



Chronic Diseases

Journey Beyond

Halt the Salt!

The Canadian diet is high in salt. The 2004 Canadian Community Health Survey suggests that Canadians consume an average of 3,092 mg of sodium per day, and data from the United States is similar. Both Canada and the United States have set the adequate intake for sodium at 1500 mg/day, which means that North Americans are consuming more than double the recommended daily intake for sodium!

Why is this a concern? A diet high in sodium can raise blood pressure. High blood pressure, or hypertension, is a leading cause of stroke, heart disease, heart attacks, kidney disease and kidney failure. The Canadian Hypertension Society estimates that one in four Canadians has hypertension. The World Health Organization estimates that elevated blood pressure is responsible for 62% of cerebrovascular disease and 49% of ischemic heart disease worldwide.

Most of the sodium Canadians eat comes from processed, ready-to-eat foods and restaurant foods. Salt added at the table and in cooking accounts for only about 5% of Canadians daily sodium intake. Over half of Canadians sodium intake comes from the following foods: pizza, sandwiches, sub sandwiches, hamburgers, hotdogs, soups, pasta, milk, milk beverages, poultry and poultry dishes, potatoes, cheese, cereals, beef and sauces.

National strategies to reduce sodium in the food supply have the greatest potential to influence sodium intake of the Canadian population. Other countries, such as Japan and Finland, have been successful with sodium reduction initiatives involving the food industry. In 2003 the United Kingdom introduced a strategy to lower the sodium content of processed and packaged foods – this initiative saw a sodium reduction of 20 – 30% in most processed foods, without a reduction in sales of the food products or consumer complaints about taste. Health Canada has a Sodium Working Group, who will deliver a final strategy report outlining its key findings and recommendations to the Minister of Health in June 2010.



A number of food companies have taken the lead with commitments to help reduce sodium in their products. For example, in 2009 Pepsico reduced sodium levels by at least 25% across their entire line of Lay's flavored potato chips and by at least 10% across all flavors of Quaker Instant Oatmeal. Other companies have developed 'lower in sodium' versions of their products, or new products that are 'low in sodium'.

Lowering sodium intake across the Canadian population would not only have health benefits, it would also have economic benefits as well. A study in the U.S. suggests that lowering the sodium intake of their population by 1200 mg/day – which still wouldn't put American's at their target sodium intake – would save an estimated \$10 to \$24 billion. We can assume that Canadian health care costs would also experience cost savings should Canadians consume less salt.

Tips for Limiting Sodium Intake

- Check the sodium content of condiments, snack foods and packaged foods
- Seek our products that are labeled 'salt-free', 'no salt added', 'low in sodium' or 'sodium reduced'
- Limit how often you eat in restaurants
- Opt for unsalted snack foods, such as unsalted nuts, pretzels or popcorn
- Choose minimally processed fresh foods, such as fresh or frozen vegetables

On the Label:

- 400 + mg sodium/ serving = too much
- 200 – 400 mg sodium /serving = watch out
- less than 200 mg sodium /serving = go ahead

Check it out:

PC Blue Menu Tomato and Roasted Red Pepper soup or Minestrone Soup, both with only 140 mg sodium /serving!

The 3rd Annual

LAUGHTER FIX

Featuring:

I'm ok But you Need Professional Help!

With David Granirer,
Counselor and Stand Up Comic

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With Anders Boulanger,
Interactive Corporate Entertainer

Also Featuring Healthy Brandon's: Power to Inspire Award Presentation

Thursday, May 6, 2010, 6pm,
Victoria Inn, Brandon
Tickets:\$40.00 (includes dinner)

Tickets Available at:
The little Shoppe,
751—18th Street

For more information call 578-2193
www.healthybrandon.ca

Fitness, Food & Fun:

Heart-healthy solutions for today's busy family
Free interactive workshop

Get the answers to your questions on:

- Packing healthy lunches
- Choosing healthy beverages
- Understanding tricky messages on packaged food labels
- Ways to fit regular physical activity into a busy family schedule
- Places for families to get active in Brandon



Pre-registration recommended!
Refreshments and door prizes

Thursday, April 22,
7:00 - 9:00 p.m.
Central United Church
327 8th Street, Brandon

To register, call 571-4080
www.heartandstroke.mb.ca



What's the big deal about Wellness?

What does wellness mean to you? Wellness means many things to different people. One definition of wellness is becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. Wellness Screens can help.



What is a Wellness Screen?

The Wellness Screen is a mobile screening program for chronic diseases such as type 2 diabetes, heart disease, stroke and cancer.

What is done at a Wellness Screen?

The Wellness Screen helps people find out if they are at risk for chronic diseases. Trained health care providers measure weight, waist circumference and blood pressure. They also screen for eating habits, tobacco use, physical activity and depression.

Why is the Wellness Screen Important?

The Wellness Screen gets you thinking about healthy living and motivates participants to be a leader in their own health plan.

The Wellness Screen encourages participants to visit a family doctor on a regular basis.

Based on the screening tools used, participants are referred to other appropriate health care providers such as a dietitian, nurse, tobacco dependence counsellor and/or mental health worker.

The Wellness Screen staff is available to come to your workplace or community group. For more information contact Mari at (204) 578-2194 or Vanessa at (204) 578-2195 or visit our website at www.brandonrha.mb.ca.

Blue Lights for Smoke-Free Homes

By joining "Blue Lights" you:

Choose to keep the air in your home free from tobacco smoke.

Put a **blue light** by your front door to show that your home is smoke-free.

Join us in making Brandon a healthier community!



Visit www.healthybrandon.ca to sign up!

Get a blue light bulb for reduced price by visiting the Customer Service desk at Canadian Tire on 18th Street in Brandon.





Recipes



Fragrant Chicken and Rice

1 tbsp	Cooking oil
1 lb.	Boneless, Skinless chicken thighs cut into 1 inch pieces
2 cups	Onion, chopped
1/2 tsp.	Ground cinnamon
1/2 tsp.	Ground coriander
1/2 tsp.	Ground cumin
1/4 tsp.	Garlic powder
1/4 tsp.	Pepper
2 1/2 cups	Prepared chicken broth, 25% less sodium
19 oz. can	Chickpeas, rinsed and drained
1 cup	Long grain white rice
1/2 cup	Dried apricot, chopped
1/2 cup	Sliced natural almonds, toasted
2 tbsp.	Green onions, chopped
1/2 tsp.	Lemon zest, grated

Heat cooking oil in large frying pan on medium. Add chicken. Cook for about 5 minutes, stirring occasionally, until starting to brown. Remove to plate

Add onion to same frying pan. Cook for 5 to 10 minutes , stirring occasionally, until softened.

Add next 5 ingredients. Heat and stir for about 1 minute until fragrant.

Add next 4 ingredients and chicken. Stir. Bring to a boil. Reduce heat to medium-low. Simmer covered for 30 minutes, without stirring. Remove from heat. Let stand covered, for about 5 minutes until liquid is absorbed and rice is tender. Fluff with a fork.

Add remaining 3 ingredients. Toss gently. Makes about 8 cups.

Yield: 1 cup

387	Calories
11.4 g	Total fat
37 mg	Cholesterol
50 g	Carbohydrate
5.2 g	Fibre
21 g	Protein
332 mg	Sodium

Source: Company's Coming Chicken Now, Jean Pare, 2009

Buttermilk Oat-Banana Cake

1 cup	Buttermilk
2/3 cup	Rolled oats
1/3 cup	Oat bran or Wheat bran
1/4 cup	Margarine (non-hydrogenated)
3/4 cup	Sugar
1	Egg
1 tsp	Vanilla
2	Banana's, ripe and mashed
1/ 1/2 cup	Whole wheat flour
1 tsp	Baking soda
1 tsp	Baking powder
Glaze	
1/2 cup	Sugar
1/2 cup	Buttermilk
1/4 cup	Butter or Margarine
1/2 tsp	Baking Soda

In a small bowl pour buttermilk over rolled oats and oat bran. Let stand for 10 minutes.

In a medium bowl, cream butter and sugar. Beat in egg and vanilla. Combine bananas and buttermilk mixture with creamed ingredients. Sift together flour, baking soda and baking powder. Stir dry ingredients into banana mixture; blend well.

Pour batter into lightly greased and floured 9x13 inch pan. Bake in preheated oven for 45 minutes or until tester inserted in center comes out clean. Let stand for 5 minutes.

Glaze: In a small saucepan over medium heat, combine ingredients; bring to a boil. (watch closely; mixture will foam.)

Poke holes with tester (a metal skewer or wooden toothpick) all over cake surface; pour glaze over cake while still warm. Cool cake before cutting into 24 pieces

Yield: 24 servings

132	Calories
4.5 g	Fat
2.5 g	Protein
21.8 g	Carbohydrate
1.6 g	Fibre
160 mg	Sodium

Source: Adapted from Cook Great Food; 450 Delicious Recipes, Dietitians of Canada, 2002

ASK THE EXPERT



Question: I am noticing more products that have lots of fibre. Is this for real?

Just when you were getting the hang of reading labels for fibre the rules change. We know fibre to be advantageous to our health but did you know that not all fibre is created equal? You may have noticed the fibre content of many products in the grocery store increasing by impressive amounts. It can now be found in foods that never had any fibre before like yogurt and water and foods that always had some fiber (cereals and pasta) often have more. Fibre is being added so that you and I will buy these new and improved products.

Inulin is one fibre that is appearing on the ingredient listing to boost the fibre. Inulin is derived from chicory root. Although inulin is classified as a soluble fibre, the type that lowers cholesterol, it lacks the gummy or viscous quality that is thought to be of benefit. So we likely do not get the same benefit from inulin as other soluble fibres like oatmeal or psyllium. Nor is it thought to offer the same benefit that a whole grain fibre would.

If you check out Catelli Smart pasta it is white pasta with inulin added to it. It boasts an impressive 9 grams of fibre, but the benefits are likely not the same as they would be from whole grain or from a gummy soluble fibre. When shopping seek out the number of grams of fibre listed on the nutrition facts label but also check the source of fibre by looking at the ingredients list.

Where inulin may be of benefit is as a prebiotic. Prebiotics are non-digestible nutrients that are used as an energy source by certain beneficial bacteria that live naturally in your intestines. Although the role of prebiotics remain controversial, preliminary evidence show they may have a role in improving antibiotic-associated diarrhea, improving travellers diarrhea and reducing irritable bowel symptoms to name a few.

Overall the message is that the best sources of fibre remain to be those intact fibres found in whole grains, vegetables and fruit not from foods fortified with isolated fibres like inulin. Happy shopping!

Dianne Lamb, RD
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Brandon Regional Health Authority



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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C/O Prairie Health Matters
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*Let us know if you would like to receive future newsletters via email.
Past editions are available at www.brandonrha.mb.ca or phm.brandonrha.mb.ca*



BRANDON REGIONAL HEALTH AUTHORITY



Regional Health Authority

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