For tough customers

Add shredded or finely chopped vegetables – zucchini, carrots, mushrooms, spinach – to pasta sauce, muffins, pizza, soup, meatloaf and braised dishes. For really difficult kids, purée your veggie-enriched pasta sauce in the food processor. <

REVIEWED BY HEIDI BATES, REGISTERED DIETITIAN, MSc (CAND.)

Getting Enough Milk, Yogurt and Cheese?

Three out of four adults in Canada over the age of 35 do not get the recommended two to four servings per day of milk products. Here are some tips to boost your intake.

Milk first

Make sure you drink at least one glass of milk every day. Trade soft drinks for milk, chocolate milk, milkshakes, hot chocolate milk or caffè latte. Put milk in homemade cream soup, and replace water with milk when you make hot oatmeal, canned cream soup, etc.

Powdered milk with everything!

You can slip some powdered milk into muffins, soup, white sauce and rosé pasta sauce, omelettes, mashed vegetables and more – without even changing the taste. Nutritionally speaking, 6 tablespoons (90 mL) of powdered milk equals 1 cup (250 mL) of milk.

Cheese up your day

Get your day off to a good start with some cheese on your toast. Cheese can enrich your sandwiches and jazz up your salad. Melt some in white sauce or omelettes, and top off your dishes with cheese browned under the broiler.

Yogurt your way

Satisfying by the spoonful, yogurt can also go with cereal and fruit for breakfast. Also makes great smoothies and delicious dips.

Comfort food

Rice pudding, vanilla pudding, custard, blanc-manger, crème caramel – all such milk-based desserts are easy to make and enjoyed by all.

Lactose intolerant?

Most people who are lactose intolerant can actually tolerate some milk. The trick is to spread your milk intake throughout the day, consume it in small quantities and at meals with other foods. Also, try yogurt (the beneficial bacteria help digest the lactose), ripened cheese (including Canadian Mozzarella, Cheddar, Blue, Brie and Swiss) that contains almost no lactose, and, as a last resort, lactase tablets. <

REVIEWED BY JULIE PAQUETTE, REGISTERED DIETITIAN, MSc



The Benefits of Milk Products



The word is out that milk products could help people control their weight. Another myth? Or could it be true? Dr. Angelo Tremblay, a researcher at Université Laval in Québec City and affiliated with a research chair on obesity, sheds some light on the issue.

Do milk products really have a role to play in weight control?

Dr. Angelo Tremblay: “We observed that people who have a low intake of milk products are generally at greater risk of presenting excess weight. Adequate consumption of milk and milk products could therefore have the potential to help maintain a Healthy Weight. Moreover, clinical trials have shown that people lose more body fat when their weight-loss diet contains sufficient amounts of milk products. Particularly, it has been shown that the consumption of appropriate quantities of these products fosters the loss of body fat among individuals that were previously low consumers of milk products.”

Briefly, how do you explain that?

Dr. Tremblay: “The human body is a very complex machine and its functioning is extremely sophisticated. The best way to let the body function to its full potential is to maintain a balanced diet. If you cut milk products out of your diet, you risk creating a calcium deficiency and upsetting the machine’s delicate balance. And it’s precisely the lack of calcium that puts the individual at risk of burning less fat and storing more in the fat cells. To put it simply, that means more body fat that gets burned

less efficiently. Researchers also believe that other nutrients in milk products could play a role in weight management. Future research will tell us more.”

Have milk products become miracle foods?

Dr. Tremblay: “We must be realistic: it’s not just one food in particular that’s going to change everything. Obesity is a multi-factorial problem. To avoid excess weight, we must, among other things, be active, have a healthy diet and pay attention to portion size. But consuming the recommended number of daily servings of milk products could also help, especially if you weren’t doing so before.” ▷

“People who have a low intake of milk products are generally at greater risk of presenting excess weight.”

What about fat?

Healthy eating can include a certain amount of fat from milk products — in moderation. Thanks to the great variety of milk products available with various levels of fat content, it's easy to enjoy them while keeping your fat intake balanced. Let's keep in mind, though, that many of us often choose high-fat foods that are far less nutritious than

milk products. The latest survey on the eating habits of Canadians revealed that adults get a quarter and even a third of their calories and fat from foods not in any of the four basic food groups: candy, chocolate, chips, added fat (such as oil, dressings and mayonnaise), pastries and similar desserts. So, think about these sources of fat too.

Significant deficiencies

According to a major survey recently conducted in Québec, an estimated 88% of girls 12 to 16 and more than 60% of boys the same age do not consume the recommended daily intake of milk products, resulting in a significant calcium deficit. The situation is dramatic, and hardly any better among adults. It's high time to take action.

Beyond bones

The role of milk products in building bones is well known, but their benefits don't stop there. Studies currently underway are suggesting, for instance, that milk products contribute to lowering the risk of high blood pressure, colon cancer, gout and maybe even metabolic syndrome which can predispose you to cardiovascular diseases. Thanks to their high calcium content, milk products can also contribute to lowering the risk of kidney stones and reducing the symptoms of premenstrual syndrome (PMS). Certain types of yogurt contain a significant quantity of bacteria that are beneficial to the proper functioning of the digestive system. And let's not forget the combined action of the protein, fat, calcium and phosphorus in cheese that helps prevent tooth decay. The more research advances, the more old myths are debunked and the more we can understand the value of milk products. <

The 15 nutrients in milk

Milk products provide us with much more than calcium. In all, they supply us with more than 15 nutrients, including several that are vital for healthy bones. So people who eat the recommended number of servings per day are more likely to meet their nutritional needs. Go to www.changeperceptions.ca and you can find out more about what each of the nutrients found in milk can do to keep you in good health.

- PROTEIN
- VITAMINS A, D, B₆ AND B₁₂
- THIAMIN
- RIBOFLAVIN
- NIACIN
- PANTOTHENIC ACID
- FOLIC ACID
- CALCIUM
- MAGNESIUM
- PHOSPHORUS
- ZINC
- POTASSIUM

REVIEWED BY ISABELLE NEIDERER,
REGISTERED DIETITIAN

Take Steps To A Healthier Lifestyle

- **Eat more vegetables.** These are very high in nutrients and generally low in calories.
- **Choose Grains and Starches** such as **whole grain breads and cereals, rice, noodles, or potatoes at every meal.** These foods are broken down into glucose that your body needs for energy.
- **Include fish, lean meats, low fat cheeses, eggs, or vegetarian protein** choices as part of your meal.
- **Have a glass of milk and a piece of fruit** to complete your meal.
- **Balance healthy eating** with at least **30 minutes of physical activity every day.**

A healthier lifestyle can help to delay or prevent type 2 diabetes. Visit www.diabetes.ca and click on the About Diabetes tab to learn more.

Three Obstacles to Healthy Eating



©ALISMITH/FIRST LIGHT

Confront and vanquish the obstacles that are holding you back – armed with the truth and a slew of solutions for healthy eating!

1 Healthy eating is expensive

FALSE!

Here are some tips for reducing your grocery bill:

- At the dairy counter, choose large formats of milk and yogurt, and buy cheese in blocks instead of sliced or shredded.
- Go for fresh produce that is in season. Out of season, frozen fruit and vegetables are just as nutritious. And don't forget that economical choices like turnips, carrots, cabbage, onions, apples and bananas are available year round.
- When marinated or braised, less tender and more economical cuts of meat, like stewing meat, shoulder or blade roasts, become tender and delicious. Try them!
- Put tofu, legumes and eggs on the menu more often. They are excellent alternatives to meat at a fraction of the price.
- The more a food is processed, the more it costs. Consider preparing it yourself.

2 I don't have time!

A meal doesn't have to be complicated, or even hot, to be healthy. Or made from "fresh" ingredients. Certain ready-to-use foods can be a great starting-off point for a meal. For example, add canned legumes to canned vegetable soup. With some crackers and cheese, you've got a simple but healthy meal.

3 I don't know what to buy!

Thanks to the new Nutrition Facts labels, making healthy choices is now easier. Check the "% Daily Values" and choose products with low percentages for fat and sodium and high percentages for fibre, vitamins and minerals. To demystify the nutritional jargon on labels, go to www.dietitians.ca – the Web site of the Dietitians of Canada – click on *Eat Well, Live Well* and then take a tour of the Virtual Grocery Store. ◀

REVIEWED BY HEIDI BATES, REGISTERED DIETITIAN, MSc (CAND.)

What's for supper?

You're on the way home from work and you don't have a clue what to put on the dinner table. The kids are famished and you're exhausted. Order in again? You can do better than that! Here are some great tips to help you plan weeknight meals.



1 Create an idea bank. Spend a rainy afternoon putting together a list of time-saving meals. Reorganize your cookbooks, flagging recipes you want to try along with the family favourites. Corral all those loose recipes you've downloaded or clipped in a three-ring binder.

2 Let your fingers do the typing. The Web offers an abundance of extraordinary recipe sites. Add the best ones to your browser's "favourites." Look for quick and easy recipes based on the ingredients that are already in your fridge.

3 On the menu this week. Before heading to the supermarket, choose five meals from your idea bank then check your pantry and write up your grocery list. No more last-minute dashes to the store for that missing ingredient.

4 Double or triple recipes. While you're in the kitchen, make extra for tomorrow's lunches or another supper. On the weekend, it's time to get ahead by freezing a meal or two.

5 Cook with friends. Spend a day with good friends cooking up spaghetti sauce or other big-batch favourites you can share.

6 Slow cookers are back! Before you head out in the morning, put the ingredients in an electric slow cooker, such as a Crock-Pot™, and come home to the welcoming aroma of a comforting home-cooked meal. Practical and economical, slow cookers aren't just for pot roast – think chicken curry, ginger pork chops and more. ▷

7 Be prepared. Keep your fridge and pantry stocked so you can whip up a great meal every night. Add vegetables, meat or cheese to a ready-to-heat canned pasta sauce or a frozen pizza, for instance, and you've got supper!

▶ **In the fridge:** Cheese, milk, eggs and a variety of fruit and vegetables, bagged salad, pesto, bruschetta topping, hummus, tofu, yogurt.

▶ **In the freezer:** Whole-wheat tortillas, frozen vegetables and fruit, shrimp, ground meat, boneless chicken breasts, fish fillets, nuts.

▶ **In the cupboard:** Salsa, pasta and pasta sauces; brown rice, couscous; canned legumes, tomatoes and fish; canned or dried soup.

8 What's your best recipe? Ask coworkers for their best fast and easy recipes. Their favourites could become yours, too!



Balanced meals in a flash

- **Quesadillas:** Cover a whole-wheat tortilla with canned tuna + salsa + canned corn + shredded cheese + another tortilla. Grill in a frying pan for a few minutes on both sides, or heat in the oven, until hot and the cheese is melted. Cut into wedges and serve with a salad. For dessert: a fruit kebab.

- **Microwaved fish:** Fish fillets (not breaded) + low-fat condensed cream soup (such as celery) + some milk + freshly ground pepper. Microwave for 5 to 7 minutes and serve with couscous and veggies. Rice pudding for dessert.

- **Omelette:** Eggs + milk + leftover cooked veggies + a pinch of basil. Serve with whole-wheat toast. For dessert: homemade banana bread and a glass of milk.

- **Stir-fry:** Strips of chicken breast + frozen Asian vegetable mix + nuts (such as peanuts, sliced almonds or cashews). Stir fry in a wok or large frying pan with a little oil and soy sauce. Spoon over hot rice. Have yogurt for dessert.

- **Pasta:** Whole-wheat pasta + pasta sauce + drained canned legumes (such as chickpeas or lentils) + broccoli + grated Parmesan. Finish the meal with applesauce, plain cookies and milk.

- **Pizza express:** Whole-wheat pita spread with pesto + cut-up veggies + cooked shrimp + shredded cheese. For dessert: fresh fruit. ◀

REVIEWED BY PIERRETTE BUKLIS, CONSULTING DIETITIAN, RD, MHSc

Put More Variety in Your Lunches

More than 1,000 per year: that's how many weekday lunches it takes to feed a family of four! But with a little organization and creativity, you don't have to eat ham sandwiches every day.



What's in a "healthy" lunch box?

- At least one fruit and two vegetables, a milk product (especially milk itself for children), a high-protein food (meat or alternatives, or cheese) and a grain product (preferably whole grain), and nutritious snacks.

- To get the kids used to whole-grain foods, introduce them gradually. Try making a sandwich with a slice of white bread and a slice of brown, or combine white and whole-grain pasta in a salad. Make favourite foods with whole grains, like cold pizza on a whole-wheat English muffin crust or a chicken wrap with a whole-grain tortilla.

- Little kids will love ready-to-eat fruit and vegetables (think apple wedges and carrot sticks), flavoured milks (strawberry or chocolate) and yogurt drinks. ▷

Encouraging news

Packing your lunch instead of eating out or in the cafeteria is a step towards reaching your Healthy Weight!

A little organization

► **Family brainstorming.** For each family member, draw up a list of favourite foods in each of the four basic food groups. Check the list when grocery shopping to ensure more variety.

► **Get the kids involved.** Children are more likely to eat their lunches if they're involved in making them. Post a list of favourite foods on the fridge, and let them assemble their own lunches.

► **Idea file.** When you see a lunch recipe you like, clip and save it in a special folder or binder that you keep for easy reference.

► **Share the job.** At work, organize a lunch club where each member has a turn once a week to bring lunch (or salad or dessert) for the group.

► **Cook ahead.** Cook up big batches and freeze lunch-size portions. This works with rice and pasta, too, for meal-size salads. While you're in the kitchen, why not put a chicken, ham or roast in the oven. Super for slicing to make sandwiches.

The sandwich reinvented

- Sandwiches are great opportunities to use leftover cooked meat or chicken. When shopping for deli meats, choose roast pork, turkey, chicken or beef more often.
- Vary your sources of protein. Instead of meat, try eggs, tofu spread or hummus, or canned tuna, salmon or crab.
- Keep different types of bread in the freezer: pita, tortillas, English muffins, bagels, Kaiser rolls, raisin bread. Now that's variety!
- For a change from lettuce, opt for fresh spinach, roasted peppers, shredded carrots, sprouts, sliced apples, tomatoes or radishes.
- Gussy up your sandwiches with Canadian Camembert, Oka, Swiss or Blue cheese.



5 Balanced Lunches

1. Whole-wheat pasta salad with tuna, cucumber and corn • Baby carrots • Chocolate milk • Cottage cheese and fresh fruit
2. Chicken sandwich with Canadian Cheddar and apple slices on whole-grain bread • Celery and broccoli • Milk • Plain cookies and a banana
3. Couscous salad with chickpeas and sweet pepper • Cubes of Canadian Gouda • Cherry tomatoes • Rice pudding and grapes • Tea
4. Multigrain crackers and tofu spread • Tabouleh salad • Vegetable juice • Yogurt and clementine sections
5. Whole-wheat tortilla filled with Cream Cheese, shredded carrots, sweet pepper and shredded Canadian Aged Cheddar • Broccoli and cauliflower with yogurt dip • Fruit salad ◀

REVIEWED BY HEIDI BATES, REGISTERED DIETITIAN, MSc (CAND.)

Let Them Eat Snacks!

It's the middle of the afternoon and you're ravenous. You try to resist, but food is all you can think about. So you grab a coffee to go and a mega-sized muffin, chockfull of calories and fat. You have just missed another opportunity to make a healthy food choice.



A healthy snack does more than calm hunger pangs between meals – it boosts your energy and provides essential nutrients. And it chases away the fatigue, irritability and headache that often accompany low energy. What's more, healthy snacking helps you maintain a Healthy Weight, because when you are less hungry, you tend to eat less at mealtime.

So there is a place for snacking in a balanced diet, on the condition that you snack intelligently and choose nutritious foods from the

four basic food groups. For a snack that will sustain you longer, add a protein source, like nuts, seeds, yogurt or milk. ▷

Snacking is vital for young children

With their small stomachs, tiny tots can't usually meet all their nutritional needs at mealtimes. So snacks must pick up the slack.

What about cheese?

It's a fact: Cheese contains fat. So don't overdo it. But cheese is also a source of numerous nutrients and a practical way to add calcium to your diet, particularly if you don't drink much milk. Cheese is also a far better choice than so-called snack foods that are high in fat and far less nutritious. As a snack, cheese also helps prevent cavities.

Are cereal bars healthy?

Cereal bars are often sweet treats more than healthy snacks. Choose ones that list cereal or flour as the first ingredient instead of sugar (white or brown sugar, honey, syrup, etc.) and that contain at least two grams of fibre and no hydrogenated oils or shortening, which contain trans fat. Pay attention to treats covered in a chocolate coating or simulated yogurt because they also contain more bad fat. And don't be taken in by the mention of fruit on the label – it's often just jam.

What about fruit bars?

Better to eat a whole fruit, but fruit bars made with a purée of real fruit and concentrated fruit juice can make an appropriate snack. Opt for those with no added sugar, though, and don't forget to brush your teeth well afterwards or eat a piece of cheese to help prevent cavities.

Green light for chocolate milk

As nutritious as regular milk, chocolate milk – as well as other types of flavoured milk – is a source of 15 essential nutrients. Plus, chocolate milk contains no more sugar overall than unsweetened orange juice, making it a good snack choice to help both children and adults get their recommended number of servings of milk products.

Healthy suggestions

- Whole-wheat crackers and veggie pâté
- Fig cookies and milk
- Raw veggies and hummus dip
- Cottage cheese topped with grapes and nuts
- Pita points toasted in the oven, with salsa
- Curd cheese and fruit compote
- Roasted soybeans and vegetable juice
- Yogurt and fresh or dried fruit
- An apple and Canadian Gouda
- Plain cookies, peanut butter and a clementine
- Plain popcorn sprinkled with Canadian Parmesan
- A strawberry smoothie
- A banana and almonds
- Chocolate milk and a small homemade muffin
- Dry breakfast cereal in a zipper-seal bag and drinkable yogurt ◀

REVIEWED BY HEIDI BATES,
REGISTERED DIETITIAN, MSc (CAND.)





R**N**

yourhealthyweight.ca





Breakfast is Important!

Heard the one about the woman who lost weight after following her dietitian's advice to eat breakfast? It's no joke. Many dietitians find that when their clients make this small change they are more likely to lose weight. Surprised?

Eat to maintain your Healthy Weight

Dietitians certainly aren't surprised. It may appear to be a paradox, but studies have shown that people who eat breakfast tend to be leaner than those who skip the first meal of the day, probably because they are less tempted to grab a doughnut or other high-fat, high-sugar food later in the morning. And because they are more likely to eat reasonably sized portions at lunch. The 4,000 American adults in a

study who lost an average of 30 kilograms (about 65 pounds) and maintained their new weight for at least five years can attest to that. When questioned by researchers, they all revealed that breakfast was part of their new eating habits.

Breakfast means breaking the fast

People who skip breakfast experience more difficulty concentrating and memorizing information, whether at work or at school. Not surprising, because after a night without eating, blood sugar levels are at their lowest. Blood sugar acts like the fuel for both the brain and muscles. But it's not enough just to eat something in the morning. You need a balanced breakfast with foods from at least three of the four basic food groups. To ensure you don't run out of energy before noon, your breakfast should include enough protein. Sources include milk, cheese, yogurt, eggs, nuts, peanut butter and ham.

Not hungry? No time to eat?

Bring along some nutritious food to eat on the way to work or when you arrive. If you keep cereal, nuts, dried and fresh fruit, nutritious cereal bars, juice, milk, cheese, whole-grain crackers and single servings of yogurt and canned fruit on hand, you can have a balanced breakfast ready in a flash.

We're always on the run, how can we have breakfast together at home?

To save time in the morning, set the table the night before and set out the non-perishable food. You could even boil the eggs, slice the fruit and cheese or get the French toast mix ready. And to end the "I don't know what to eat" whine forever, post a list of possible breakfast combinations on the fridge to wake up sleepy appetites.

Studies have shown that people who eat breakfast tend to be leaner than those who skip the first meal of the day.

10 Quick Breakfasts

1. Drinkable yogurt, cereal bar and dried fruit.
2. Ham and cheese sandwich with juice.
3. Peanut butter sandwich and milk.
4. Cheese stick wrapped in a tortilla and heated in the microwave for a few seconds to melt the cheese, with an apple.
5. Toad in the hole: With a glass, pop out a circle from the centre of a slice of bread, place the slice in a frying pan and crack an egg into the hole; cook on both sides. Have some O.J. while it's cooking.
6. Yogurt combined with cereal, diced fruit and slivered almonds.
7. Scrambled egg sandwich: In a cup, beat 2 eggs with a fork and microwave about 1 minute. Serve with toast and a glass of milk.
8. Fruit smoothie and a handful of nuts.
9. Bowl of cereal with milk and sliced bananas.
10. Toasted bagel with Canadian Cheddar and juice. <

REVIEWED BY ISABELLE NEIDERER, REGISTERED DIETITIAN

Yogurt Planet

Did you know yogurt is an integral part of the food culture in many countries? Get ready for a whirlwind tour of the world's yogurt-based marinades, sauces and dips.

Countries in Eastern Europe, Asia, the Middle East and the Indian subcontinent have all integrated some form of fermented milk into their cuisine. Easy to make and easy to use, yogurt lends itself to every meal in many different ways.



Yogurt – a sublimely simple marinade

To marinate chicken, beef, fish or lamb, plain yogurt is the way to go. You wouldn't want to leave most of the usual vinegar-based marinades in contact with meat too long, as the strong acidity would essentially "cook" the meat. But the lower acidity of yogurt means meat can marinate longer, even in the refrigerator overnight, to reach maximum flavour and tenderness.

Another advantage of yogurt: It's ready to use. With no time-consuming recipe to concoct, yogurt already has the right balance of acidity. Use as much yogurt as you need to cover the meat. The tangy, creamy taste lends itself well to a variety of ingredients for more complex tastes, from subtle to hot and spicy.

Yogurt marinades from around the world

- **Cajun:** Add cayenne pepper or filé powder (ground sassafras leaves) to yogurt.
- **Viva Italia:** With fresh basil and sun-dried tomatoes.
- **A taste of India:** Add garam masala, a variable spice blend that may include black pepper, cumin, cardamom and perhaps a half-dozen more spices.
- **For fish and scallops:** Stir in some fresh dill.
- **For pork:** Add chopped dried fruit (such as apricots, prunes or apples).
- **For lamb:** Stir in chopped fresh mint or rosemary and crushed garlic.

For sauces and dips

Before a yogurt marinade comes in contact with raw meat, set some aside to serve as a sauce. Never eat leftover marinade that was used to tenderize and flavour raw meat.

Depending on the style of cuisine, crank up the heat with more hot pepper or cool it down by adding mint or cucumber to the yogurt (raita). You'll love celery and carrot sticks dipped in yogurt flavoured with horseradish, garlic and/or chili sauce.

On a sweet note

Yogurt flavoured with maple syrup, vanilla or honey is lovely on pancakes or crêpes, and is the ideal dip for apple and pear slices. For a fast and light dessert, spoon strawberry yogurt and strawberries over slices of angel food cake.

Definitely worth trying: Grilled Chicken with Curried Yogurt

To find this recipe, type "yogurt", "curry" and "chicken" into the recipe search engine at www.dairygoodness.ca. <



Cool Down

Milkshakes, iced yogurt and smoothies are wonderful, whatever the season. They're refreshing in the summer and nourishing all year long.

To sip on the patio, knock back for breakfast, savour for dessert or as a snack – everyone enjoys these simple, nutritious and delicious treats.

Mango Milkshake

- 1 large, ripe mango, peeled and diced
- 1/2 tsp (2 mL) grated gingerroot
- 1/3 cup (80 mL) frozen concentrated orange juice, undiluted
- 1 1/2 cups (375 mL) cold milk
- 1 cup (250 mL) ice cubes

In the blender, purée mango, gingerroot and concentrated juice until smooth. Add milk and ice cubes. Blend until ice is crushed.

Fruity Milkshake

- 1 cup (250 mL) milk
- 1 cup (250 mL) vanilla yogurt
- 1 cup (250 mL) berries or sliced peaches

In the blender, blend all ingredients until smooth.

Homemade Iced Yogurt

In the food processor, process equal quantities of vanilla yogurt and frozen fruit until smooth.

Iced Mocha Smoothie

- 2 cups (500 mL) chocolate milk
- 1 1/2 cups (375 mL) ice cubes
- 1 tbsp (15 mL) instant coffee granules or 1/2 cup

(125 mL) strong coffee or 2 tbsp (30 mL) coffee liqueur

- 1 tbsp (15 mL) chocolate syrup or sugar, to taste
- 1 cup (250 mL) vanilla yogurt

In the blender, blend milk, ice cubes, coffee and syrup or sugar until smooth. Add yogurt and pulse until smooth.

Caribbean Breeze

- 1 cup (250 mL) cold milk
- 1/2 medium ripe banana, peeled and cut into chunks
- 1/4 cup (50 mL) frozen concentrated tropical fruit juice, undiluted

In the blender, blend all ingredients until smooth. <



Mango and Fruity Milkshakes



Homemade Iced Yogurt



Caribbean Breeze



Iced Mocha Smoothie

Kids in the Kitchen

With a little practice, your children will realize that eating well is not that complicated. The day they take over the kitchen to do their own cooking, you can say, “Mission accomplished!”

Far too many young people are “illiterate” in the kitchen. Like Matt, who hardly ever touched a frying pan before he was 30. But with some encouragement from his girlfriend, he asked



her mother, an accomplished cook, for private lessons. She was delighted to help, and now they are eating braised osso bucco, authentic Asian dishes and homemade desserts!

Matt’s story shows it’s never too late to learn to cook. But why wait so long? By introducing your kids to cooking now, you are equipping them for life. And you can pass along your culinary heritage while spending wonderful moments together.

At the same time, you can teach them about the importance of healthy eating, much more effectively than simply preaching to them. Children are usually eager to try new foods when they are involved in the preparation process. So get ready for fun and flour-dusted faces!

Chockfull of ideas

- ▶ **The “new food” challenge.** Occasionally, bring the kids to the supermarket and let them select a food – a fruit, vegetable or pasta, for example – they have never tasted.
- ▶ **Work up the ladder.** To integrate them into meal preparation, begin by giving them simple jobs, like washing the vegetables, pouring the liquid ingredients into the dry ones, stirring or garnishing the plates. Move up to steps that require more skill, like peeling carrots, measuring ingredients or shredding cheese.
- ▶ **Make it fun.** Have a party! Let them invite some friends and bake up batches of muffins and cookies for school lunches.
- ▶ **Are your teens eating on the run?** Instead of filling up the freezer with pepperoni pizza and breaded chicken nuggets, show them how to make quick and easy basic meals they enjoy, like omelettes, fajitas or veggie pizza made on pita or an English muffin.
- ▶ **Celebrate the season.** Feast on apples in the autumn, root vegetables in the winter and garden greens in the summer. Sow vegetable seeds with the little ones in the spring; go pumpkin picking in the fall.
- ▶ **More ideas.** Let the teenagers make supper on Friday nights. Let the younger ones fix breakfast on Saturdays. And on Sundays, spend time together looking for new recipes, in magazines or on the Internet, for the week to come.

Cooking classes

Not just for adults, cooking schools and even major supermarkets in many cities and towns offer special classes for motivated children. Check out your community resources then let your kids surprise you with their accomplishments. <

REVIEWED BY HEIDI BATES, REGISTERED DIETITIAN, MSc (CAND.)



Come to My Birthday Party!

Birthdays are special moments in your children's lives and a party is a fine way to celebrate. Of course, the food makes the party, so here are five tasty tips.

1 Make the food look interesting. Your little guests will love platters of Canadian Cheddar, Havarti and Gouda or sandwiches cut in fun shapes using cookie cutters. Make little cheese and vegetable kebabs – consider using yellow sweet peppers, zucchini, celery and cherry tomatoes.

2 Keep veggies germ free. Prevent double-dipping by providing individual servings of dip in half a seeded pepper or in a zucchini “boat” (cut a zucchini in half lengthwise and scoop out a hollow).

3 Have a mini-pizza bar. Let the kids make their own pizzas. Set out a variety of toppings (tomato sauce, shredded cheese, sliced vegetables and meat) and crusts (baby pizza crust, mini-pita bread, bagels or English muffins) and have fun! Hold contests for special categories (the weirdest pizza, the most colourful) or make clown faces with vegetables. For dessert, more pizza! Try covering a crust with chocolate-hazelnut spread topped with fruit and marshmallows. An adult slides the pizza under the broiler for a minute or two and voilà!

4 Pick your own milkshake. Milkshakes are a more nutritious alternative to pop or fruit-flavoured drinks. For four children, blend 2 cups (500 mL) of milk, 2 scoops of vanilla ice cream, 1 cup (250 mL) of cut-up fruit and a drizzle of honey until frothy. Offer a few different flavours and take their orders. Or offer a round of frozen yogurt pops or fresh cheese cups like Minigo or Petit Danone.

5 Hand out cookies instead of grab bags. Gather the kids around the table to decorate gingerbread cookies. Then the children can take their creations home after the party. <

REVIEWED BY JULIE PAQUETTE, REGISTERED DIETITIAN, MSc



Physical activity. A key ingredient in a healthy lifestyle.

Does your family's lifestyle include being physically active on a daily basis? If it doesn't you're not alone. The 2005 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth found that when it comes to families participating in physical activity, Canada's not making the grade. Parents play a key role in ensuring that kids are physically active. You can get started by gradually decreasing the amount of time that your family is involved in sedentary activities while increasing the amount of time that your family is physically active.

Let's improve the grade and ensure that our kids are active and healthy.

For more tips on how to get your kids active visit www.activehealthykids.ca/tips

active
healthy
kids
CANADA

The Power to Move Kids™

No time to get to the gym? Start by moving more each day. Everyday life provides plenty of opportunities for your personalized fitness program.

Move More Every Day

Nathalie Lambert is a three-time Olympic-medal winner in speed skating and a fitness columnist with a degree in physical education. She shares her ideas on why and how to integrate more physical activity into your life.

While all the conveniences of modern life and new technologies save you effort, the result is fewer calories burned. That means you have to get moving to compensate for the difference. Health Canada recommends 30 to 60 minutes of physical activity per day, depending on the intensity of the effort, to stay in shape or to improve your health. The good news is you don't have to wear yourself out at a gym. Simply combine a variety of activities, done for at least 10 minutes each, from digging in the garden or raking leaves, to riding a bike or taking a more strenuous run.

Small steps add up

Don't wait to get fit to start exercising. Let your body wake up to the need and the pleasure of moving more. "Would you make someone who never reads start out with a thousand-page book?" asks Nathalie Lambert. "If you charge into it, you'll quickly run out of steam," she explains, inviting us to adopt more gradual goals. "You'll soon learn to like it," says the Olympic medalist. "The 'lose weight fast to get in shape fast' approach doesn't work. Let's say it once and for all: this is an investment in a permanent change of lifestyle."

Ready for a challenge? That is what fuels motivation. Nathalie confided that the challenges she gave herself each week motivated her more than the ultimate goal of the Olympics.



Each small step counts. From dynamic stretching in the morning, to taking a walk outside during noon hour, to climbing some stairs instead of riding the elevator – it all adds up. Better to start with only 15 minutes a day than waiting until Saturday because that's the only time you can go to the gym. Didn't do any exercise yesterday? Forget the guilt and focus on what you're going to do today.

Get the whole family moving

Don't wait for a whole day to get the gang moving. Take an hour or two each weekend and choose an activity that is simple but will do you all the most good. It will boost your vitality and encourage family bonding. Give your children wonderful memories, an aptitude for sports and the habit of exercise. Studies show that, when both parents are active, their children are six times more likely to be active. ▶

Didn't do any exercise yesterday? Forget the guilt and focus on what you're going to do today.

Family fun

Time required: Less than an hour or two

- Go in-line skating, with the baby safely sitting in a stroller.
- Go for a hike in the park. Snuggled up in the baby carrier, your little one will love discovering trees and birds.
- Have a Sunday picnic in the park and get there on a bicycle.
- Go tobogganing. Hauling yourselves back up the hill is great cardio and strength training.
- Go skating on your neighbourhood rink or at the arena.
- Take a swim in the municipal pool or the one in your building.
- Play some miniature golf, badminton or tennis.
- Improvise a soccer game.
- Discover a new sport, like rock or wall climbing, with your older children.
- Walk to the park to play with the kids, throw a ball, jog around, do squats or strengthen the upper body (with the help of a park bench).
- Walk around the block after supper.

More great ideas: Let loose with an aerobics class on video or DVD (the younger kids will love imitating you) or sign up for a parent-child class at a fitness centre to do karate, stability ball exercises, cardio-boxing, hip-hop dancing, boot camp, etc.

Better to start with
only 15 minutes a day
than waiting until Saturday
because that's the only time
you can go to the gym.

Get moving with friends

Instead of trying to remake the world over another cup of java...

- Get together to go hiking in the woods, cross-country skiing, snowshoeing or in-line skating, depending on the season.
- After brunch, go for a walk together in the neighbourhood or in a nearby park or glide around the local skating rink.
- Do some maintenance work: raking leaves at one home or painting at another.

Get moving at the office

- Take the stairs instead of the elevator every third time. Too easy? How about every other time?
- Go for a walk during your noon hour: Invigorate your body, clear your head.
- If distances allow, go to work by bike, on foot or in-line skates.
- Get off the bus or the subway one stop sooner.
- Do some stretching during your coffee break.
- Work out with co-workers during your lunch hour, or before or after work. Just setting a specific time to do it together can be the motivation you need! <

RESEARCHED AND REVIEWED BY NATHALIE LAMBERT, BSc in Phys Ed,
THREE-TIME OLYMPIC MEDAL WINNER

Weekend Makeover

This is it! You've made up your mind to lose weight and get fit. As an action plan is your best ally for reaching or maintaining your Healthy Weight, consider taking a day to rethink your lifestyle and plan the changes.



Open your planner and block off a day — or two. Give yourself the time to realize your plan — solo, in a pair or as a family. For inspiration, here is one person's plan. Adapt it to fit your reality.

Early morning

Do dynamic stretching and slow breathing. Take a stimulating shower.

8 to 10 A.M.:

BREAKFAST MEETING

On the menu: Choices from the four basic food groups, including a source of protein, fresh juice (such as a delicious blend of strawberries, apples and celery) and analyzing your lifestyle habits. According to your situation and objectives, do this alone, with your partner or in a family meeting. Talk about what you want to improve and come to an agreement about small changes and goals. For example:

► Are we at our Healthy Weight?

► How are our eating habits?

- How do we compare to Canada's Food Guide? If you don't know, write down everything you eat for a few days before the meeting.
- How are our family dinners?
- What can we do to better plan weeknight suppers?
- Do we drink too much coffee, soft drinks or alcohol?

► Fitness

- Do we do an outdoor family activity at least once a week?
- What do we do in our spare time?
- How many hours do we spend in front of the computer or the TV?
- Do we take elevators often or hardly at all? ▷

- Do we always take the car, no matter how short the distance?
- How can we get moving more?
- Are there some new sports or activities we would like to try? Are there parks we would like to discover?

► Lifestyle habits

- How well do we manage stress?
- How many hours do we sleep on average?
- How can we support each other in reaching our goals?

10 to 10:30 A.M.

Take a brisk walk outdoors.

Have a healthy and energizing snack.

10:30 A.M. to noon

SIGN A CONTRACT

First, write up a list of solutions for each of the points raised. Make a commitment, and spell it out in your contract. Being accountable to another person is an effective way to stay motivated. In your planner, book a follow-up meeting in two or three months to see whether objectives have been reached or need adjustment.

Noon to 1 P.M.

HAVE A HEALTHY LUNCH

Eat slowly, savouring every bite.

Be conscious of the signals that you are satiated.

1 to 3 P.M.

Your choice of activity

- Organize a family activity outdoors, either an old favourite or something new.
- Take a nap, if you're tired.
- Organize cookbooks and loose recipes.
- Stock up on produce at the market.

3 to 3:15 P.M.

Have a healthy and energizing snack.

3:15 to 5 P.M.

Try a new recipe with the kids.

5 P.M.

HAVE A HEALTHY SUPPER

Turn off the TV and enjoy supper together.

During the evening: Your choice of activity

- Play a new board game as a family.
- Take a relaxing bath with candles.
- Give yourself a special skin-care, hair-care or body-care spa treatment.
- Read a book or watch a movie that makes you feel good.
- Have some hot milk with vanilla.
- Give your partner a massage, and get one too!
- Go to bed early.

Didn't get it all done? There's still tomorrow. Why not invite some friends over for a pot-luck dinner and toast your new commitment to health!

Your journal — an essential tool

In an attractive notebook, write down your commitments to health, the challenges, goals and target dates, and then the results. Track what activities you do, for how long, with whom, your level of enthusiasm and so on. Nathalie Lambert's journal was a motivational tool that served her well when she was training for the Olympics. <

RESEARCHED AND REVIEWED BY NATHALIE LAMBERT, BSc in Phys Ed,
THREE-TIME OLYMPIC MEDAL WINNER



Finding answers. For life.

The weight is over

Kee your tray in an upright position. It's a common request on a flight. Nancy Dubois knew she was in trouble when she had no other choice. "I travel often, and couldn't use the tray because my stomach was too big," says a now slimmer Dubois, a health promotion consultant in the south-western Ontario town of Scotland.

For Dubois, 47, those extra pounds crept up. She was active in university, playing competitive volleyball. But as she got busy with work, it became more difficult to stay in shape. "I just never made time for it," she says. Before she knew it, Dubois was carrying 250 pounds on her 5-foot-4-inch frame.

What motivated her to finally lose weight? Working in health care (including work with the Heart and Stroke Foundation and public health units), she felt that her size was affecting her professional credibility. She was also stung by a student evaluation at York University, where Dubois teaches in the kinesiology department: "Why is someone who looks like you," the student wrote, "teaching health?"

In recent years, Dubois lost her mother and sister and some good friends to preventable chronic illnesses, making her think hard about her own health. The "tipping point," she says, came when her doctor warned her about her potentially dangerous elevated blood sugar. "My mother died suddenly of heart disease at 60, I don't want to do the same," she says.

For Dubois, September 2004 was 100 pounds ago. That's what she has shed since then under a

regimen that's as simple as healthy eating and regular exercise.

Basically, she's following Canada's *Food Guide to Healthy Eating*. "You can't do fad diets," says Dubois. "People regain two-thirds of what they lost within two years."

For breakfast, Dubois has low-fat, high-fibre cereal with milk. For lunch, when she's often at a meeting, Dubois will eat what's offered if it's healthy. If not, she carries whole-wheat crackers, light peanut butter, fruit and yogurt. For dinner, it's vegetables and meat (half the portion size as before). As for her late night munching, "That required the most will power." She'll still snack, but on nothing more than 100 calories.

Another important factor has been her exercise routine. Dubois started slowly, 10 to 12 minutes on an exercise bike. She also incorporated exercise into her workday, tackling conference calls or work-related reading while on the bike.

Dubois suggests having both short- and long-term goals, exercise to see results more quickly, and get expert advice on food and physical activity. The Heart and Stroke Foundation

leads the way when it comes to expert advice on heart health offering great tips on grocery shopping, restaurant dining, heart-healthy recipes and active living. **Log on to www.heartandstroke.ca and click on Healthy Living for tips, tools, quizzes and more to help you achieve and maintain a healthy weight.**

"I'm so proud of myself. I'm an achievement-oriented person, and losing this weight has given me more personal satisfaction than anything I've ever done."

**Nancy Dubois
lost 100 pounds,
dramatically
boosting her
heart health**



Every
Day

WALK

yourhealthyweight.ca

