



Chronic Diseases

Journey Beyond

Winter 2012

Breakfast: A Habit Worth Having

“I am just not hungry in the morning!” “I haven’t eaten breakfast in 30 years.” “I feel hungry all day if I eat breakfast.”

People have many reasons why breakfast is not a part of their routine. Like any worthwhile lifestyle change we make, such as being more active or including more vegetables and fruit, it takes effort and time to establish new habits. The benefits, however, are plentiful if you can. A healthy breakfast refuels your body, jump starts your day and may even benefit your overall health. Although at first you may not be hungry for breakfast, once in the routine, you may actually look forward to it.

Adding in breakfast is an essential part of healthy eating. Evidence suggests breakfast eaters are more likely to:

- Eat more vitamins and minerals – including vitamins A, E, C, B-6, B-12; folate, iron, calcium, magnesium, potassium and dietary fiber.
- Eat less fat and cholesterol.
- Have better concentration and productivity throughout the morning.
- Control their weight possibly by reducing hunger throughout the day and help to make better food choices at other meals. Breakfast eaters tend to be at healthier weights and have less fat around the waist.
- Have lower cholesterol, which may reduce your risk of heart disease. Research indicates breakfast eaters were more likely to have lower levels of total cholesterol, LDL (lousy) cholesterol, and higher levels of the protective HDL cholesterol.

So what is a healthy breakfast? Anything (within reason of course) consumed at breakfast is better than nothing is our motto, as it is the first step towards a healthy breakfast. Think about what you would be willing to eat or drink? Does it need to be something quick and easy to prepare and eat? Does it need to be portable? Would you be more willing to eat if it wasn’t typical breakfast food? Choose food(s) that appeal to you.

Ideally breakfast would consist of food from at least three out of the four categories listed below:

- **Whole grains:** Use whole grain bread, rolls or hot or cold cereal. Choose dry cereals with a minimum of 3 grams of fiber/serving. Research indicates even individuals that consumed sugary, ready to serve cereals consumed at breakfast had an overall higher intake of fibre, decreased intake of total and saturated fat and less daily sugar intake than breakfast skippers. There are, however, healthier choices than these.
- **Protein:** Include peanut butter, nuts, lean meat, chicken, fish or eggs (limit if cholesterol is an issue).
- **Low fat dairy:** Choose skim or 1% MF milk, yoghurt or 20% MF or less cheese.
- **Fruits and vegetables:** Choose from the wide variety of fresh or frozen fruit or vegetable.

Ensuring you have a variety of these categories at meal time will provide a great combination of nutrients that has big health benefits and that can leave you feeling full for hours. Find options for breakfast that suit your tastes and ensure breakfast is on your to-do list. Bon appetite!

Reference: Deshmukh-Tasksr PR; Radcliff JD; Liu Y; Nicklas TA. Do breakfast skipping and breakfast type affect energy intake, nutrient adequacy and diet quality in young adults? NHANES 1999-2002. J Am Coll Nutr. 2010;29(4), 407-418.

Resistance Training: A Brief Review

Resistances training, combined with aerobic exercise, are the basic parts of an exercise program. Resistance training is generally used or recommended to develop and improve muscle strength as well as the size of a muscle. It is a term used to describe using free weights, machines, or your own body weight to effectively work your muscles. Benefits of regular resistance training include:

- improving overall health and well-being
- strengthening muscle
- increasing bone mass
- improving posture
- reducing risk of injury, help reduce falls
- assist in lowering blood pressure.
- help to raise metabolic rate which is important in maintaining a healthy body weight
- improving blood sugars

The equipment used in a resistance program can include dumbbells, exercise tubing, your own body weight, machines, bottles of water, or any other object that causes your muscles to contract. Beginning a resistance training program does not necessarily mean you need to join a gym, as you can use a wide variety of equipment to complete the program right in your own home.

Generally speaking, when you begin a resistance program you should choose 8-10 exercises that incorporate the entire body. Therefore, your program should not consist of just leg exercises or arm exercises but a combination of arm, leg, and core (abdominal) exercises. Beginners will want to start with one set of 8-12 repetitions of each of the 8-10 exercises chosen. Resistance exercises should be completed 2-3 days per week. It is recommended that you do not work the same muscles two days in a row. For example, you should not complete elbow curls on 2 consecutive days. As you progress with your program, you will likely increase to 2-3 sets of each exercise on the days you complete your training program.

The most important part of a resistance program is ensuring that you are able to complete the exercise using correct body posture and technique. Using incorrect posture or beginning with too much weight increases your risk for injury. Some people find it helpful to begin their program while looking in a mirror as you are able to see your technique and make any adjustments or changes as needed.

Before beginning any sort of exercise program including a resistance training program, it is important to speak with your doctor to ensure you are fit enough to begin safely.

For more information regarding a personalized exercise program contact your doctor, physiotherapist or athletic therapist.

By Kyla Brown, Physiotherapist

Brandon-Assiniboine Kiwanis and Healthy Brandon
present

Biggest Loser Challenge 2012

Do you want to lose weight in a healthy and fun way?

Starting January 12, 2012

Put together your team of 4 and join in the fun.
Open to all residents

Cash prize to the first and second place teams that lose the biggest percentage of weight loss.
Individual prizes, incentive prizes and more!

First Weigh In – January 12, 2012 4:00-8:00 pm

Final Weigh In – March 22, 2012 4:00-7:30 pm

Town Centre – 800 Rosser Ave. Brandon, MB

Cost: \$25 per person (\$100 a team)

Payable at first weigh in on January 12, 2012

For more information visit www.healthybrandon.ca

Or call Mari at 578-2194 or Bev at 728-4311

WEIGHT MANAGEMENT SERIES

This 8 week series focuses on healthy eating, changing behavior, emotional eating and getting active.

Tuesday evenings from 6:30—8:00 p.m.

January 24, 31, February 7, 14, 21, 28, March 6 and 13.

Please call 578-2370 to register as space is limited.

GET BETTER TOGETHER!

A program for living better with chronic disease.

Are you sick and tired of being sick and tired?

Or, are you managing well and want to stay that way?

Get Better Together! is for you.

A free program for people living with any kind of ongoing health problem. Six weekly sessions will help you learn to manage your condition better and cope with the challenges. Programs are led by an instructor also living with a health condition.

To register, call 578-4800 and for more information call 578-4823.

Make today the day you kiss tobacco goodbye.

For advice and support on how to break up with tobacco, call your toll-free quit line number or speak to your health care professional including your pharmacist or dental professional.

NATIONAL NON-SMOKING WEEK— WWW.NNSW.CA



RECIPES



Chicken-With-Attitude Soup

Soup or stew? You decide!

2 cups	chopped onion
2 cups	cubed cooked boneless chicken breast meat
1 cup	chopped celery
2 cups	chopped peeled tomatoes with liquid
1	diced sweet pepper (red, green, yellow or a combination)
1	small diced zucchini
1/2 can	chickpeas, no salt added, rinsed
1/2 can	black beans, no salt added, rinsed
900 ml	chicken broth, reduced sodium

This hearty soup is enjoyable with the broth alone. The spices listed below are optional and can be adapted to taste. You can also use a different combination of vegetables you have on hand.

1 1/2 tsp	chilli powder
3/4 tsp	celery salt
1/2 tsp	marjoram
1/2 tsp	pepper
	dash oregano
	dash cayenne pepper

In a large pot, combine all ingredients. Stir together, cover and bring to a boil. Remove or partially remove lid and simmer over medium low heat for 1/2 hour, or until vegetables are cooked and tender.

Makes 10 servings.

Nutrition Facts:

Per serving	
Calories	145
Fat	2g
Cholesterol	52mg
Sodium	291mg
Carbohydrate	12.3g
Fibre	3.5g
Protein	22.0g

Source: Adapted from "Harvested Chicken Stew" from allrecipes.com

Microwave Mustard Herb Chicken

Even though the skin is removed from the chicken (since nearly half the fat is in the skin), this chicken is very moist and full of flavor because of the mustard-herb coating. Microwaving instead of frying the chicken ensures that no extra fat is added.

4	chicken breasts (about 2 lb/1 kg)
2 tbsp	Dijon mustard
2 tbsp	low-fat plain yogurt
1 tsp	dried oregano or 1 tbsp fresh
1/2 tsp	dried thyme or 1 tbsp fresh
	Pepper

Remove skin from chicken. In a microwaveable dish, arrange chicken in single layer with thickest portions toward outside.

In a small bowl, combine mustard, yogurt, oregano, thyme and pepper to taste; spread over chicken.

Microwave, uncovered, at High power for 8 to 10 minutes or until chicken is no longer pink inside, rotating dish after 4 minutes.

Oven Method: Prepare as above. Bake, uncovered, in 350 F oven for 45 to 50 minutes or until chicken is no longer pink inside.

Makes 4 servings.

Nutrition Facts:

Per serving	
Calories	215
Fat	5g
Cholesterol	104mg
Sodium	198mg
Carbohydrate	1g
Fibre	trace
Protein	39g

Source: Lighthearted Every day Cooking, Anne Lindsay, 1991

ASK THE EXPERT

Question: *I have heard that natural herbal products are safer than prescription medications. Is this true?*

Answer:

The word “natural” does not mean safe. Natural products may be harmful when mixed with other herbal products or drugs, or with certain diseases or conditions.

Natural health products, that include herbal products, vitamins and minerals, and homeopathic medicines, have been used by 71% of Canadians. So we do need to talk about it.

Natural Health Products are regulated in Canada with new regulations adopted in 2004. The Natural Health Product Directorate’s mandate is “To ensure that all Canadians have ready access to natural products that are safe, effective, and of high quality, while respecting freedom of choice and philosophical and cultural diversity”.

Some issues that lead to need for regulations included: addition of another product, exaggerated claims, mislabeling, contamination, and no need to prove results.

Labeling requirements include the following:

- NPN (a number just like the DPN on drugs)
- Proper name, common name, and strength of each ingredient
- Quantity of product in bottle
- Recommended conditions of use (includes purpose, dose, duration of use, possible harmful effects of product)
- Name and address of product license holder
- Expiration date



The label helps to safeguard you. No specifics on the label. No NPN. It may be in your best interest to put in back on the shelf.

An assumption by many people is that herbal products are safer than prescription drugs. Note that about 30% of drugs are derived from a plant source, including Metformin, a common drug used to treat diabetes.

Yes, herbal products can have some benefits. But almost all can cause harm as well. Both drugs and herbal products have side effects. One example is garlic can effect clotting time. Ginseng may help improve blood sugars but it also may increase blood pressure.

Talk to your doctor, pharmacist or dietitian if you are taking any natural product. For more information, check online for the Natural Health Product Directorate to see product monographs.

[Arlene Wolfe RD](#)
[Diabetes and Heart Health Promotion](#)

Chronic Diseases Journey Beyond is a newsletter for people with chronic illness providing information on lifestyle management. Chronic Diseases Journey Beyond is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

Chronic Disease Journey Beyond
C/O Diabetes and Heart Health Promotion
Unit A5-800 Rosser Ave.
Brandon, MB R7A 6N5
Phone: 578-2370

Let us know if you would like to receive future newsletters via email.



Thank-you to the following for assisting with printing costs of the Chronic Disease Journey Beyond:

Zellers Pharmacy
Super Thrifty Pharmacy
Medical Centre Pharmacy
Rosser Pharmacy

Wal-Mart Pharmacy
Home Health Care Pharmacy
West-Man Foot Clinic
Clinic Pharmacy

Wheat City Pharmacy
Miller’s Pharmacy
Safeway Pharmacy - Corral Centre, Brandon Shoppers Mall
Shoppers Drug Mart - 18th Street, Victoria Avenue