

WION HEALTH Newsletter

July 2014

If you've followed a fad diet, you have plenty of company. But have you been able to stay on these deprivation diets for a long time? And if you did lose weight, did the pounds stay off once you went back to your usual way of eating?

Fad diets don't help you keep off the weight in the long term. So what does work? The best diet is not a diet at all, but a way of life that includes food you enjoy, exercise, and healthy habits.

Here's some simple, straightforward advice.

Variety is Key

Just as a car needs the proper gasoline to make it run, a body needs a healthy diet to develop properly. That means the right balance of protein, carbohydrates, and fat—as well as a host of other nutrients.

When you do on a fad diet and exclude necessary nutrients, you're putting yourself at risk for becoming ill. Getting too little of any nutrient may not cause an immediate problem. But if it's lacking for a long time, you may find you have health problems.

Practice Portion Control

Food servings have grown larger and larger over the years. And fast-food restaurants aren't the only places you'll find supersized meals.

What does a healthy serving size look like?

A cup of fruit should be no larger than your fist.

An ounce of meat or cheese is about the same size as your thumb from base to tip.

3 ounces of meat, fish, or poultry (a normal serving) is about the size of your palm.

1-2 ounces of nuts equals your cupped hand.

Here are some simple tricks to scale back on your portions (and calories):

Serve your meals on salad plates instead of large dinner plates.

Store snack foods in tiny sandwich bags. When ordering out, share your entrée with a friend.

Ask for a kids' meal or small size at a fast food restaurant. Never go for a supersized portion.



Then, Follow These Simple Strategies

Eat a variety of foods. Make sure your diet includes lean protein; complex carbohydrates such as whole grains, fruits, and vegetables; and “good” fats like omega-3 from fish and monounsaturated fats from avocados, nuts, and olives or olive oil.

Say no to bad fats. Minimize how much saturated fat you get from animal sources, and eliminate Trans fats from fried foods, snacks, and fast-food products you eat.

Get five a day. Eat at least five servings of fruits and vegetables each day. Choose different colors of fruits and vegetables to ensure optimal nutrition.

This can be divided into smaller blocks of time. For example, you could do brisk walk for 10 minutes three times a day for 5 days to reach 150 minutes.



Clean out the kitchen. Toss out high-calorie, high-fat, sugary foods that will tempt you

to overeat – chips, cookies, crackers, ice cream, candy bars, and the like. Then, fill your fridge and cupboards with lean proteins, fruits, vegetables, whole grains, legumes, nuts, seeds, good fats, and fat-free or low fat dairy products.

Eat smaller meals more frequently. Aim for five or six mini-meals per day. Space

your meals every 3-4 hours. Try taking low fat cheese and whole-grain crackers to school or work for a snack, or eat a tablespoon of peanut butter with one slice of whole grain bread. Find foods that are healthy and that keep you full.

Fill up on the good stuff. Pile on the salad and super serving of green beans, broccoli, cabbage, kale, or other low calorie vegetables instead of high-fat foods, breads, pasta, and desserts. If you’re still hungry after a meal and you want seconds, go for veggies.

Snack on berries. Dark berries (blueberries, blackberries, cherries, and raspberries) are rich in healthy antioxidants. They’re also low in calories and fat and high in fiber.

Avoid “empty calories.” Steer clear of sugar containing sodas and fruit drinks.

www.webmd.com

Happy Birthday!!!

Jim Brown	July 4
Kimberly Gardner	July 5
Marcus Brown	July 9
Ron Williams	July 11
David Brown	July 16
Jordan Pitchenese	July 19
Kyle Pitchenese	July 19
Stephanie Ainslie	July 23
Christine Garneau	July 24
Deb McLeod	July 25
Judy Shabaquay	July 25
Tanisha Currier	July 28
Jenilee Williams	July 30

Recipe of the Month Sweet Potato Salad

What U Need!

- 2 cups of sweet potatoes, peeled, cubed, and cooked
- 2 cups of new potatoes, peeled, cubed, and cooked
- ½ cup chopped celery
- ½ cup chopped green onion
- ½ cup cubed ham
- 1/c cup miracle whip
- 3 tablespoons of Dijon Mustard

What 2 do!

- Combine 2 cups each peeled, cubed, and cooked sweet potatoes & new potatoes, ½ cup each chopped celery, green onion and ham
- Toss with 1/c cup miracle whip and 3 tablespoons of Dijon mustard. Refrigerate.

Weird but True Health Fact

This will really make your skin crawl. Every square inch of skin on the human body has about 32 million bacteria on it but fortunately, the vast majority of them are harmless.

(www.howstuffworks.com)

Eco –Green Living Tip

10 ideas to turn a home into a green machine.

1. Get a high efficiency shower head
2. Recycle water in your bathroom
3. Compost
4. Buy green power from your utility
5. Improve the efficiency of your existing hot water heater
6. Use high efficiency outdoor lighting
7. Replace high use indoor lights with compact fluorescents or LEDs
8. Load up the washing machine
9. Drive smarter
10. Avoid waste of fast food and shopping.

(www.ontariopowerauthority.com)

Thanks!!!!

- Health Staff – all the hard work on Aboriginal Day!!!
- Teresa Landon – for Karaoke
- Ron Williams/Jeff Gardner – for setting up Texas Hold'em!!!

FYI.....

- **July 9 – Medicine man – Les Paish will be in the community**
- **July 18 – Healthy Living Food Boxes – Delivery**
- **July 24 – Blue Box Day**

Quote of the Month

To wish to be well is a part of becoming well.

- Seneca



July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day	2	3 Paawidigong Carnival Day 1-3 p.m.	4	5
6	7	8	9 Pipe Ceremony 5:30-7:30 pm	10 WLON Anishinaabe Support Group 5- 6:30	11	12
13	14	15	16 Walking Derby 4-5:30 p.m.	17	18	19
20	21	22	23	24 WLON Anishinaabe Support Group 5- 6:30 p.m. Blue Box Day – 9 a.m.	25	26
27	28	29	30	31		