

Healthy Eating!



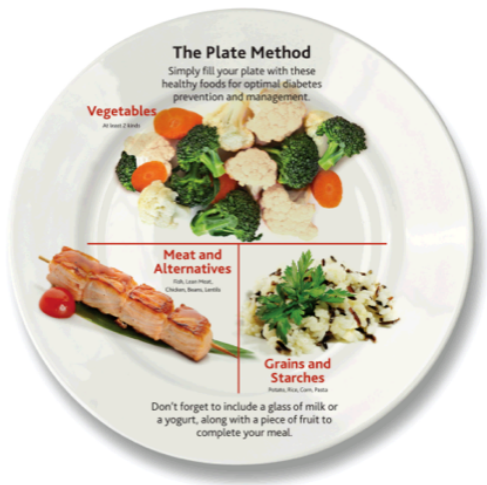
Did you resolve to lose weight in 2013?

If achieving a healthier lifestyle is among your new year's resolution, give yourself a pat on the back for making health a top priority! Losing excess weight requires a change in lifestyle, in particular sticking to a healthy diet to ensure success.

Here are two portion control guides to help you stay on track with your new dietary goals.

Plate method:

This method will give you an easy visual as to what portions to aim for each meal.



Imagine your plate is divided into quarters.

The top half should contain two types of vegetables.

Vegetables are high in nutrients and low in calories.

One quarter of your plate should contain starchy foods, such as

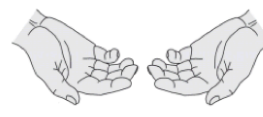
whole grain breads, rice, noodles or potatoes. You should aim to have some at each meal as starchy foods are broken down into glucose which your body uses for energy. The last quarter should contain meat and alternatives such as fish, lean meats, chicken, beans and lentils.

Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS*/GRAINS & STARCHES*:
Choose an amount the size of your fist for each of Grains & Starches, and Fruit.



VEGETABLES*:
Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:
Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low-fat milk with a meal.

TIPS:

- Choose high-fibre grains, especially those with soluble fibre (such as barley, brown rice, multi-grain pasta). Soluble fibre takes longer to break down and promotes the feeling of fullness. It also delays the absorption of sugar into the bloodstream, so you don't get a spike in your blood sugar immediately after you eat.
- Choose plant protein more often (such as tofu, legumes, lentils)
- Choose at least 2 meals per week of a fatty fish, including salmon, trout, sardines

Did you know Ontarians have free access to speak to a registered dietitian? Eat right Ontario allows you to ask nutrition-related questions and receive feedback by phone or email from a Registered Dietitian.

Visit www.eatrightontario.ca for more details.

Sources: Canadian diabetes association.

Handy portion guide: <http://www.diabetes.ca/Files/plan%20your%20portions.pdf>

Plate method: [http://www.diabetes.ca/documents/about-diabetes/WhatsOnYourPlate\(2\).pdf](http://www.diabetes.ca/documents/about-diabetes/WhatsOnYourPlate(2).pdf)

Normal aging and Dementia

Everyone experiences occasional forgetfulness. Approximately 40% of people over 65 years old experience some memory loss. Many people, however, fear the lapse in memory is a sure sign of Alzheimer's disease.

January is Alzheimer's awareness month, so in this issue of the beat, we will be highlighting some facts on Alzheimer's disease.

Alzheimer's disease, or related dementia, affects an estimated 500,000 Canadians, and statistics predict that this number will double within a generation. Alzheimer's disease eventually affects how a person thinks, feels, acts, and reacts to the environment. Symptoms gradually increase and become more persistent.

So how does one tell the difference between normal aging and dementia?

Normal forgetfulness is neither progressive nor disabling. Forgetfulness can occur when you are stressed, fatigued, ill or distracted. Oftentimes, you recall the forgotten information later.

Memory problems may become a concern if it begins to affect your daily living.

Below are some examples to help you differentiate between normal aging and memory loss that may be related to dementia.

If you are worried about your memory, talk to your family doctor. He or she may be able to rule out other causes for memory loss.

Note: this is not a diagnostic tool.

Normal Aging:

- Not being able to remember
- Details of a conversation or event that took place a year ago
- Not being able to remember the name of an acquaintance
- Forgetting things and events occasionally
- Occasionally have difficulty finding words
- You are worried about your memory but your relatives are not

Here are some suggestions for coping with normal age-related memory difficulties:

- *Keep a routine.*
- *Organize information (keep details in a calendar or day planner).*
- *Put items in the same spot (always put your keys in the same place by the door).*
- *Repeat information (example, repeat names when meet people).*
- *Run through the alphabet in your head to help you remember a word.*
- *Make associations (relate new information to things you already know).*
- *Involve your senses (if you are a visual learner, visualize an item).*
- *Teach or retell stories to other people.*
- *Get plenty of rest each night.*

References:

1. Ontario Alzheimer's society: <http://www.alzheimer.ca/en/on/About-dementia/About-the-brain/Normal-aging-vs-dementia>
2. Health Canada: http://www.hc-sc.gc.ca/ahc-asc/minist/messages/_2012/2012_01_03-eng.php
3. Harvard Health Publications: http://www.health.harvard.edu/healthbeat/HB_web/is-it-forgetfulness-ordementia.htm

Dementia:

- Not being able to recall details of recent events or conversations
- Not recognizing or knowing the names of family members
- Forgetting things or events more frequently
- Frequent pauses and substitutions when finding words
- Your relatives are worried about your memory, but you are not aware of any problems

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111 Zenway Blvd., Suite #3, Woodbridge, ON L4H 3H9
Phone 905 856 1250 • Fax 905 856 2316
Toll Free 877 785 8511 • www.pulserx.ca

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