

Balance

The Group Health Forum

WINTER 2009

The Baicorp Buzz

With the start of the New Year, you and your employees no doubt have several personal and professional projects in mind that you would like to see come to fruition.

In this period of renewal, you may also have made one or two New Year's resolutions, such as quitting smoking, adopting better eating habits or getting more exercise. Need a hand keeping those resolutions?

In order to help you and your employees keep their New Year's resolutions and adopt healthy lifestyle habits, we have devoted our Winter 2009 News Letter promoting health and wellness.

Nutrition, It's a matter of Choice!

It is quite easy to lose control of our nutrition. After a full day's work, who has the energy or the time to cook for an hour or more?

Our fast-paced life presses us to find shortcuts that sometimes result in our skipping meals and, more often, lead us either straight to a fast food restaurant or down the supermarket's can and freezer aisles. What's wrong with that?

Good nutrition is essential to staying healthy. You know this to be true, but what does "good nutrition" really mean?

Good nutrition involves eating the right foods in the right amounts. But how much food do you need to eat every day? And what are the healthy choices you should be making? Health Canada developed the Eating Well with Canada's Food Guide to answer these very questions.



Quarterly Quote

"An automobile goes nowhere efficiently unless it has a quick, hot spark to ignite things, to set the cogs of the machine in motion. So I try to make every player on my team feel he's the spark keeping our machine in motion. On him depends our successes"

Knute Rockne Legendary University of Notre Dame football coach

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To simplify matters, Canada's Food Guide divides food into four key groups:

- Grain products, which include various breads and cereals
- Fruits and vegetables
- Milk (dairy) products, which include cheese and yogurt
- Meat and meat alternatives, which include fish, poultry and foods that provide equivalent nutrients, such as tofu, beans and peanut butter.

Eating healthy foods is easier than it seems. Once you know a little more about the foods you eat, it simply comes down to a matter of choice and opting for the healthy ones, as often as possible.



Fibre

- Aim for a high-fibre/low-fat diet.

Grain products

- Choose whole grain products, which contain more fibre and vitamins than regular products.
- Fibre is known to reduce bad cholesterol, improve digestion and reduce the risk of cardiovascular disease and cancer.

Fruits and vegetables

- Make sure you eat at least 5 servings of fruits and vegetables daily to minimize the risk of cardiovascular disease and cancer.
- Dark-coloured fruits and vegetables generally contain more vitamins and other nutrients than lighter coloured fruits and vegetables.
- Choose fresh or frozen fruits and vegetables over canned.

Dairy products

- Select lower fat products to minimize unnecessary fat intake.

Meat and meat alternatives

- Choose leaner meats, poultry and fish, or low-fat alternatives such as tofu, dried peas, beans and lentils.
- Beans, lentils and some peas are also very good sources of fibre.

Sugar

- Reduce your sugar intake.
- Concentrated sources of sugar include soda, candy and most energy drinks.

Fat and salt

- Limit fat and salt when preparing food.

Did You Know...

That a high fibre low fat diet reduces the risk of developing serious health conditions...

Choose good fats

- Choose polyunsaturated and monounsaturated fats found in vegetable oils, nuts and fatty fish.
- Increase your consumption of fatty fish, such as salmon, mackerel, trout, herring and sardines, and oils and margarines made from canola and soybeans. This will improve your daily intake of Omega-3 fatty acids, which help prevent heart disease.
- Limit saturated fat found primarily in red meat and high-fat dairy products, as they raise bad cholesterol.
- Avoid trans fats found in fried foods, baked products and some hard margarines.

Prepared foods

- Beware of fat and salt content in prepared, canned or ready-to-eat food.

Food labels

- Take a look at food labels. They contain valuable information that can help you make healthy choices.

