



Chronic Diseases

Journey Beyond

Spring 2009

Fibre Up

You have heard that you are supposed to increase the fibre in your diet but are you doing it? How much fibre do you need anyway? What does all this fibre do for you? How can you boost your fibre intake?

How much fibre do you need in a day? Well the answer is a lot.

Adequate intake of fibre		
Gender	Age	Grams of Fibre
Male	19 – 50 yrs	30
Male	51 + yr	38
Female	19 – 50 yrs	25
Female	51 + yr	21

Oh, but there is more. If you have **diabetes**, the 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada suggests that adults take in **25 – 50 grams of fibre/day**.

What can the fibre do for your health?

- Laxative effect
- Promote satiety (feeling full) so may reduce energy (calorie) intake which may help with weight loss
- Lower blood sugars
- Lower cholesterol levels
- Protection against heart disease
- Protection against colon cancer is still controversial

And get this, fibre containing foods actually taste good. When asked what type of bread she used, an elderly woman replied, “Whole grain, of course. The white bread is okay, I guess, but it is a little like kissing your brother. You can do a whole lot better.” True Story.

Fibre is found in fruits, vegetables, legumes (dried peas and beans), nuts and grains. Following is an example of a menu with 50 g of fibre.

Breakfast

¾ cup oatmeal	2
2 Tbsp almonds	2
1/2 cup blueberries	2
1 slice whole grain bread	2.5

Snack

1 apple	2.5
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Lunch

1 cup lentil soup (see page 3 for recipe)	6
Sandwich	
2 slices whole grain bread	5
1 leaf lettuce	0.2
2 slices tomato	0.4
Meat	
1 cup carrot sticks	4
1 Orange	2

Snack

Yogurt with 2 Tbsp All Bran Buds	4.5
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Supper

Chicken	
1 cup multigrain pasta	6
1/2 cup green beans	2
1 cup broccoli salad (see recipe on page 3)	3
1 cup fresh pineapple	2

Snack

3 cups popcorn	4
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Total 50 g

So you see it can be done. Note certain food items do not provide as much fibre as you might have thought. That leaf of lettuce on your sandwich only boosted your fibre by 0.2 grams. And remember if you do not have diabetes you are not needing this much fibre.

When upping the fibre in your diet, increase it gradually. Also take in plenty of fluids.

Take up the challenge of increasing your fibre. And don't forget to check out the recipes on page 3 for fibre containing recipes.



Eggs: Unscrambling the Options

The market has been flooded with new products. Eggs are no exception. The choices for eggs used to be simple: white or brown and small, medium or large. Not anymore. Eggs have now expanded to include a variety of products.

Eggs in the Shell

1. Naturegg Omega 3 Eggs:

Produced from hens fed a diet containing flaxseed. Flax contains omega 3 fats, which are essential fats we must get from our diet. DHA and EPA omega 3 fats have shown to be particularly beneficial for reducing the risk of chronic diseases. The recommended daily intake for adults for DHA and EPA is 500 mg. One egg contains **75 mg DHA**. A regular egg contains 40 mg DHA.

2. Naturegg Omega Pro Eggs:

Produced similarly to Naturegg Omega 3 but contain more DHA omega 3 fats and lutein (important for eye health) compared to Naturegg Omega 3 and regular eggs. One egg contains **125 mg DHA**.

3. Naturegg Free Run Eggs:

A product of hens that are free to roam the barn and use nesting boxes. Nutrient content is the same as regular eggs.

4. Free Range Eggs:

Made in the same manner as free run eggs but the hens also have access to roam outside and eat outdoor vegetation.

5. Naturegg Organic Eggs:

Produced the same way as Naturegg Free Run eggs but the feed given to the hens is grown on land that had no herbicides, pesticides or chemical fertilizers used on it for three years.

6. Naturegg Nature's Best Eggs:

Have two times more folic acid, three times more vitamin B12 and five times more vitamin E than regular eggs.

Good to Know: The above egg products contain the same amount of cholesterol as regular eggs.

Liquid Egg Products in the Carton

1. Naturegg Break – Free Eggs:

Contains 80% less fat and cholesterol than regular eggs.

2. Naturegg Break – Free Omega 3 Eggs:

Have 80% less cholesterol and 50% less fat than regular eggs. One serving contains **125 mg DHA** and **125 mg EPA** omega 3 fats.

3. Naturegg Simply Egg Whites:

Made from 100% pure egg whites and does not contain any fat or cholesterol.

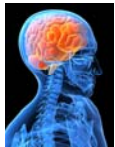
4. Egg Creations:

Are fat and cholesterol free.

5. Original Egg Beaters:

Are cholesterol and fat free.

3 Tablespoons liquid egg product = 1 large regular egg. These products can be frozen before the expiry date for up to three months.



Brandon's stroke prevention clinic

The Brandon Regional Health Authority in partnership with the Heart and Stroke Foundation of Manitoba (HSFM) opened a stroke prevention clinic in Brandon.

Stroke is the third leading cause of death in Canada and a stroke survivor has a 20% chance of having another stroke within 2 years. People who have had a stroke are five times more likely to have a stroke over the next two years than the general population.

“Research has shown that treatment of high-risk patients in stroke prevention clinics reduces their chances of suffering a stroke by up to 80%” says Dr. Kevin Willis, Director of Partners for the Canadian Stroke Network.

People who are at risk of having a stroke or those who have had a previous stroke or a mini-stroke — called a TIA — will be seen the same week that the symptoms arise but, most important of all, prevention will be encouraged.

Stroke prevention clinics address the needs of patients at high risk for stroke through evidence-based stroke protocols, improved management and referral services. These services include rapid assessment and care through a series of diagnostic tests and immediate preventative medication if necessary.

The implementation of a stroke prevention clinic, is an important step towards the continual improvement of stroke care for people living in western Manitoba.

Get on track to Quit Smoking 10 Quick Tips

1. Smoke 1/2 cigarette instead of a whole
2. Use a brand of cigarette you don't like
3. Only smoke outside
4. Plan to smoke only at set times
5. Hold your cigarette in your opposite hand
6. Use a Nicotine Replacement (2 times greater chance of quitting)
7. Talk to your Doctor about Champix (4 times greater chance of quitting)
8. Make a list of why you want to quit and read it every day
9. Plan 3 – 7 minute activities you can do if cravings hit
10. For a free appointment at the Tobacco Dependence Clinic at the Brandon Regional Health Center. Call 578-4200



Recipes

Italian-Style Lentil Soup

Prep: 15 minutes

Cook: 40 minutes

Yield 6 servings



Onions, medium chopped	2
Celery ribs, thinly sliced	2
Carrot, medium chopped	1
Olive oil	2 teaspoons
Water	5-1/4 cup
Dried lentils, rinsed	1 cup
Parsley, fresh minced	1/4 cup
Bouillon granules, reduced sodium *	1 tablespoon
Pepper	1/2 teaspoon
Tomato paste (6 ounces)	1 can
White vinegar	2 tablespoon
Brown sugar	2 teaspoon
Parmesan cheese, shredded	2 tablespoon

1. In a large saucepan coated with cooking spray, sauté the onions, celery and carrot in oil until almost tender. Stir in the water, lentils, parsley, bouillon and pepper. Bring to a boil. Reduce heat; cover and simmer for 20—25 minutes or until lentils are tender, stirring occasionally.
2. Stir in the tomato paste, vinegar and, brown sugar; heat through. Sprinkle each serving with cheese.

Nutrition facts: per cup	
Calories	122
Fat	2 grams
Sodium	227 milligrams **
Carbohydrate	21 grams
Fiber	6 grams
Protein	6 grams

Source: *Taste of Home Healthy Cooking December/January 2009*

*We used Oxo beef bouillon 25% less salt (2 sachets)

**Note how low the sodium is in this soup

Broccoli Salad

Prep: 10 minutes

Yield: 6 servings



Broccoli florets, fresh	5 cups
Red grapes cut in 1/2	1 cup
Sunflower seeds	1/2 cup
Red onion, chopped	1/2 cup
Cheddar cheese, light	3/4 cup

Dressing:

Fat free mayonnaise	1 cup
Vinegar	2 tablespoons
Splenda	1/3 cup

Combine broccoli florets, grapes, sunflower seeds, chopped onion, and cheese in a large serving bowl. Whisk together mayonnaise, vinegar and sugar. Add dressing to the salad and toss to mix well. Chill thoroughly.

Nutrition facts: per serving

Calories	174
Fat	9 grams
Saturated Fat	0.9 grams
Cholesterol	9 milligrams
Protein	7 grams
Carbohydrate	17 grams
Fiber	3 grams
Sodium	443 milligrams

Source: *Adapted from recipe from the internet*

Are you an adult with Type 1 Diabetes? If Yes, this is for you!!
"Type 1 Diabetes Update"

Great Speaker: Lori Berard Diabetes Research Group

Saturday May 23 2009
9:00 A.M.—3:00 P.M
McDiarmid Alliance Church
365 McDiarmid Drive Brandon, Mb

No Charge
Lunch Included

Call 571-8357 to register

ASK THE EXPERT

People who live with a chronic disease are more likely to feel depressed than those who do not. Depression is more likely when the person is younger or has more than one chronic disease. Having a chronic disease is stressful. This can increase mood changes. These stresses may include:

- Having to make changes like quitting smoking, eating differently, and exercising more
- Dealing with increased pain, decreased energy, or having difficulty “getting around”
- Worrying about other things that could “go wrong”
- Feeling a lack of control over the disease, your body, and your future
- Facing the idea that we aren’t going to stay young and healthy forever
- Feeling as though your quality of life has decreased
- Frustration that “I can’t do it like I used to”



Some people have difficulty knowing when they are depressed. Signs of depression include:

- Feeling sad, down, or irritable
- Loss of interest in previously enjoyed hobbies or activities
- Increase *or* decrease in sleeping and/or eating
- Feeling fidgety/can’t sit still *or* feeling slowed down
- Feeling worthless or guilty
- Difficulty concentrating or making decisions

People with a chronic condition who are also depressed find it harder to make necessary lifestyle changes and take their medications. It is important to seek help for depression so you can be better able to manage your disease. Some people feel better as they “get used to” their disease, make small changes one at a time, find parts of their health they can control, and focus on all of the things that they are still able to do even though “it’s not like I used to.” Some people may need additional help. Depression can often be treated by talking to a professional about coping with the changes you have had to make because of your illness, and to help reduce your worries about your health. Your doctor may also prescribe medications to help with depression. *Anna Marie Carlson, Psychologist*



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:

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