

Your Community Heart Health Network focusing on...

Nutrition

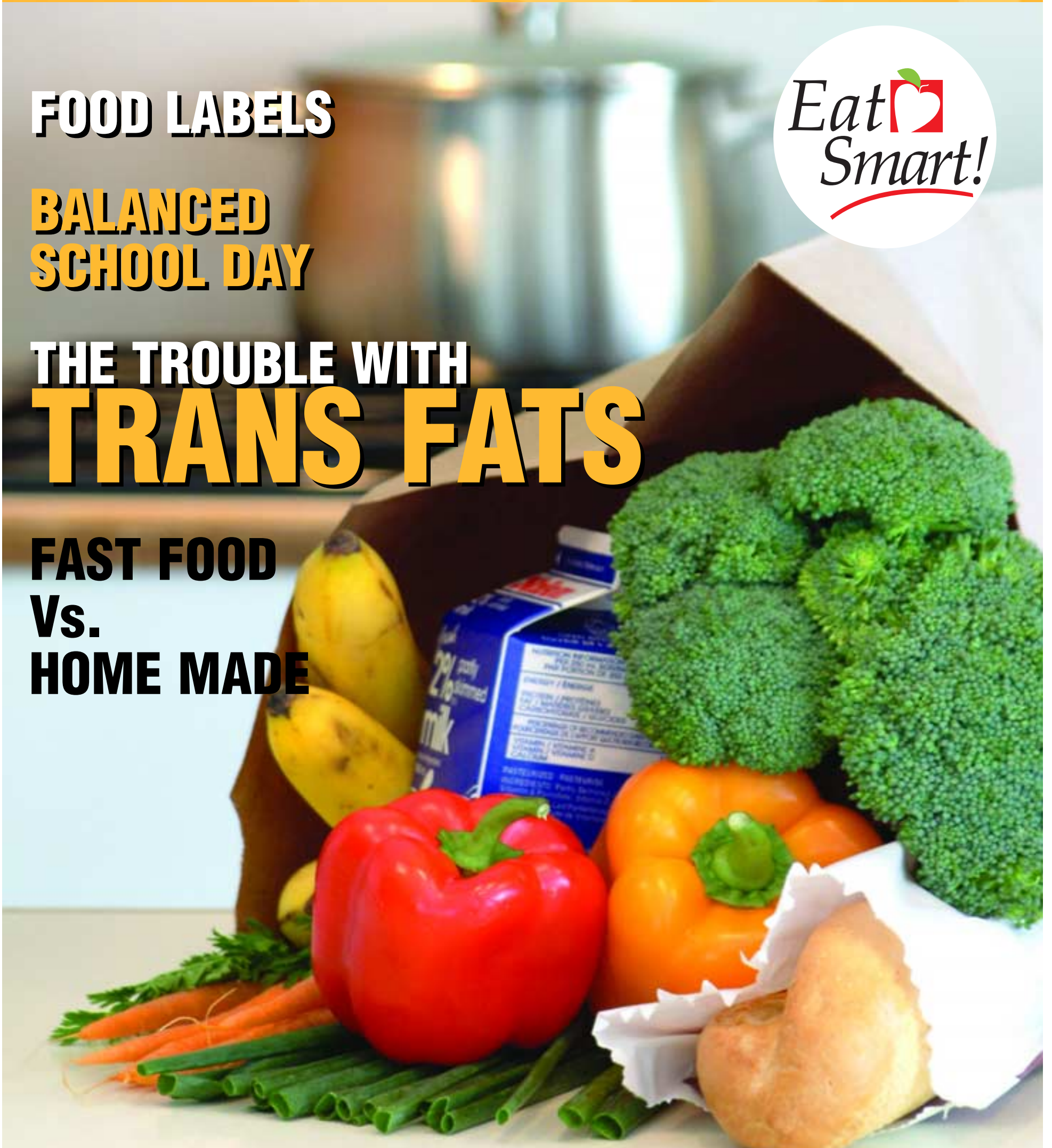
An important factor in the prevention of Heart Disease, Diabetes and Cancer

FOOD LABELS

**BALANCED
SCHOOL DAY**

**THE TROUBLE WITH
TRANS FATS**

**FAST FOOD
Vs.
HOME MADE**



Through partnerships, the Community Heart Health Network promotes sustainable and supportive environments that assist individuals in Wellington-Dufferin with healthy lifestyle choices.

www.hearthealth.on.ca

Nutrition

Improve your Shopping Savvy

The average grocery store has over 10,000 products with new items appearing on shelves frequently. Making healthy choices can be a daunting experience for shoppers. *Which type of oil is best? Are there really any health benefits to the omega 3 eggs that have recently appeared on store shelves? How do you know if a food contains trans fats?*

These and other questions are answered during supermarket nutrition tours provided by the Wellington-Dufferin-Guelph Health Unit. Supermarket Tours are interactive, educational sessions designed to help participants make informed, healthy choices when shopping. Tours are approximately 1 hour long and are led by a dietitian or Community Food Advisor. Community Food Advisors undergo training provided by the Health Unit to enable these volunteers to provide community presentations on a variety of food related topics. Potential topics that could be covered during a supermarket tour include...

- meal planning
- making healthy food choices
- shopping strategies and saving money in the grocery store

Supermarket tour participants have the opportunity to ask questions, contribute ideas and perhaps even sample a variety of healthy choices!

So get Savvy and CALL the Wellington-Dufferin-Guelph Health Unit today to book your next Supermarket Tour! 519-843-2460



Balanced School Day

Many schools have adopted a new schedule for breaks and recess called the Balanced School Day. If your child's school has changed to this new schedule and you are wondering how to pack your children's lunch here is a sample two-day lunch/snack schedule.

For more ideas, check out www.wdghu.org and click on *Health Topics - School Health - Parent Corner*. This site contains lots of lunch planning ideas, recipes and healthy choices kids will eat!



School Day 1

First Nutrition Break

- Yogurt
- Apple
- Sunflower or pumpkin seeds

Second Nutrition Break

- Whole wheat tortilla or pita with salsa and shredded cheese
- Cucumber slices
- Milk

School Day 2

First Nutrition Break

- Cheese and baked crackers
- Water
- Grapes

Second Nutrition Break

- Whole grain breadsticks wrapped with cold deli meat
- Green/red pepper rings
- Milk

We would love to hear your lunch planning suggestions and ideas. Email us at...

hthealth@wdghu.org

Healthy eating, balanced with an active lifestyle, is essential to help your child maintain or reach a healthy weight. For ideas on how your school can create an active playground check out Recess Revival information at:

www.wdghu.org

Click on *Health Topics – School Health Programs – Teachers Corner/Resources – Health Unit Resources, Recess Revival*. View the information under the title *Physical Activity & Fitness*. Or contact the Health Unit at **519-843-2460**

School Nutrition Project a Huge Success!

The Community Heart Health Network supported the development of a pilot nutrition project in several schools in Wellington and Dufferin Counties. "Schools have an important role to play in the nutritional health of children now in the years to come," notes Doreen Henderson, a community dietitian at the Wellington-Dufferin-Guelph Health Unit. Henderson indicates that the School Nutrition Action Campaign (SNAC) has resulted in many

positive changes in participating schools including improved nutrition environments in schools and more healthy choices in childrens' lunches. Victoria Terraces school nurse Joan Heath states, "We are seeing more fruits and vegetables, more whole grain products and fewer pre-packaged foods such as candy, commercial baked goods, chips and fruit drinks. Heather Boswell, Victoria Terrace Public School principal, has eagerly embraced this new

project and initiated many positive changes in the school nutrition environment. The CHHN is supporting the addition of an active living component to the SNAC project for the next school year. "An alarming number of children in Canada are at risk for being overweight or obese. This is a serious public health issue and can no longer be ignored", Henderson said. "Sadly, few children reach Health Canada's recommendations for either fruit and

vegetable consumption or daily physical activity that are so important for healthy growth and development".

If your child's school would like to explore participating in this innovative project contact the Wellington-Dufferin-Guelph Health Unit at 843-2460.

Nutrition

Dining Out? Choose Eat Smart!

Our hectic lifestyle includes eating out more often than before. We all want great taste, convenience and value... but what else do you look for in a restaurant or cafeteria? Healthy choices on the menu? Safe food handling? More non-smoking seating?

The Wellington-Dufferin-Guelph Health Unit is pleased to offer **Eat Smart!** Ontario's Healthy Restaurant Program to our communities. The **Eat Smart!** symbol is your guarantee that a restaurant or cafeteria offers you a variety of healthy food choices on the menu and upon request, has kitchen staff certified in safe food handling by Public Health, and is 100% smoke-free. Award winners have been inspected by Public Health Inspectors to ensure that all **Eat Smart!** standards have been met.

By promoting restaurants and cafeterias that offer healthier choices, **Eat Smart!** hopes to encourage people to choose these establishments and make healthier choices when they eat out. Winners are awarded an **Eat Smart!** certificate, receive door decals identifying them as an **Eat Smart!** winner, and are promoted locally. For a list of winners throughout Ontario, visit...

www.eatsmart.web.net

Winners in Wellington-Dufferin-Guelph are:

Guelph

- Arby's
- Bagel Schmagel Café
- Cally's Restaurant
- Capistrano Caffé Bar
- Carden Street Café
- Caribou Creek Grill & Bar
- Curry In A Hurry
- David's Country Dining
- East Side Mario's
- Golden Griddle
- Gryphs Sports Lounge (U of G)
- HAFA Restaurant (U of G)
- La Fontana
- Latino's Restaurant
- Mr. Sub (23 Wellington St. E)
- Old Fashioned Deli
- Other Brother's Restaurant
- Pages Coffee House (U of G)
- Portly Penguin Tap and Grill
- Subway (247 Eramosa Rd.)
- Subway (666 Woolwich St.)
- Williams Coffee Pub
- With the Grain

Wellington County

Elora

- Dalby House Smoke-Free Lounge
- The Elora General Store
- Gorge Country Kitchen

Erin

- Uptown Restaurant and Grill

Fergus

- Fountain Head Veggie Café

Mt. Forest

- Le Coffee Nog

Palmerston

- King Hotel Restaurant

Rockwood

- Out to Lunch

Dufferin County

Orangeville

- Baba Ganoush
- Greystones Inn
- Hockley Valley Resort
- Kings Buffet
- The Village Coffee House

The Cafeteria Program is designed to help workplaces provide and promote healthy eating. Qualifying workplace cafeterias must be 100% smoke-free, in addition to meeting the nutrition and food safety requirements. Current winners of the **Eat Smart!** Workplace Cafeteria Award are:

Guelph

- Evergreen Seniors Centre
- Guelph General Hospital, Balcony Bistro
- Homewood Health Centre
- Cooperator's Insurance (MBM Food Services Ltd.)
- McNeil Consumers Healthcare (Eurest Dining Services)
- YMCA-YWCA of Guelph

Wellington County

Mt. Forest

- Louise Marshall Hospital;

Palmerston

- Palmerston District Hospital.

Dufferin County

Orangeville

- Headwaters Health Care Centre

Proper nutrition is important in the prevention of many health conditions, such as obesity, cancer and heart disease. Establishing healthy eating habits in childhood and adolescence helps to ensure normal growth and development. This year's **Eat Smart!** Award winners include several local school and workplace cafeterias. The **Eat Smart!** School Cafeteria Program helps set the groundwork for youth to develop healthy eating habits for their lifetimes. School Cafeterias with the **Eat Smart!** Award are:

- Centennial C.V.I. (Guelph)
- St. James High School (Guelph)
- Centre Wellington District High School (Fergus)

Local partners of the **Eat Smart!** program include the Wellington-Dufferin-Guelph Health Unit, Community Heart Health Network, the Heart and Stroke Foundation of Ontario and the Canadian Cancer Society. Whenever you are eating lunch on the go or dining out with your family, make the wise choice...choose **Eat Smart!**



Eat Smart!

Ontario's Healthy Restaurant Program

Eat Smart!

Ontario's Healthy Restaurant Program

Healthy Menu Choices • Safe Food Handling • More Non-Smoking Seating

Dining Out?
Lunch on the Run?

Choose
Eat Smart!

Over 25 local winners



www.eatsmart.web.net

www.hearthealth.on.ca

How do you compare?

“You’ve come a long way baby!”

With automatic washing machines, dishwashers and microwave ovens, meals in a bag, meals in a box, oven ready meals, dehydrated meals and more! Just add water or “nuke” for 10 mins. Simply heat and serve. Sounds great - doesn’t it?

It’s hard to imagine life in our grandmother’s time, without the time saving conveniences we now take for granted. But some aspects of our grandmothers’ lives were healthier than our own. Their hard labour certainly provided healthy physical activity and they used plenty of fruits and vegetables, grown locally. Our cost for convenience and labour saving meals is trans fats, saturated fats, hidden fats, hidden calories, sugar, salt, and all those unpronounceable items in the ingredient list that contribute to the epidemic society is now facing: obesity. As we so often have learned, progress does come with a cost. Our price for progress appears to be obesity.

Did you know that 2 in 5 women in Canada are overweight and are at an increased risk of obesity and therefore, heart disease and cancer? Moreover, 59% of women in Canada are inactive. This inactivity and poor nutrition presents a huge cost to our families, our own lives and society. Women have turned to convenience foods in an attempt to find time.

Does convenience food really save time? Does it save money?

What exactly are the hidden costs? Can we make homemade nutritious meals in a short time and still allow for the juggling of home, kids, work, family responsibilities and finding some time for ourselves? Heart Health Coordinator Karen Armstrong and Health Unit Community Dietitian Doreen Henderson went on a mission to find out.

First Stop: the Grocery Store

At the local grocery store and fast food drive-thrus, Doreen and Karen checked prices to determine if homemade meals were cheaper. Navigating through all the aisles and the 15,000 or more products was more complicated than we expected. It’s no wonder the average shopper is overwhelmed at times. Karen and Doreen took a closer look at the financial costs, the nutritional impact of fast food and the hidden costs.

“We even included an estimate of our preparation time” noted Karen.

Interestingly enough, when Karen and Doreen finished their task fast food did not fare well in any department – cost wise, nutrition, or time wise.

The chart is a summary of their findings...

FAST FOOD vs

	CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
McDonald's Drive-thru	<ul style="list-style-type: none"> • 6 Chicken McNuggets • Medium Fries • Medium Coke \$6.73	10 min. to start car, drive to fast food outlet, wait in drive-thru line-up, pay & pick-up \$3.33 Garbage \$0.25	<ul style="list-style-type: none"> • High calories • High fat • High trans fat • High sugar • High salt <i>Low nutritional & cost-saving value</i>
		Total Cost: \$10.31	

	CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
Kraft Pizza Lunchable	<ul style="list-style-type: none"> • 3 small pizza crusts • Pizza sauce • Processed cheese • Pepperoni sausage • Kool-Aid Jammer • Small Butterfinger (chocolate bar) \$3.98	Packing Lunch Bag \$0.67 Grocery Shopping Time \$1.00 Garbage \$0.25	<ul style="list-style-type: none"> • High in fat • High in sugar • High in salt • Source of trans fat • Very low nutritional value <i>Not a wise choice!</i>
		Total Cost: \$5.90	

	CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
Store Bought Lunch Items	<ul style="list-style-type: none"> • Instant Noodles in Powdered Soup Base • Gold Fish Crackers(10) • Sport Drink (e.g., Gatorade) • 2 chocolate chip cookies • Chocolate Pudding \$1.23	Grocery Shopping Time \$1.00 5 minutes of prep Time \$1.67 Reusable Containers \$0.20 Garbage \$0.25	<ul style="list-style-type: none"> • Very high in fat • Very high in trans fat • Very high in salt • Pop has no nutritional value • High in sugar • Low in nutrients & fibre • Sports drinks not necessary during regular daily activities <i>Terrible choices for nutrition & the environment!</i>
		Total Cost: \$5.15	

	CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
Kids Lunch	<ul style="list-style-type: none"> • 2 packages Mini Cheese & Cracker • Sandwiches • Fruit Roll Up • Cookies Dunked in Icing • Tetra Pak Fruit Drink \$2.53	Grocery Shopping Time \$1.00 5 minutes of prep Time \$1.67 Garbage \$0.25	<ul style="list-style-type: none"> • Lots of trans fat • High in sugar • High in salt • Low in fibre • Poor nutritional value <i>Poor value for the dollar!</i>
		Total Cost: \$5.45	

* Prep time based on \$20.00/hour. Please note that all prices will vary depending upon store.

HOMEMADE

Chicken on a Bun

CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
<ul style="list-style-type: none"> • Chicken Breast on a Whole Wheat Bun with tomato, lettuce & ultra low fat mayonnaise • PC Natural Spring Water • Baby Carrots • Clementine \$2.16	10 min. to cook chicken (use leftover chicken from supper) & put in containers \$3.33 Reusable containers (one-time cost) \$0.10 Grocery Shopping Time \$1.00	<ul style="list-style-type: none"> • High in vitamins • Low in fat • Good source of fibre • Low in trans fats • Low in sugar • Low in salt <i>High in nutrients & low in cost</i>

Total Cost: \$6.59 (Savings: \$3.72)

Homemade Pizzas

CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
<ul style="list-style-type: none"> • Mini pizzas made with 3 -1/2 English muffins, sauce, pre-shredded mozzarella cheese, red pepper, mushrooms & pepperoni. • Apple Juice in reusable container • Yogurt \$1.52	7 minutes to prepare & put juice in reusable container \$3.33 Reusable containers (one-time cost) \$0.10 Grocery Shopping Time \$1.00	<ul style="list-style-type: none"> • High in calcium • High in vitamins • Low in fat • Good variety of nutrients • Source of fibre <i>Low in cost & tasty too!</i>

Total Cost: \$4.90 (Savings: \$1.00)

Homemade Lunch

CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
<ul style="list-style-type: none"> • Leftover soup with Pasta & Vegetables • Ancient Grain Snack Crackers (PC) • 2 oatmeal raisin cookies • Homemade Pudding • Milk \$1.40	15 minutes for prep time for soup, 2 cookies and packing lunch \$5.00 Reusable Containers \$0.20 Grocery Shopping Time \$1.00	<ul style="list-style-type: none"> • Excellent source of calcium, Vitamin D, B & protein • Good source of fibre <i>Takes a little more time but makes up for it in nutritional value!</i>

Total Cost: \$7.60

Homemade Kids Lunch

CONTENTS	HIDDEN COSTS	NUTRITIONAL VALUE
<ul style="list-style-type: none"> • Cheese & Crackers • Veggies & Dip • Fruit Salad • Water \$1.31	Grocery Shopping Time \$1.00 10 minutes of prep time \$3.33	<ul style="list-style-type: none"> • Water is free! • Good source of calcium • Lots of disease fighting phytochemicals <i>Isn't it worth it to spend the extra 19 cents?</i>

Total Cost: \$5.64

Hidden Costs

The hidden costs of fast food are tremendous. Rural communities in particular should be concerned that the economic benefits of food processing are not passed on to our local farmers. "There is a huge mark up that occurs along with the processing of food. A 10 pound bag of potatoes cost only \$1.49. That's quite a mark up when you consider that a (250 gm) bag of potatoes chips costs about \$2.19. The profits do not go to our local growers but are recouped by national and international food companies ..."

Another societal cost of the common use of pre-packaged foods is having a whole generation of boys and girls grow up that are not acquiring basic cooking skills, let alone the nutritional impact – diabetes, heart disease, cancer, stroke and more!

What We Have Learned?

Planning – and surprisingly little of it – is the key to nutritious lunch at work and school.

When fast food is compared to homemade lunches they rate much lower on the nutrition scale, have an environmental cost (lots of throw away packaging) and contrary to popular opinion are as expensive if not more expensive than homemade – and that includes the cost of our preparation time!! We also learned that making healthy lunches takes 10 minutes in the morning and buying unhealthy food takes 10 minutes in the afternoon. Hmmm...

"These days so many costs are fixed that another look at the grocery cart might be a good idea". We are not suggesting never let another processed food item pass your door step but consider some alternatives to convenience items and when time permits some food prepared from scratch. You can use the money you save to buy the new wardrobe you will need now that you have lost all that weight!



Experts agree that trans fats are worse for your health than saturated fats. Most trans fat comes from fast food, commercial baked goods, snack foods and stick and tub margarines (hard).

How much should you have?

There is no safe level of trans fat. Foods containing trans fat should be avoided. See the label reading section for more information!

Season and store location. Taxes included where appropriate. Pricing completed December 2003.

Nutrition

READ ANY GOOD LABELS LATELY?

Read any good labels lately? New labels will soon be found on almost all the best sellers in a grocery store near you. Health Canada has updated the nutrition labeling laws. Starting in January 2003 and continuing for the next 3 years, large food manufacturers will be changing the look of their labels to comply with the new regulations.

Based on the successful format developed in the United States, the nutrition facts will make it easier to make informed choices in the grocery. Since many of us make most of our choices in the grocery store, it just makes sense that the information is found where we can use it.

Most shoppers decide what they are going to buy in the grocery store. Ask a Canadian what's for dinner tomorrow night and 6 out of 10 of us won't know. 1 in 10 don't know at 4 o'clock what is for dinner.

Nutrition labeling will be mandatory on all food products with a few exceptions:

- Fresh fruit and vegetables
- Raw meat and poultry except for ground meat and poultry
- Fresh fish and seafood
- Food prepared and sold in restaurants, cafeterias and vending machines
- Foods prepared from mixes sold in a store i.e. bakery items or small amounts of food packaged at a store and sold on site
- Foods with insignificant nutritional value such as coffee beans, herbs and food colours
- Alcoholic beverages

Any food that has a nutrition claim, added vitamins or minerals or sweetener such as aspartame **must** include nutrition facts table.

Anatomy of a label

Use the Nutrition facts, Ingredient list, and the nutrition labeling claims to make informed choices in the grocery store.

Nutrition Facts

- Are almost always present (see exceptions).
- Helps you evaluate the nutritional value of item.
- Can be used to compare 2 products to determine which is a better nutritional choice.
- Can help control intake of certain nutrients such as fat and salt.

Calories and Core Nutrients

The Facts table lists Calories and 13 core nutrients; fat, saturated + trans fat, cholesterol, sodium, carbohydrate, fibre, sugar, protein, Vitamin A, Vitamin C, calcium, and iron.

Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Serving size Information

Nutrition Facts are based on a specific amount of food. Compare this to the amount you eat.

- It will always be listed directly under the title "Nutrition Facts".
- It is listed in an amount that we can identify such as 1/2 cup or 125 ml.
- All the nutrition information listed on the label is given for this amount of food.
- The listed serving size is not necessarily the recommended serving size. The amounts listed may be different than the amount listed in Canada's Food Guide to Healthy Eating. In the Food Guide a serving of juice is 125 ml or 1/2 cup, while the serving size of juice on a label is usually based on 250 ml or 1 cup.
- The manufacturer must use an amount that has been set in the regulations by Health Canada.
- Since we normally eat the entire package of a single serve food, the nutrition information is always listed for the entire package.

% Daily Value

Use % Daily Value to see if a food has a lot or a little of a nutrient.

- You don't need to know your nutrient requirement to use this information.
- The value is calculated using the highest recommended intake for each age and sex group. For example, the Daily Value for iron is 14 mg, which is the amount of iron a teenaged girl needs. Teenage girls need more iron than any other group, excluding pregnant and breastfeeding women. You may no longer be a teenaged girl, but you can still use this info to choose foods that are high in iron.
- If a serving of food contained 2 mg of iron, the % Daily Value would be 15% and the food is considered high in iron. As a consumer, you don't need to know your how many milligrams of iron you need each day to choose a high iron food.

Nutrition Content Claims

- Are optional
- Can be used to identify foods for example that is "low fat" or "fat free".
- Government regulations outline what criteria the food must meet before the manufacturer can use the claim.
- Down side to these claims: may make one brand appear to be a better choice when in fact there is no difference between two similar products.
- Check the facts. It is important to still use the Nutrition Facts to check the overall value of the food. A food listed as fat free may still be high in Calories.

+ VERY HIGH IN FIBRE + LOW IN FAT
 + NO PRESERVATIVES
 + GOOD SOURCE OF 9 ESSENTIAL NUTRIENTS
 + SOURCE TRÈS ÉLEVÉE DE FIBRES
 + FAIBLES EN GRAS + SANS AGENT DE CONSERVATION
 + BONNE SOURCE DE 9 ÉLÉMENTS NUTRITIFS ESSENTIELS

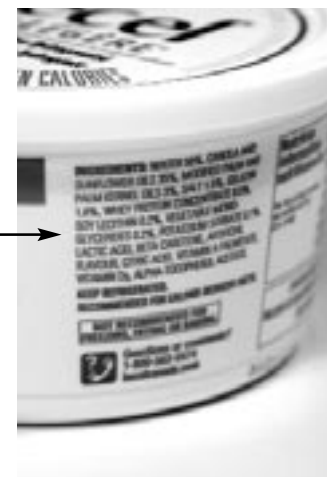
Nutrition Facts / Valeur nutritive

Health Claim

- This is a new feature in Canada.
- A limited number of claims may be included if the food meets the standard set by Health Canada.
- Here are just a sample of health claims that you will be seeing on labels:
 - *A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer.*
 - *A healthy diet low in saturated and trans fat may reduce the risk of heart disease.*
 - *A healthy diet low in sodium and high in potassium may reduce the risk of high blood pressure.*
 - *A healthy diet adequate in calcium and vitamin D may reduce the risk of osteoporosis.*

Ingredient list

- Must always be present.
- Ingredients are listed in descending order by weight.
- You can use to identify any ingredients to which you are allergic.
- You can use to identify sources of certain nutrients: for example items containing enriched flour will contribute to your iron and folate intake.



Nutrition

THE TROUBLE WITH TRANS FAT

Trans fat is a specific type of fat formed when liquid oil is changed into a solid fat such as shortening or hard margarine. This process is called hydrogenation since hydrogen is added to oil in order to make oil solid at room temperature. Food manufacturers use hydrogenation to increase the shelf life of a product.

Trans fat behaves like saturated fat in our bodies by increasing LDL or bad cholesterol. But unlike saturated fat, it decreases the HDL or good cholesterol, thus increasing the risk of heart disease. Trans fats are found primarily in vegetable shortening, some margarines, crackers, cookies, snack foods, and other foods made with partially hydrogenated oils.

The best way to reduce your intake of trans fat is to reduce the amount of commercially prepared foods you eat. Making more food from scratch lets you decide what type and how much fat or oil you use.

By the end of 2005 all foods with a few exceptions will include Nutrition Facts on the label. Trans fat content must be declared. This will make it easy to determine if the food contains trans fat. Until then, you can calculate how much trans fat a product contains, by doing some simple math.

Total fat: 8 grams

Polyunsaturated 2 grams
Monounsaturated 1 gram
+ Saturated 3 grams

Step 1: Add the number of grams of polyunsaturated, monounsaturated and saturated fat.

$$2+1+3= 6 \text{ grams}$$

Step 2: Subtract the number from step 1 from the total grams of fat.

$$8-6=2$$

This product contains 2 grams of trans fat.

Note: Trans fat content is optional on food products specifically designed for children under the age of 2 years.

Putting it all together. Food is one of life's great pleasures and enjoying food is part of healthy eating. Food is a part of celebrations with family and friends. It nourishes our bodies; provides energy to get us through the day and in the right balance helps us stay at a normal weight.

Nutrition labeling helps complete the circle for healthy eating. Nutrition Recommendations are science based nutrient recommendations, Canada's Food Guide to Healthy Eating translates the science into food choices and nutrition labelling provides the nutrient based information to help make the food choices.

For more information about Nutrition Labelling check out the Health Canada website at www://hc-sc.ca. Copies of Canada's Food Guide to Healthy Eating are available from your local Health Unit office or on line.

TEST YOUR KNOWLEDGE

It's 5 o'clock in your local grocery store and you are standing in front of the freezer section trying to find something fast for dinner before you are out the door at 7 to get to the school council meeting. Use the Nutrition Facts on the packages of these 2 products to help you choose the one that is better for your heart.

Use Nutritional Facts to make informed food choices

Compare similar foods to find the one that has less fat and saturated fat

STEAK DINNER

Nutrition Facts	
Per 1 tray serving (295 g)	
Amount	% Daily Value
Calories 460	
Fat 28 g	43 %
Saturated 9 g	
+ Trans 12 g	105 %
Cholesterol 30 mg	
Sodium 960 mg	40 %
Carbohydrate 35 g	11 %
Fibre 3 g	12 %
Sugars 27 g	
Protein 16 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 20 %	Iron 20 %

LASAGNA WITH LEAN MEAT

Nutrition Facts	
Per 1 tray serving (274 g)	
Amount	% Daily Value
Calories 270	
Fat 7 g	11 %
Saturated 4 g	
+ Trans 1.5 g	28 %
Cholesterol 30 mg	
Sodium 520 mg	22 %
Carbohydrate 29 g	9 %
Fibre 4 g	16 %
Sugars 0 g	
Protein 22 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 25 %	Iron 20 %

If you picked the lasagna, you have made the first step towards a heart healthy dinner.



Use Nutritional Facts to make informed food choices

Compare similar foods to that you can choose the healthier one

PRODUCT 1

Nutrition Facts	
Per 2 slices (62 g)	
Amount	% Daily Value
Calories 150	
Fat 1.5 g	2 %
Saturated 0.4 g	
+ Trans 0.2 g	3 %
Cholesterol 0 mg	
Sodium 290 mg	12 %
Carbohydrate 27 g	9 %
Fibre 1 g	4 %
Sugars 2 g	
Protein 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 10 %

PRODUCT 2

Nutrition Facts	
Per 2 slices (64 g)	
Amount	% Daily Value
Calories 140	
Fat 1.5 g	2 %
Saturated 0.3 g	
+ Trans 0.5 g	4 %
Cholesterol 0 mg	
Sodium 290 mg	12 %
Carbohydrate 26 g	9 %
Fibre 3 g	12 %
Sugars 2 g	
Protein 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 10 %

You are trying to increase the amount of fibre you are eating. Which bread should you choose?

Answer: number 2 (Source: Nutrition labeling tool kit for educator's, Health Canada, 2003)

Nutrition

Heart & Stroke Foundation Warns FAT is the NEW TOBACCO

According to the Heart and Stroke Foundation's Annual Report Card on Canadians' Health, the increasing number of overweight and obese Canadians now poses one of the greatest threats ever to public health in this country.

"The prevalence of this serious health risk is almost exactly what we faced with tobacco use 30 years ago – when half of Canadians smoked," says Dr. Anthony Graham, Heart and Stroke Foundation spokesperson and cardiologist. Since that time, smoking rates have dropped by half - but during those same three decades, we've been losing ground in the area of overweight and obesity.

Heart and Stroke Foundation Report Card on Canadians' Health Overweight and Smoking

Rates among Canadian adults:	Early 1970s	2000/01	% Change
Smoking (Aged 15+)	47%	22%	53% decrease
Overweight (BMI > 25; Aged 20-64)	40%	47%	18% increase
Obese (BMI > 30; Aged 20-64)	10%	15%	50% increase

Obesity (defined as a Body Mass Index or BMI > 30) can increase a person's risk of developing heart disease or stroke by 50%.

"We continue to face the impact that tobacco use has on our society," says Dr. Graham. "At the same time, we are confronted by the reality that almost half (47%) of Canadians are overweight or obese."

In fact, according to the Heart and Stroke Foundation, almost two-thirds (12.1 million) of Canadian adults (age 20-64) are overweight and/or smoke.

Recent US-based studies indicate that those who are obese can lose more than 10 years of life compared to their normal-weight peers. Obesity and smoking is a double-barreled threat that can cost even more years of life.

Heart and Stroke Foundation research has shown that the number of deaths in Canada attributable to overweight and obesity has almost doubled over the past fifteen years, increasing from 2,514 in 1985 to 4,321 in 2000.

Tipping the scales the other way

To help Canadians win the battle of the bulge, the Heart and Stroke Foundation is working with national health organizations to encourage all levels of government to commit greater resources to public health and to preventing chronic disease.

Through the HealthCheck™ program (www.healthcheck.org), the Foundation is working with the food industry to help consumers identify healthy food choices. Over 70 manufacturers offer almost 400 products displaying the HealthCheck™ symbol. These products have been reviewed by the Heart and Stroke Foundation and they meet established nutrient criteria based on Canada's Food Guide to Healthy Eating.

The Foundation also supports obesity-related research, and we are targeting strategic funds to this critical health issue. The Foundation is providing \$1 million in initial funding to two multidisciplinary teams – 21 expert researchers - to examine the biological, social, behavioural and environmental aspects of obesity. Additional awards to individual researchers will be finalized by March 2004, furthering Canadian research capacity and expertise in obesity.

The Heart and Stroke Foundation also offers a number of health information resources including: an easy BMI test to see if you fall into the overweight danger zone, www.heartandstroke.ca/yourhealthtools. Canadians can also easily order the Healthy Habits, Healthy Weight booklet and take the Heart & Stroke Risk Assessment Test, available via www.heartandstroke.ca or the toll-free number 1-888-HSF-INFO (1-888-473-4636).

Community Heart Health Network PARTNERS

- Active Living Guelph
- Canadian Cancer Society, Dufferin Chapter
- Canadian Cancer Society, Wellington Chapter
- Centre For Families, Work and Well-Being
- City of Guelph
- Credit Valley Conservation Authority
- Dufferin County Early Years Centre
- Dufferin-Caledon Health Care Centre
- Evergreen Senior's Centre
- Garden Fresh Box
- Grand River Conservation Authority
- Guelph Community Health Centre
- Guelph Eramosa Township
- Guelph Hiking Trails Club
- Groves Memorial Community Hospital
- Guelph General Hospital
- Health & Performance Centre
- Heart & Stroke Foundation
- Homewood Health Centre
- Masahiro Design
- North Wellington Health Care Corporation
- Out To Lunch Café
- Guelph Township
- St. James High School
- The Ontario Rural Council
- Training Solutions
- University of Guelph
- Waterloo Region-Wellington-Dufferin District Health Council
- Wellington County Land Stewardship Council
- Wellington-Dufferin-Guelph Health Unit
- WellServe Health Care Management
- Volunteers (3)

The Community Heart Health Network (CHHN) focuses on projects that address healthy eating, being active and smoke-free. When the Ontario Ministry of Health & Long-Term Care initiated heart health funding in 1997 the CHHN was established in Wellington and Dufferin Counties.

In November 2002 the Ministry announced another five years of funding – until March 31, 2008.

It is through the creation of a supportive environment that our community will strive to:

- Enable all residents of Wellington-Dufferin to actively reduce their modifiable chronic disease risk factors (smoking, physical activity, unhealthy eating, stress)
- Reduce the rate of disability & death caused by chronic disease (cancer, heart disease, diabetes, stroke) in Wellington & Dufferin Counties.

Contact Karen Armstrong for more information or to become a member call...

519-941-0760

or email... karen.armstrong@wdghu.org

HeartSmart™ Women

The Wellington/Dufferin Heart and Stroke Foundation presents...

The "Love Your Heart Approach" to Happy, Healthy, Harty Living

with

Pamela Tracz

Professional Motivational Speaker and Author, Pamela Tracz, uses her extensive background as a Registered Nurse of 36 years as a guide to motivate the audiences to which she speaks.



**Wednesday, March 31st, 2004
8:00am-10:30am**

Cutten Club: 190 College Avenue East, Guelph
Tickets: \$15.00 in Advance & \$20.00 at the door
Event includes Breakfast & Silent Auction

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