



# HEALTH CAPSULE | No.52 | 2017

## GET INSPIRED BY THE *HEALTH CHALLENGE!*

The *Health Challenge* was first launched in 2005; it aims to support the population in the performance of concrete steps to eat better, exercise more and improve their health, in addition to help prevent certain chronic diseases, including diabetes.

Here are the 3 goals of the *Heath challenge*. Get inspired!



### 1. Eat at least 5 servings of fruits and vegetables a day

Five servings of fruits and vegetables per day are deemed necessary to achieve a positive impact on health, including the prevention of heart disease, cancers, diabetes and obesity.

Because of their many benefits, fruits and vegetables are also the Canada's Food Guide group who should Make up the largest portion in our menu. The Guide addresses the needs of each depending on the age and gender (see table below). So it's easy to know how many servings each family member should take.

#### RECOMMENDATIONS FROM CANADA'S FOOD GUIDE

Age	Portions
4-8 years	5
9-13 years	6
14-18 years	7-8
19-50 years	7-10
51 years +	7

### 2. Move at least 30 minutes a day at a moderate or high intensity. And for young people, it's at least 60!

Getting into physical activity at this frequency and intensity is recognized by experts as a good target to achieve in order to absorb health benefits and improve quality of life. And the more you do, the more health benefits you get. And yet, 49% of Quebecers aged 12 and over are not sufficiently active.

### 3. Balance - Take time for yourself

To establish a good balance makes you better equipped to cope with the demands of daily life, manage stress and have meaningful relationships with others ... and yourself! Regardless of age and physical and mental health, we all have the power to improve our life!

Source: defisante.ca



## 5 fantastic foods for your pantry!

**1. Legumes, including canned or dried peas, beans and lentils.**

These protein-packed, deliciously nutritious plant foods make for satisfying soups, stews and chilies.

**2. Tomatoes.**

Whole, diced, crushed or canned. These make a beautiful base for a simple pasta sauce, soup or casserole.

**3. Fruits.**

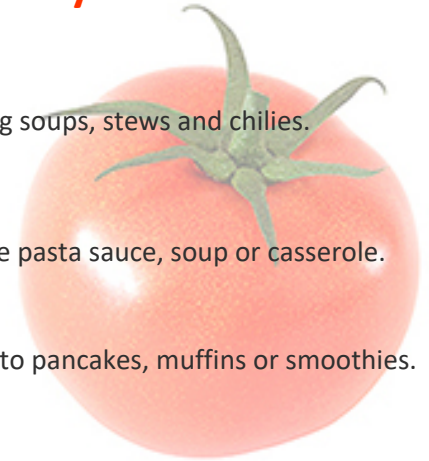
Raw, dried, jarred or canned. Try adding a scoop of mashed canned pears to pancakes, muffins or smoothies.

**4. Fish, such as salmon and light tuna canned in water.**

Bring alternative additions to your diet with tasty, protein-rich sandwiches and salads.

**5. Whole grains: quinoa, parboiled brown rice or oats.**

Keep a variety of whole grains on hand for a nutrient-rich side dish or main meal.



**Bonus items!**

Flavour boosters such as fresh garlic, spices, flavoured vinegars and reduced-sodium broths liven up cooking without extra salt or fat.

Source: dietitians.ca

## A cleaner mouth for a healthier breath!

**1. Keep your mouth clean**

- ✓ Brush your teeth and tongue twice a day
- ✓ Use a soft-bristle toothbrush and fluoride toothpaste.
- ✓ Wait at least 20–30 minutes after eating before brushing your teeth.
- ✓ Floss every day



**2. Eat well**

Limit foods and beverages containing sugar or carbohydrates. Ideal snack foods are: cheese, nuts, vegetables, and non-acidic fruits.

**3. Visit your dentist regularly**

48% of Canadians who haven't seen a dentist in the past year have gum disease. Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

**4. Don't smoke**

Smoking can cause oral cancer, heart disease, gum disease, and a many of other cancers.

Source: cda-adc.ca/fr