



# HEALTH CAPSULE | No.64 | 2019

## NEW CANADA FOOD GUIDE 2019

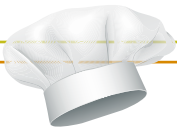
Here are the highlights of our new Canadian Food Guide, which came out last month:

- End of the concept of portions;
- Larger share given to plant based foods;
- Less visibility to dairy products (to consume moderately);
- Consumption of a variety of foods based on following proportions:
  - 1/2 fruits and vegetables
  - 1/4 whole grain foods (bread/rice/quinoa)
  - 1/4 animal and vegetable proteins (poultry/tofu/walnuts fish) with preference for proteins of vegetable origin;
- Prioritize water as a beverage of choice;
- Consumption of soft drinks, flavored milk and fruit juice with great moderation;
- Limit processed/prepared foods;
- Warning against alcohol.



The Guide also recommends cooking more often, eat meals in good company, savor the foods, learn the feeling of hunger & satiety, and decrease the consumption of milk and meat (health and environmental concerns).

Source : [ledevoir.com/societe/consommation/546085/guide-alimentaire-canadien-2019](http://ledevoir.com/societe/consommation/546085/guide-alimentaire-canadien-2019)



## COOKING IS GOOD FOR HEALTH!



### Cooking is good for physical health

**Allows you to control your food** • When you cook, you work mainly raw products, that is to say products that are little or not processed.

**Allows you to choose your products** • Grow your own garden, for those who can. In doing so, we have complete control over the origin and the way of growing the products in our kitchen. Growing some herbs on a window sill or on a balcony is also a good initiative.

**Allows you to transmit good habits and make your family want to cook** • Cooking together is a great way to transmit good habits, especially to your children. They learn to discover and master food. They are reassured to know the ingredients and are less reluctant to taste. It allows everyone to take the time, savor and eat more slowly. Being all together stimulates the secretion of oxytocin, which has a calming power, but also that of serotonin, which improves the mood and causes the feeling of satiety.

### Cooking is good for mental health

**Stimulates creativity** • Engaging in creative behavior increases well-being the next day, and this increased well-being is likely to facilitate creative activity during that day.

**Allows you to live in the moment** • Allows you to invest (or reinvest) yourself fully in the moment. Kneading bread dough, sautéing onions, smelling freshly cut basil helps to cultivate a special taste for the small pleasures of life.

**Allows you to appreciate rituals** • We often blame rituals of being dreary and boring, while they are the opposite if one takes the time to appreciate them. They allow the mind to focus on something it knows and masters. Thus one can more easily enjoy the present moment, and avoid being submerged by parasitic thoughts.

**Awakens the senses** • By cooking, we awaken all our senses, from the most basic to the most complex. It is for this reason that cooking is the source of so much pleasure and connection.

Sources : [mutualistes.com/cuisiner-c-est-bon-pour-la-sante](http://mutualistes.com/cuisiner-c-est-bon-pour-la-sante), [femmeactuelle.fr/sante/news-sante/cuisiner-bon-pour-le-moral-2034721](http://femmeactuelle.fr/sante/news-sante/cuisiner-bon-pour-le-moral-2034721)



## TEN BEST ORAL HEALTH TIPS

April 2019  
National Oral Health Month

Did you know that a healthy mouth is also an important part of a healthy body?

April is Oral Health Month in Canada, an opportunity for Canadians to be more attentive to their oral health and to check their overall well-being. Here are 10 tips to keep your mouth healthy:

1. 2 x 2 minutes. Brush your teeth at least twice a day with a fluoride toothpaste.
2. Fight with dental floss! Use dental floss between your teeth daily and help keep your gums healthy.
3. Eliminate germs! Rinse your mouth with an antiseptic, killing the germs that cause decay and infect the gums.
4. You are what you eat! Make the right choices. Nutritious foods, with little sugar. They are good for global and oral health.
5. Protect your teeth! Wear an oral protector while playing a sport.
6. Free yourself from tobacco. Smoking can stain your teeth and increase the risk of oral cancer.
7. Sealants against cavities!
8. Open wide! Check your mouth every month. Know what is normal. If you have pain that cannot be cured in two weeks, get checked by a health care professional.
9. Beware of beverages! Sweet or acidic beverages increase the risk of developing cavities.
10. Change your toothbrush every three to four months, and to be quite accurate after six to seven cumulative hours of use.



Sources : *Association canadienne des hygiénistes dentaires, passionsante.be/index.cfm?fuseaction=art&art\_id=16772*



## BRAIN AWARENESS WEEK

March 11 to 17, 2019

*Brain Awareness Week* (BAW) is a global campaign to raise public awareness of advances in neuroscience, mental health and addictions research and the benefits that comes from it.

Source : *Instituts de recherche en santé du Canada (IRSC)*

## TIME CHANGE

When does the time change in Quebec? In the spring of 2019, we change to **daylight saving time** on the night of **Saturday, March 9 to Sunday, March 10, 2019**. We advance the time of one hour at 2 am to switch to Eastern Daylight Savings Time.

Source : *msn.com*

