

The Marvellous Mediterranean Diet

If you are looking for a heart-healthy way of eating, the traditional Mediterranean diet might be right for you. The Mediterranean diet includes the basics of healthy eating, plus a splash of flavourful olive oil and perhaps a glass of good red wine. This reflects the traditional cooking style of countries bordering the Mediterranean Sea.

The Benefits

The research is rolling in on the benefits of the Mediterranean diet for your heart. A recently published study in the Archives of Internal Medicine suggest that a Mediterranean-style diet that is high in fruit, vegetables and fish may decrease damage from LDL (“bad”) cholesterol and protect against heart disease.

People in the study also benefited from lower blood pressure and decreased blood sugar levels, cholesterol, triglycerides and inflammation markers. Those following the Mediterranean diets also had higher HDL (“good”) cholesterol. The Mediterranean diet also has been shown to greatly reduce the risk of further heart disease in individuals who had already had a heart attack.



Making it work for you

Here are some specific steps you can take to successfully add the Mediterranean diet into your life.

- ♥ Eat natural peanut butter, rather than the kind with hydrogenated fat (shortening) added.
- ♥ Eat a variety of whole fruits and vegetables every day. Aim for seven to ten servings a day. Keep baby carrots, apples and bananas on hand for quick satisfying snacks.
- ♥ Use olive or canola oil in cooking. Try olive oil for salad dressing and as a healthy replacement for butter and margarine. After cooking pasta add a touch of olive oil, some garlic and green onions for flavouring. Dip whole grain bread in flavoured olive oil.
- ♥ Choose fish, poultry, and dried beans more often. Avoid sausage, bacon and other high fat meats.
- ♥ Limit higher fat dairy products such as whole or 2% milk, cheese and ice cream. Switch to skim milk, fat free yogurt and low fat cheese.
- ♥ Eat fish once or twice a week. Water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Avoid fried fish, unless it is fried in a small amount of olive oil.
- ♥ Keep unsalted walnuts, almonds, pecans and brazil nuts on hand for a quick snack.
- ♥ Have a glass of red wine at dinner. If you do not drink alcohol, you do not need to start. Check with your doctor to make sure wine will not cause problems with your medical condition or medication.

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The Traditional Healthy Mediterranean Diet Pyramid



A closer look at the “*Mediterranean Food Pyramid*” can provide further guidance as to which foods to choose and which ones to have less often.

The key components of the Mediterranean diet include:

- ♥ Eating more fruits, vegetables and whole grains
- ♥ Use healthy fats such as olive or canola oil
- ♥ Eating small portions of nuts
- ♥ When suitable, drink red wine in moderation with meals
- ♥ Consuming very little red meat and more dried beans, and poultry
- ♥ Eating fish on a regular basis

WEIGHT LOSS SUPPORT GROUP

- Everyone welcome
- Please drop in
- Free of charge

Mondays—Public Health—6:30 PM
Call Arlene at 571-8359 for more info

Tuesdays—Public Health-10:30 AM
Every 2nd week
Call Lois at 727-6819 for more info

Thursdays—7th St., 20-7th St.—7:00 PM
Call Colleen at 726-1110 for more info

GOTCHA The “Get off the Couch” Healthy Activity Program

“GOTCHA” helps you become more active during your day. A **pedometer** is used to motivate, along with group meetings and setting goals.

The 12 week program includes 4 group sessions, 8 weeks of self motivation and a reunion on the 12th week to review goals and celebrate. **Next program (4 weeks of group sessions):**

Dates	Place	Time
Thursdays Sept 20 Sept 27 Oct 4 Oct 11	Prairie Health Matters	6:30-8:30 PM

NO CHARGE! FREE!

To register, call:

Prairie Health Matters at 571-8357



Get Better Together

A 6-week program for

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Watch for further information on the
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Or call: 571-8455



Recipes

Couscous Salad

This delicious salad is ready in no time

Water or chicken broth	3/4 cup
Couscous	1/2 cup
Chickpeas, drained (420 ml)	14 oz can
Garlic cloves	2
Green onions, chopped	2
Green or red pepper, chopped	1/2 cup
Pepper to taste	
Balsamic vinaigrette	4 Tbsp

- Bring water to boil. Add couscous and remove from heat.
- Cover and let stand 5 minutes. Fluff with fork.
- Add remaining ingredients and mix together.
- Chill for 2 hours.

Makes 8 servings

Calories	157
Protein	4.9 g
Fat	3.2 g
Carbohydrate	25.6 g
Fibre	4.7 g
Sodium	330 mg

Source: Adapted from several recipes



YUMMM

Salsa Meat Loaf

Nothing says comfort food more than a piping hot slice of meat loaf.

Egg whites (or 1/2 cup/125 mL pasteurized egg whites)	4
Rolled oats/large flake	1 cup
Onion, grated	1
Zucchini, grated	1 cup
Carrot, grated	3/4 cup
Garlic gloves, minced	4
Worcestershire sauce	1 tsp
Salt	1/4 tsp
Dried thyme and pepper (each)	1/2 tsp
Extra lean ground beef	1 1/2 lb
Salsa	1/2 cup

- In a bowl, whisk egg whites lightly; stir in oats, onion, zucchini, carrot, garlic, Worcestershire sauce, salt, thyme and pepper.
- Mix in beef.
- Place on greased rimmed baking sheet; form into 13-inch (33 cm) long by 2-inch (5 cm) high oval loaf.
- Bake in 350 F (180 C) oven until browned, about 40 minutes.
- Spread salsa over top; bake until meat thermometer registers 170 F (77C), about 20 minutes.

Makes 8 servings

Calories	206
Protein	22g
Fat	7 g
Carbohydrates	12 g
Fibre	2 g
Cholesterol	47 mg
Sodium	238 mg

Source: Canadian Living, Oct 2004



Ask the expert

Question:

"I take Avandia and I have heard media reports that it may cause increase risk of heart disease. What should I do?"

Answer:

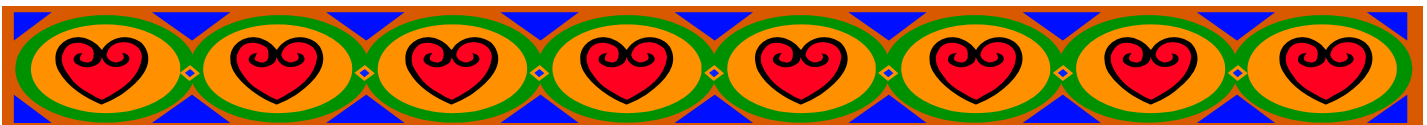
Uncontrolled diabetes is a major risk factor for heart disease. Avandia (rosiglitazone maleate) is a glucose-lowering agent known as a thiazolidinedione (TZD). It is used to help manage a person's glucose (blood sugar) levels, which then may lower the risk of developing other disease conditions associated with diabetes, such as heart disease, retinopathy (which may cause blindness), kidney failure and other conditions. Avandia is now widely used in many people with Type 2 diabetes.

Recently there have been many media reports regarding use of Avandia and increase risk of heart disease. There are ongoing investigations to determine if there is a higher risk of heart disease for people taking Avandia. It is important to remember that stopping medication without the knowledge of a physician can be dangerous. Here are some tips for anyone currently taking Avandia.

1. Do not stop taking Avandia.
2. If you have had a heart attack or heart trouble in the past, call your doctor to schedule an appointment as soon as possible to assess if there is an increased risk for you.
3. If you don't already have a heart problem, the risk from Avandia is not so great that you have to see a doctor right away, but make an appointment to discuss the issue.
4. Be aware of important side effects that should be looked at right away including sudden onset of edema (swelling) in the feet or other areas of the body, shortness of breath or feeling tired, weight gain of more than 3 kilograms (6.6 pounds). Extra body fluid can make some heart problems worse or lead to heart failure.

If there are other questions or concerns about Avandia or any other medication please contact your doctor or pharmacist.

Lisa DeGroot
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Brandon Regional Health Authority



Wellness Newsbeat is a newsletter designed to inform clients of Prairie Health Matters of current diabetes and heart health information.

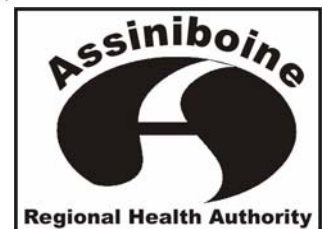
Wellness Newsbeat is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

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