

# Whole Hearted Living Newsletter

Oxford Heart Health Network • Mary VandenNeucker, Heart Health Co-ordinator • (519)539-9800 or 1-800-755-0394

November 2004



## Heart Healthy Eating for the Holidays

With holidays just around the corner, you might like suggestions of healthier foods and beverages to offer to your family, friends and guests along with some of your usual tempting, selection of traditional baked goods, pastries, chips, and nuts.

Eating is a very social activity and involves sharing traditional holiday foods and beverages as a form of friendship, an expression of nurturing, love and hospitality. The holiday season isn't limited to just one day, it can last a month or more.

Healthy eating is about choice, balance and moderation. What does this mean during the festive holidays?

**Choice** means you offer and prepare for your family, friends, and guests many different kinds of foods, some high-fat, high-calorie foods along with some foods lower in fat and calories. Your guests can then make the healthier choice if they want to.

**Balance** means you eat regularly. It is important not to over-eat nor under-eat. For example, don't go to a party hungry. It becomes harder to resist overeating. Eat a light snack of veggies or melba toast to take the edge off your appetite. Don't skip breakfast and lunch in an attempt to save up for the big meal. Make trade-offs: balance some higher fat recipes or menu items with lower fat recipes or menu items

**Moderation** means enjoying all kinds of holiday foods in moderation without feeling guilty. Your usual eating pattern should focus on healthy food choices as often as possible. Go for quality in menu

selection rather than quantity and make your calories count.

With a little planning and preparing menu items ahead of time, your holiday meals will be both nutritious and delicious.

### Check out these ideas for holiday menu preparation and planning

- 1 Make vegetable and fruit platters with a low-fat yogurt dip
- 1 Prepare hot, low fat seasoned cheese fondue. Dip raw vegetables, or bread crisps
- 1 Select a variety of lower fat cheeses served with whole grain crackers, melba toast
- 1 Try bread sticks and pita triangles with light cream cheese, salsa, or chick pea hummus
- 1 Stuff mini-pitas with shaved lean meats like ham, roast beef, and turkey and serve with specialty mustards, or salsa
- 1 Make traditional holiday baking with smaller portions in mind, and use festive garnishes
- 1 Make cookies smaller than usual, bake tarts using mini-tart shells, or cut a regular serving of your favourite dessert square in half
- 1 Enjoy frozen mango yogurt or raspberry sherbet for a frosty, low fat dessert alternative
- 1 Top your holiday breakfast waffles or pancakes with sliced fresh fruit or pureed fruit
- 1 Enjoy vegetable purees as a sauce rather than butter based, high fat sauces or gravy
- 1 Modify recipes slightly to reduce the amount of fat without altering the taste.
- 1 Check out heart healthy cookbooks that feature lower fat recipes and cooking methods that are easy to prepare ahead of time. Review the

following “Ingredient Substitutions for Recipe

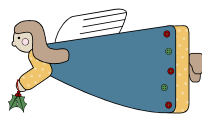
Ingredient Substitutions for Recipe Modifications	
If your recipe calls for this...	Try this instead...
Whole milk	Skin milk, 1% Milk, Low fat buttermilk or Low fat evaporated milk
Whole milk cheese	Part skimmed cheeses like Ricotta or Mozzarella. Cheese with the lowest % of Milk Fat
Cream cheese	Low fat cream cheese, Quark, Strained and Blended Low fat cottage cheese
Processed cheese	Light or Ultra Light cheese slices
Sour cream	Low fat plain yogurt with 1 tsp. lemon juice or Fat reduced sour cream
Ice cream	Frozen yogurt, Sorbet, Sherbet, Low fat ice cream, Ice milk
Eggs	Eggs without the yolk (1 egg = 2 egg whites); Low fat egg substitutes
Shortening, oils, butter, margarine in baking	Corn syrup, mashed fruit (liquid and sugar may need to be adjusted) or Low fat yogurt
Cooking oil	Equal amount of wine, fruit juice or broth
Vegetable dips	Low fat yogurt and ricotta cheese blended 50:50
Base for creamed soups, sauces or casseroles	1 cup Low Fat yogurt with 2 tbsp. Flour or 1 cup 2% Evaporated milk with a bouillon cube or 1 cup of buttermilk and 1 tbsp. flour
Baking chocolate	2 tbsp. of cocoa powder and 3 tbsp. of water per 1 oz chocolate
Mayonnaise	Low fat or non fat yogurt ( 1 cup yogurt with 1 tsp. mustard and salt and pepper to taste) or Low fat mayonnaise

Modifications” below:

Here are some tips for lower fat meal preparation and cooking methods for the holiday season:

- 1 Prepare fresh food simply and enjoy the natural flavours
- 1 Prepare meatless casseroles ahead of time using protein-rich beans, peas and lentils that are low in fat and add menu variety
- 1 Saute vegetables in wine, broth, or fruit juices and cook slowly over low heat, bringing out their flavour
- 1 Use a rack in the roasting pan so that the roast doesn't sit in fat
- 1 Bake, microwave, broil, poach, grill, steam or roast using cooking methods that don't add fat to your food
- 1 Prepare soups, stews, sauces, gravies ahead of time and refrigerate, allowing any fat to rise to the top and solidify, making it easy to remove
- 1 Use non-stick cookware to reduce the added fats in cooking
- 1 You can indulge a little this season. Enjoy preparing holiday meals with a variety of festive foods in mind.

Janice Sloat, Public Health



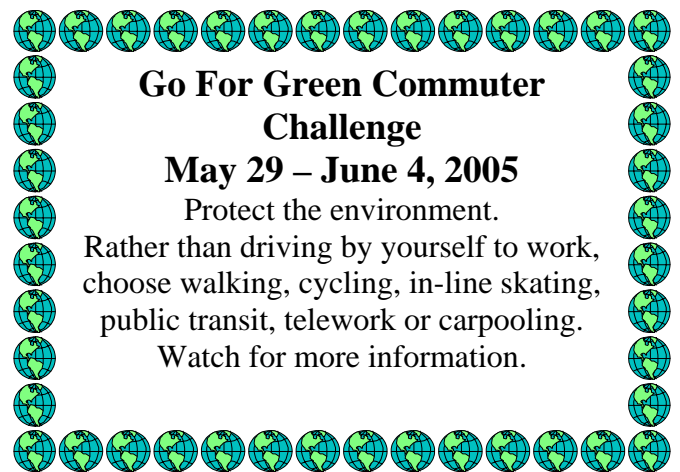
## New Eat Smart! Restaurant



### Eating on the run?

You're not alone, the average Canadian eats out about five times per week. When you're having a quick lunch between business appointments, it's easy to lose track of time. Introducing the newest Eat Smart! eatery in Woodstock. Mr Subs, at 469 Norwich Ave. Congratulations to Mr. David Martynow, owner. Next time you're in the area, try a hearty, whole grain, tuna sub, with lots of veggies, a hearty vegetable broth soup, a carton of chocolate milk and a fat free yogurt to go. This eatery qualifies with a healthy smoke-free environment, a full-time staff member who has earned a certificate in safe food handling, and healthy choices on the menu and by request.




  
**Go For Green Commuter Challenge**  
**May 29 – June 4, 2005**  
 Protect the environment.  
 Rather than driving by yourself to work, choose walking, cycling, in-line skating, public transit, telework or carpooling.  
 Watch for more information.

# Having a Party?

Provide the best for your guest and know your responsibilities.

By: Lynn Wareing Public Health Nurse

The festive season is just around the corner and people are looking forward to gatherings with family, friends and co-workers. A lot of effort goes into planning the guest list, the theme and the menu but remember to plan for the safety of your guests as well.

Did you know that you if intoxicated guests hurt themselves or others on or off your property, you can be held responsible? You may even be held responsible for the behaviour and safety of your guest until they are sober, even if they have already left your party.

Keep the following ideas in mind to reduce the risk of having an unfortunate alcohol related event happen at your function.

1. Offer non-alcoholic beverages more often and consider not offering high alcoholic content beverages. Don't serve doubles or shooters and consider having a Smart Serve trained bar tender pour drinks for your guests rather than allowing your guests to serve themselves.
2. If the event is off of your property obtain a special occasion permit from your local Liquor Control Board of Ontario. You may want to consider purchasing alcohol liability insurance from your insurance company.
3. Do not plan physical activities(skiing, tobogganing, and snowmobiling...) if your guests will be consuming alcohol, this increases the risks of injury.
4. Serve healthy snacks throughout the party. Consider non-salty, non-greasy foods as these will increase thirst, which encourages more drinking.
5. Have a plan to deal with intoxicated guests, you may want to ask someone to help you with this job before the party gets started. Be prepared to stop serving the guest alcohol and take away their car keys. Have cash available to pay for a taxi and/or appoint responsible designated drivers. Have extra beds or sleeping bags available for unexpected overnight guests.
6. Consider providing a small gift to those who have volunteered to be a designated driver.

7. Hang a banner or sign encouraging your guests to drink responsibly.
8. Stop serving alcohol toward the end of the party and offer non-alcoholic beverages as well as a light lunch. This will not "sober-up" guests but will encourage them to slow down their alcohol consumption.
9. Do not allow or promote "drinking games", this only encourages rapid and over consumption of alcohol which can lead to alcohol intoxication and/or poisoning.
10. Do not allow guests under the legal drinking age to consume alcohol at your party.
11. Recognise the signs of alcohol poisoning (vomiting while sleeping, passing out or semi-conscious, cool, pale or bluish skin, slow and irregular breathing, seizures) and be prepared to call 911 for prompt medical attention should **any** of these symptoms occur.
12. It is very important to stay sober yourself so that you can recognise and deal with potential problems with a clear and alert mind.

Once the party is over you will be able to sit back and reflect on the success of the event knowing that you planned ahead and provided the best for your guests!



## You could save a life. Get trained.



Remember a CPR month.



Canadian  
Red Cross

\*If a bystander performs CPR while awaiting the arrival of emergency medical services, the victim's chance of survival increases four times.

\*The person most likely to need your assistance in an emergency is a friend or loved one.

Red Cross CPR is one of the most valuable courses you'll ever take. This one-day program will teach you important life-saving skills including how to recognize signs of a heart attack, administer rescue breathing, help someone who is choking and perform cardiopulmonary resuscitation. Having these skills could make the difference between life and death.

To register, please call 539-0265

# November is CPR Month

## Be a Link in the Chain of Survival:

The Heart and Stroke Foundation is the lead authority responsible for establishing the guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC) in Canada.

The goal of the Foundation's ECC program is to reduce mortality associated with cardiac arrest in Ontario.

A strategy to achieve this goal is to increase the public's awareness, knowledge and skills through field delivered CPR activities.

CPR is an emergency procedure used when a person's heart and breathing stops. CPR keeps the blood and oxygen flowing to the heart and brain, until medical help arrives. CPR gives a person the best chances for survival.

Recognizing the warning signs of a heart attack and **knowing what to do could save a life.**

**90% of people, who have a heart attack and arrive at the hospital with a heartbeat, survive and eventually go home.**

### Why CPR?

- Heart attacks and strokes kill more Canadians than any other disease.
- Every year 22,000 people die in Canada as a result of a heart attack.
- According to a recent study conducted by the Heart and Stroke Foundation, no more than 40% of the Ontario population 45+ could name any of the main signs of a heart attack.
- Learning about CPR gives individuals the knowledge to recognize the signs of a heart attack and stroke and the knowledge to take action in an emergency.
- Over 70% of heart attacks occur at home.
- Thousands of people suffering from heart attacks die before they ever reach the hospital.
- Research tells us the odds of beating a heart attack or stroke improves the sooner you get medical help.

By promoting CPR in our communities, we are helping to strengthen the Chain of Survival in Ontario. Become a link in that chain. **Learn CPR**

**now.**

Heart and Stroke Foundation of Ontario  
Serving Oxford, Perth and Huron  
Counties  
556 Huron Street,  
Stratford, Ontario N5A 5T9



## Smoking Cessation



**Breaking the Habit - Quit Smoking Program** winter series will start in Woodstock and Tillsonburg in January 2005. Sessions will help smokers make a plan to quit and deal with withdrawal symptoms and issues such as stress and weight gain. There are four classes and monthly follow-up support sessions. Classes are from 7 to 9 pm. There is no charge. For information on dates and locations call Carol Bossenberry at 519-539-9800 extension 205 or 1-800-755-0394.

**Quit Smoking 2005 Contest** - will challenge daily smokers 19 and older, to stop smoking from February 1 to February 28 to be eligible to win fabulous prizes. Check for details online at [www.quitsmokingontario.ca](http://www.quitsmokingontario.ca) or call Oxford County Public Health and Emergency Services at 519-539-9800 extension 205 or 1-800-755-0394 for an entry form and more information to help you quit and win.



**CAN YOU GIVE SOMEONE A LIFT?**

Red Cross drivers help those in need get to medical appointments, adult day programs and other activities.

**VOLUNTEER DRIVERS ARE ALWAYS NEEDED**

CALL US TO LEARN HOW YOU CAN HELP.

**(519) 539-0265 OR 1-866-280-1735**

 Canadian Red Cross 

# A Gift for Good Health

## Gifts for Good Health

‘Tis the season to be jolly, not stressed about finding the perfect gift for everyone on your list. This year, let your health-conscious attitude guide your shopping and select gifts that will truly be “heart-felt” Your gifts of health will be incredibly valuable, but they don’t have to be expensive. Here are some healthy, holiday gift giving ideas that should please almost everyone on your list.

### Give the Gift of Nourishment

*Fortunately, people who love to cook tend to be easy to shop for! Everything from a stir fry wok to an unusual spice blend can find its way to a gift box for an eager home chef.*

- 1 Create a Mediterranean gift basket. Line a colander with a red-checked napkin and fill it with pasta, a jar of marinara sauce, roasted red peppers or sun-dried tomatoes, a nice olive oil and perhaps a bottle of red wine!
- 1 Fill a baking pan or mixing bowl with whole wheat flour, dried fruit, nuts, a whisk and a tasty lower fat recipe for muffins, or breads.
- 1 Stuff a vegetable steamer with healthy cooking items. Fill it with flavoured vinegars, herbs, and garlic.
- 1 Fill ornamental bottles and jars with healthy foods. Homemade soup mix, fruit crisp topping, or flavoured mustards fit nicely into jars and can be topped with your favourite recipe.
- 1 Consider a subscription to a healthy cooking magazine, a cookbook containing lower fat, healthy recipes or a gardening book to grow your own veggies.

### Give the Gift of Movement

*Many of these gifts can be used throughout the year and work well for any age!*

- 1 Mix and match any of these to add to the fun at home: hand weights, resistance band, exercise mat or ball, skipping rope, or home exercise video.
- 1 Warm up the winter with “Hot spots” mitt warmers and a package of hot chocolate or herbal tea.

- 1 Tuck a trail book or a subscription to a health or exercise magazine in a fanny pack.
- 1 Consider passes for parks, recreation centers, or bowling or gift certificates for sport lessons, dance classes, sport leagues, weekly walks or hikes with you!
- 1 Volunteer to provide child-care while a parent takes a class.

### Give the Gift of Relaxation

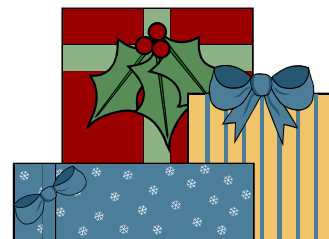
*Some of the best gifts help others to 'tune out' and relieve the stress of holidays. Here are some relaxing gifts you can pile into Santa's sleigh:*

- 1 Combine a relaxation CD with an inspirational calendar.
- 1 Wrap up a massage therapy gift certificate.
- 1 Create a spa gift basket, filled with soothing teas, bath oils, fruit, bamboo plant and aromatic candles
- 1 Pair a bottle of scented oil with a gift certificate for a facial or pedicure.

A gift that supports health will be appreciated for years to come and may even turn someone’s life around. And remember, be good to your own body this holiday season, and enjoy giving the gift of good health to those you care about !

*Produced by Public Health Nutritionists/Dietitians in Ontario, September 2004.*

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# Upcoming Opportunities

## Canadian Redcross First Aid Training Schedule

Standard First Aid(includes CPR Infant, Youth & Adult)	<b>\$100.00</b>
Emergency First Aid (includes CPR Infant, Youth & Adult)	<b>\$ 72.00</b>
CPR (stand alone)	<b>\$ 55.00</b>

Manual and taxes are included. For the counties of Huron, Oxford and Perth 539-0265

Perth & Huron 273-9339 or [WOODSTOCK-STRATFORD@REDCROSS.CA](mailto:WOODSTOCK-STRATFORD@REDCROSS.CA)

CONTACT YOUR LOCAL BRANCH FOR COURSE DATES

**Pre-registration and Pre-payment is required.**



## Ingersoll Seniors Activity Centre Ongoing Physical Activity Programs

Monday	Disking @ 9:00 a.m.	Fitness @ 9:15 a.m.	Pilates @ 6:00 p.m.
Tuesday	Line Dancing @ 9:15 a.m.	Yoga @ 10:30 a.m.	Round Dancing @ 1:00 p.m.
Wednesday	Fitness @ 9:15 a.m.		
Thursday	First Step Program in the Mornings		
Friday	Tai Chi @ 9:15 & 10:15 a.m.		



## YMCA of Woodstock

- 1 Building Better Bones (in partnership with the Osteoporosis of Canada) call Pam for more information.
- 1 Arthritis Water Fitness Program: enjoy the freedom of movement in the water. An excellent form of exercise for anyone with joint problems, arthritis or osteoporosis. **Mon & Wed. 1:15-2 p.m.**
- 1 Water Walking: An aquatic fitness class that focuses on proper alignment and used the water as resistance for cardiovascular muscle conditioning and flexibility. **Tues & Thurs. 8:45-9:15 a.m.**
- 1 Prime tYme Fitness: A class geared towards the older adult encompassing all components of fitness. Everyone will be able to participate at their own pace and ability. **Wed. 2:15-2:45 p.m.**

For more information contact Pam Genge, Supervisor of Group Fitness, Recreation and Volunteer Programs (519) 539-6181



**Woodstock General Hospital and County of Oxford Public Health & Emergency Services** present a one day workshop entitled, "*Women's Wellness: Improving Practice & Ourselves*". The keynote speaker is Beverly Beurerman-King speaking on "Joy, Success and the Meaning of Life", followed by sessions on Managing Menopause: Risks and Benefits of Hormone Replacement Therapy; Ovarian Cancer and A Women's Physical Exam- What can You Expect? The workshop will be held on Wednesday January 26, 2005 from 8:00 a.m. to 4:00 p.m. at The South Gate Centre, 191 Old Wellington Street South, Woodstock. Registration required. For more information please contact June Spruce at (519) 421-4211 ext. 2355 or Mary VandenNeucker at (519) 539-9800 ext. 258.