



# The DHAT Comm

APRIL / MAY 2009

You can help your children eat well by:

- Setting a good example
- Eating healthy foods more often
- Offering meals and snacks at regular times, and
- Giving your kids a variety of foods at meals and snacks.

## INSIDE THIS ISSUE:

- Healthy Eating on a Budget 2
- Midwest Recreation Dates. 2
- Heart Walk- 3
- Smoking: Did You Know? 3
- Portion Tips 4

## DHAT Nominated for Award!

I am so excited... DHAT has been nominated for the Manitoba Healthy Living Award! When I started working for DHAT, I had no idea how satisfying it would be. Of course it's been very challenging too. Between the weather and lack of interest at times... there have been roadblocks along the way... but mostly you have welcomed our ideas about preventing chronic illness with open arms. It's

because of you our readers and supporters that we feel successful in our programming. Thank you for your support in all we do—and I'll keep you posted on what happens at the awards ceremony! Whether we win or not... I'm still proud to be part of the Daily Health Awareness Team—and associated with all we do in the community.

Kerri Wilson

## Cooking Classes—A success!

This winter DHAT hosted several cooking classes. We made a few very healthy recipes, but due to time shortages we were unable to share a few really interesting ones with the attendees. So we decided to share them here with you!

### Chickpea Chocolate Chip Cookies

- $\frac{1}{2}$  cup non-hydrogenated margarine
- $\frac{1}{2}$  cup unsweetened applesauce
- 1 cup brown sugar
- 1 cup of chickpeas
- 1 teaspoon vanilla
- 2 eggs
- $1\frac{1}{2}$  cup all purpose flour
- 1 cup quick cooking rolled oats
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon
- 2 cups chocolate chips

Preheat oven to 375, puree chickpeas in food processor, Cream together margarine, applesauce, sugar, and chickpeas. Stir in Vanilla and eggs. Combine dry ingredients, add to chickpea mixture. Mix in chocolate chips, Drop by spoon onto a greased cookie sheet, Bake for 12-14 minutes.

I have personally had these fiber filled cookies and they were FANTASTIC!

# Healthy Eating on a Budget



Remember...  
glucose,  
fructose and  
other words  
that end in  
'ose' mean  
sugar.

## GRAIN PRODUCTS

- Look for bargains on day-old bread and bakery products.
- Buy plain rice, oatmeal and pasta instead of the instant and flavoured kinds. Add your own flavourings such as cinnamon or applesauce to oatmeal.
- Avoid fancy pasta shapes.
- Buy grains, pasta and cereals in bulk and stock up when they're on sale.
- Try brown rice and whole grain breads and cereals to make your meals healthier and more interesting.

## MILK AND MILK PRODUCTS

- Buy fresh milk, cheese and yogurt in the largest size you can use.
- Buy skim or 1% milk – except for children under the age of two. They should have whole milk.
- Avoid prepared products like grated cheese, cheese strings and yogurt in tubes.

## VEGETABLES AND FRUIT

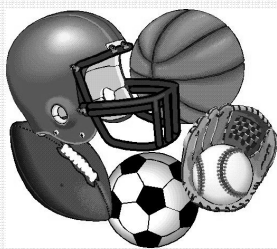
- Buy fresh fruits and vegetables when they are in season.
- Don't buy mushy fruits or vegetables.
- Buy small pieces of fruit to avoid waste.

- Buy frozen fruit juice.
- Buy 100% fruit juice.
- If you buy canned fruit, pick a kind that's packed in water or unsweetened juice instead of sugary syrup.
- Buy large bags of frozen vegetables.
- Avoid buying frozen vegetables with sauces or flavours added.
- Avoid buying prepared raw vegetables like carrot and celery sticks. They cost a lot more. Buy them whole, and cut your own.

## MEAT AND ALTERNATIVES

- Avoid buying meats that come with sauces, stuffing or flavourings.
- Compare meat prices based on the number of servings you get.
- Buy chicken backs and necks. They are very cheap to buy, and give you enough meat for a big soup or stew.
- Buy plain frozen fish instead of the kind with batter.
- Stock up on dry or canned beans, peas and lentils when you can. They give you the same food value as meat – at a much lower cost.

## Midwest Rec— Spring's Here!



April 18 – Baseball Umpire Clinic

April 19 Softball Umpire Clinic

April 24 & 25 Triple H Rodeo

April 26 High School Rodeo

June 5 Aquatic Centre Opens

12-14 Manitoba High School rodeo

Provincial Finals

TBA – first Aid/CPR courses

TBA Golf Lessons

TBA – AWSI & WSI courses for Aquatic Centre

Call Bonnie at 764-3050 ext 106 for more info

# HeartWalk - A basic get started guide for all

The HeartWalk Workout is a special exercise program developed by the Heart and Stroke Foundation to help people with cardiovascular problems get regular, healthy exercise. It has been approved by healthcare professionals and is widely used in Canada. Before starting any physical activity program, check with your doctor first.

## When to start

Start off slowly. Follow the program just as is. At first, resist the urge to walk longer. If you overdo it, you may feel sore and tired afterwards and get discouraged. If 10 minutes is too much to start, walk just five minutes. You may continue to follow the program by adding five minutes to your walking as it progresses. Keep track of your progress on a calendar or in a daily journal.

## How it works

Weeks 1 and 2: Walk every **second day**.

- ✦ Walk 10 minutes

Set an easy pace the first week, go a little faster the second week.

Weeks 3 and 4: Work out **FOUR** times a week.

- ✦ Walk 10 minutes;

- ✦ Set a little faster pace;
- Speed up and go further the fourth week.

Weeks 5 and 6: Work out **FIVE** times a week.

- ✦ Walk briskly for 25-30 minutes;
- ✦ Start to pump or swing your arms;

Walk up gentle hills; lean forward a little when going up hill.

## Workout tips

- ✦ Find a walking partner. Keep each other motivated!
- ✦ If the weather is too hot or cold, walk indoors instead.
- ✦ Match clothing to weather. If it's cold, layer clothes. If it's hot, wear light, cotton clothing

If you've had open heart surgery or a heart attack, ask your doctor about a cardiac rehabilitation program.

## Program goal

Build up your exercise tolerance until you can walk at least 30 minutes, five times a week.

Feeling great? Build up to an hour!

Save time  
and money  
by planning  
for leftovers.

## Did you know?

- After fifteen years of stopping smoking your risk of heart attack and stroke is almost the same as that of a person who has never smoked.
- 12 hours after quitting almost all the nicotine is out of your system!
- Stopping smoking reduces the incidence and progression of lung disease including chronic bronchitis and emphysema.
- Five days after quitting most nicotine by-products have gone



<http://www.mb.lung.ca/>

The DHAT.comm is a publication of the Daily Health Awareness Team (DHAT) in partnership with Midwest Recreation, the Assiniboine Regional Health Authority (ARHA), and Manitoba Health. DHAT is currently working on Manitoba Health and Healthy Living's Chronic Disease Prevention Initiative (CDPI) by providing community based programs and activities focusing on preventing chronic illnesses by modifying lifestyle factors such as diet, physical activity and tobacco reduction.



## Portion Tips:

Here are some tips to help you stick to your ideal portions whatever the situation.

### **Eat high quality; low quantity**

Real food with great flavor is more satisfying than diet or convenience foods that are filled with chemicals.

### **Make time to eat**

It takes 20 minutes for your stomach to signal your brain that you're full.

### **Shut the TV or computer**

### **Have a snack mid-morning and mid-afternoon**

The ideal meal plan is to have three balanced meals and two snacks a day. About 1 oz (28g) of almonds, pecans, or walnuts, a 1/2-cup (123g) nonfat yogurt, or a helping of raw vegetables such as celery, carrots, broccoli or cauliflower florets all make great snacks.

### **Eat as a family**

Try to sit down to dinner as a family. The focus on conversation and the day's events helps you relax and savor your dinner.

### **Portion out your snack foods**

For example; divide a 10oz (283g) package of

nuts into 10 small plastic bags. Make sure you only eat one bag at a sitting, and put the rest away where you can't see them.

### **Don't eat out of the bag or container**

Take the food out of the bag or container and put it in a bowl. That way you can see exactly how much you're eating.

### **Eat foods that are filling**

Eating more vegetables with your meal will help fill you up on good-for-you food and will stop you grabbing for some junk food half an hour later.

### **At the supermarket**

Don't shop on an empty stomach. Make a list of exactly what you need and stick to it. Buy enough vegetables to last a week. Avoid the bargain – buying large-size packages isn't a bargain if they cost you a new pair of pants.

### **Start young and give your children good habits**

Make it a rule that they don't eat straight from the container. Instead, measure out their portion. And gather around the table for family mealtimes.

Help meet your weight-loss or maintenance goals by controlling portion sizes.