

Health *capsule*

March : National nutrition month

Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

Having the amount and type of food recommended and following the tips included in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

You can order a copy of the Canada's Food Guide by calling the following number : 1-866-225-0709. You can also view it by clicking on the following link : Canada's Food Guide.



Vegetables and fruits

Eat at least one dark green and one orange vegetable each day. Go for dark green vegetables such as broccoli, romaine lettuce, and spinach. Go for orange vegetables such as carrots, sweet potatoes and winter squash.

Grain products

Make at least half of your grain products whole grain each day. Eat a variety of whole grains such as barley, brown rice, oats and wild rice. Enjoy whole grain breads, oatmeal and whole wheat pasta.

Milk and alternatives

Drink skim, 1% or 2% milk each day. Have 2 cups of milk every day for adequate vitamin D. Drink fortified soy beverages if you do not drink milk.

Meat and alternatives

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Choose fish such as char, herring, mackerel, salmon, sardines and trout. Select lean meat and alternatives prepared with little or no added fat or salt. Remove the skin on poultry.

Beverages

Make water your beverage of choice. Milk, fortified soy beverages and 100% juice are also healthy options.

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Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

-  Use a pedometer to track the number of steps you take each day and try to increase them each week.
-  Walk wherever you can - get off the bus early and use the stairs.
-  Join a play group or swimming class with your toddler or child.
-  Check out what workplace exercise programs are available. If none are available organize lunch hour exercise with your coworkers.
-  Stay strong lifting groceries or doing your gardening and yard work.

(Source : Health Canada website : www.hc-sc.gc.ca)

Did you know that...?

April is national oral health month

Oral health is not only important to your appearance and sense of well-being, but also to your overall health. Cavities and gum disease may contribute to many serious conditions, such as diabetes and respiratory diseases. Untreated cavities can also be painful and lead to serious infections.

Studies are also examining whether pregnant women with poor oral health may be at a higher risk of delivering pre-term, low birth weight babies than women with good oral health.

Left untreated, gum disease can lead to the loss of teeth and an increased risk of more serious diseases, such as respiratory disease. The bacteria in plaque can travel from the mouth to the lungs, causing infection or aggravating existing lung conditions.

Brush and floss your teeth daily, and visit your dental professional regularly to have your mouth examined.

(Source : Health Canada website : www.hc-sc.gc.ca)



PLEASE NOTE: THE « HEALTH CAPSULE » IS FOR INFORMATION PURPOSES ONLY AND IS NOT INTENDED TO PROVIDE MEDICAL ADVICE.