

### **Millennium resolutions: healthy eating, healthy exercise**

Welcome to the Year 2000. You've not only made it to a new year, you've survived to a new century, and that's reason to celebrate! But instead of celebrating with calories overflowing, why not start the 21<sup>st</sup> century with a whole new approach to healthy eating and invigorating exercise? This way, that millennial cheer won't turn into millennial crying over unwanted pounds.

The best way to put your new century resolutions into practice is to combine the right balance and variety of foods with the right type of exercise. The problem is, many people put their fitness on the shelf when winter comes along. But there's no reason you should have to curtail some of your favourite exercise activities until spring thaw. Here are some ideas to help avoid winter hibernation and the winter-time waistline spread:

1. Whether your winter activities are aerobic (oxygen requiring cardiovascular training) or anaerobic (toning, stretching, floor exercises), try to incorporate them into your daily routine three to four times a week. Energy expenditure varies with the type of activity, the amount of participation, duration of workout, and your body weight. The heavier you are, the greater your weight loss for a given activity.
2. On days that aren't icy or slippery, put on your boots and bundle up. A brisk 30-60 minute walk can burn 175-500 calories!
3. Snow shovelling, downhill skiing, cross-country skiing, ice skating and hockey are all winter activities that burn calories. Slighter people can burn 100-250 calories if the activity lasts at least 30 minutes. Heavier people can burn as much as 500 calories in a half hour winter session.
4. Morning workouts help kick start and boost your metabolism. When you begin, the primary fuel your body needs is glucose. Have a small portion of carbohydrate (a fruit, yogurt or digestive cookie) beforehand to give your muscles the energy they need. Your muscles then gain further fuel from the breakdown of muscle glycogen. The longer you exercise, the more calories you burn and the more body fat you lose!
5. Keep hydrating. Drink water before, during and after your workout (500ml one hour before, 125ml every 15 minutes during, and 500ml after).

<b><u>Winter activity</u></b>	<b><u>Calories burned per hour/pound body weight</u></b>
snow shovelling, light	2.9
ice skating	2.6
skiing, cross-country	3.7
skiing, downhill	2.6
snowshoe walking	4.5

## **Clinical**

### **What's your Glycemic Index?**

There's a new buzz phrase in mainstream nutrition – the glycemic index – which refers to the latest system of carbohydrate classification.

In the past, carbohydrates were often classified as “simple” or “complex.” And although you might think that simple molecules would be absorbed more quickly than complex, that's not always the case. Enter the glycemic index, or GI. Used previously in clinical nutrition, especially for diabetics, GI refers to the degree to which the concentration of glucose rises in your blood after you eat.

Factors influencing your GI include:

- the type of carbohydrate consumed
- the absorption process
- the size of the food particle
- the degree of processing
- the nature and timing of your last meal
- the combination of fat, fibre or protein.

### **Why you should care about your GI**

Increasingly, athletes are using GI as a tool in their training since the index can help them determine whether they should eat a food before, during or after exercise. High-glycemic-index carbs, like potatoes, corn flakes, and honey, quickly enter the bloodstream and are best to eat during or after exercise. Low-to-moderate GI foods (rice, pasta, banana) enter the bloodstream slowly, making them good choices before exercise since they provide sustained energy. Low GI foods may eliminate the need for consuming carbs during long-term exercise to maintain normal blood sugar levels.

Knowing the GI of various foods can help anyone interested in weight maintenance. Recent studies show a direct relationship between GI and hunger. A lower Glycemic Index may increase your feeling of fullness after eating and help in weight control, while high GI meals make you feel hungrier. Also, a lower GI diet may decrease low-density lipoprotein cholesterol, the bad cholesterol.

Pumpernickel, whole grain rye bread, legumes, barley, brown rice, yams, pasta, All Bran cereal, Cream of Wheat, apples, oranges, pear, apricots, milk and yogurt are all carbohydrate foods with a low GI. Cut down on white rice, instant rice, boiled potatoes, white bagels, white bread, crackers, Corn Flakes, muesli, puffed rice, bananas and raisins, which have a higher GI.

## Know your Glycemic Index

### Glycemic Indexes of common foods

#### ***Breads and grains***

	<b><i>Glycemic Index</i></b>	<b><i>GI Level</i></b>
low fat bran muffin	60	moderate
rice, white	56	moderate
rice, instant	91	high
rice, brown	55	moderate
bulgur	48	moderate
spaghetti, white	41	moderate
spaghetti, whole wheat	37	low-moderate
wheat kernels	41	moderate
barley	25	low

#### ***Cereals***

	<b><i>Glycemic Index</i></b>	<b><i>GI Level</i></b>
oatmeal	61	high
All Bran	42	moderate

#### ***Fruits***

	<b><i>Glycemic Index</i></b>	
banana	53	moderate
grapes	52	moderate
orange	43	moderate
pear	36	low
apple	36	low

#### ***Starchy vegetables***

	<b><i>Glycemic Index</i></b>	
sweet potatoes	54	moderate
green peas	48	moderate

#### ***Legumes***

	<b><i>Glycemic Index</i></b>	
baked beans	48	moderate
chick peas	33	low
butter beans	31	low
lentils	29	low
kidney beans	27	low
soy beans	18	low

#### ***Snacks***

	<b><i>Glycemic Index</i></b>	<b><i>GI Level</i></b>
popcorn	55	moderate

*Low fat has never tasted as good as it does in these recipes from Norene Gilletz's latest book, MealLeaniYumm! The author of Second Helpings, Please, The Pleasures of Your Food Processor, and Microways has recently produced her latest cooking masterpiece, full of delicious, healthy and fat-free recipes. Here are two of our favourites:*

### **VEGETARIAN SHEPHERD'S PIE (serves 6)**

Potato & Carrot Puree (see below)

1 ½ cups TVP (Textured vegetable protein or Yves Ground Round)

Water, as needed

1 onion, chopped

1 cup mushrooms, chopped

1 or 2 cloves garlic, minced

2 tsp. Canola oil

1 tbsp. Flour

2 tbsp. Ketchup

Salt, pepper & basil to taste

- 1 Prepare potato puree; set aside.
- 2 Soak TVP in 2 cups of hot water for 10 minutes.
- 3 In a non-stick skillet, sauté veggies and garlic in oil until golden. Add TVP and stir constantly for 5 minutes, until brown and crumbly.
- 4 Stir in flour and cook 2 minutes longer. Add ketchup, ¼ cup water and seasonings.
- 5 Place mixture in a sprayed deep 9" pie plate. Top with potato puree. Bake in a preheated 350 F oven for 15 minutes until brown.

### **POTATO & CARROT PUREE (serves 6)**

4 large potatoes (preferably Yukon Gold)

3 large carrots

3 cloves garlic, peeled

Salted water for cooking potatoes

¾ cup skim milk (or use rice or soy milk)

Salt & freshly ground pepper, to taste

½ tsp. Dried basil (or 1 tbsp. Fresh)

1 tsp. Tub margarine, optional

- 1 Peel potatoes and carrots and cut them into chunks. Place in a saucepan along with garlic. Cover with water and bring to a boil. Reduce heat and simmer covered about 20 minutes, until tender. Drain well.
- 2 Return potatoes, carrots and garlic to the saucepan. Dry over medium heat for about a minute to evaporate any water. Meanwhile, heat milk (about 45 seconds on HIGH in the microwave).

- 3 Mash potatoes, carrots and garlic with a potato masher, or put them through a food mill. (Do not use a processor or your potatoes will be like glue!). Add hot milk and beat until light and creamy. Add salt, pepper, basil and margarine and mix well. Serve immediately.

1/6 of Shepherd's Pie with potato & carrot puree topping = 1 B/C + 2 veg. + 1 ½ pro.

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### **Light Bite tip**

### **Mile high healthy eating**

You don't have to accept the standard meals offered by the airlines. You can request a healthier choice with a vegetarian or low fat menu. Regular airline meals are designed around the four food groups and are typically high in fat.

Vegetarian meals fall into two groups: the lacto-ovo (includes milk and eggs, but no meat, fish or fowl) or vegan (non-dairy, no milk products, meat, eggs or honey). Low fat meals usually contain high fibre carbohydrates like fruits, vegetables and grains. Lean meat or skinless chicken is prepared using low fat methods (poaching, steaming, broiling or roasting). These meals are lower in saturated fat and omit egg yolks or whole milk products. You can ask for these healthier choices at lunch and dinner.

## **The great Canadian grain gain**

Grains are the seeds of life, and more and more Canadians are learning how to add them to their diets. Not only are grains an excellent source of carbohydrate and dietary fibre, they're also terrific sources of protein, vitamins and minerals. As well, they're generally low in fat, making them very good choices for a health-conscious diet. And you can count on grains for your intake of many B vitamins and minerals, particularly iron, zinc and calcium, as well as potassium, magnesium and phosphorus.

## **Whole grains and disease**

Recent studies have found that grains are a powerful ally in the fight against heart disease, diabetes and cancer. And it's the fibre from **grains**, not fruits and vegetables, that has the most protective power. Different grains produce different effects, depending on their form and nutrient content. Think of grains as regulators, acting on glycemic control, intestinal function, cholesterol and appetite. Here's how they work:

- Blood sugar. Some foods cause a very small rise in blood sugar after eating them. Consuming whole grain products and pasta may improve blood sugar control and reduce the body's need for insulin.
- Intestinal function. Some grain products prevent constipation and may reduce your risk of colon cancer. Foods with mainly **insoluble** fibre (wheat bran, rye, corn bran) tend to pass through the colon undigested, thus aiding bowel regularity.
- Blood cholesterol. Foods high in **soluble** fibre, like oats and barley, can lower your cholesterol.
- Appetite. High carb, high fibre diets (from grains and other high fibre foods) help lower body weight. Eating whole grains makes you feel fuller so you eat less.

## **The whole (grain) truth**

Go for foods made from the whole grain to maximize the benefit. The whole grain means the outer bran layer where nearly all the fibre is, the germ layer (rich in nutrients like Vitamin E) and the endosperm (where the starch is). When whole grains are processed, all that's left is the endosperm, so you're missing out on many of the best nutrients.

## **A guide to whole grains**

### ***Whole grains***

barley  
brown rice

### ***Refined grains***

cornmeal  
pearled barley

bulgur  
flaxseed  
kamut  
oatmeal  
oat bran  
quinoa  
whole wheat bread  
whole rye bread  
spelt

unbleached flour  
pasta  
white rice

### **Try some new grains**

Bored with the same old, same old? You can easily shake up your grains with some lesser known grain heavyweights:

**Buckwheat.** Not just for pancakes, buckwheat is a staple in Japanese soba noodles and kasha. With its nutty taste, quick-cooking kasha adds great flavour to soups, stews, stuffing and stirfries.

**Bulgur.** If you've eaten tabouleh salad, you've tasted bulgur. Also quick-cooking, bulgur is high in iron, calcium and fibre and adds life to pilafs, soups and stuffings.

**Kamut.** Related to the wheat family, kamut has less potential for causing an allergic reaction. It's about two to three times the size of wheatberries and has more fibre and protein than most grains. Chewy and buttery in flavour, kamut is also ground into flour and used for baked goods, cereals and pasta.

**Quinoa.** This fluffy grain sacred to the Incas is sold as whole grain or pasta. Lower in carbs and higher in protein than most grains, quinoa works well in pilafs, salads, casseroles and stir-fries.

**Spelt.** Kind to the allergic (like kamut), spelt is sold as whole grain, flour, bread, breakfast cereal and pasta. Try using it in baking and cooking. Spelt gives pizza crusts and multi-grain breads a wonderful nutty taste.

## A great pyramid scheme

Not only the Egyptians have pyramids. Now there's Nutrition Action Healthletter's "The Nutrition Action Healthy Eating Pyramid" (published November 1999 by The Centre for Science in the Public Interest.) This pyramid is a three-dimensional food guide that you assemble yourself. You can use it to take Canada's Food Guide to Healthy Eating one step further.

Canada's Food Guide gives Canadians practical and realistic guidance in selecting foods to establish a healthy eating pattern. The Guide encourages you to:

- ◆ Enjoy a variety of foods
- ◆ Emphasize cereals, breads, other grain products, vegetables and fruits
- ◆ Choose lower fat dairy products, leaner meats and foods prepared with little or no fat
- ◆ Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
- ◆ Limit salt, alcohol and caffeine.

The key to Canada's Food Guide is that it offers guidance for a wide range of people. But it doesn't help you learn how to introduce a wider and more complex array of food choices in moderation – how much and when to choose, salmon steak versus rack of lamb, low fat cheese versus peanut butter, whole grain bread versus french fries.

That's where the new pyramid comes in. You assemble a 3D model, which divides each food group into three different categories - Anytime, Sometimes, and Seldom – which help you determine what types of food to eat and how often, how much fat, cholesterol, sodium, sugar and/or whole grain they contain. Take chicken for instance. Skinless chicken drumsticks can be eaten "Anytime," fattier skinless thighs can be consumed "Sometimes," and thighs and wings fall into the "Seldom" category. Cut down "Sometimes" foods to only two or three a day or use small portions.

The goal of the pyramid is to help you appreciate the importance of variety in your diet and makes you aware that there are no good or bad foods. It really comes down to how much and how often you make certain choices.