

❖ NUTRITION UPDATE ❖

A newsletter for professionals

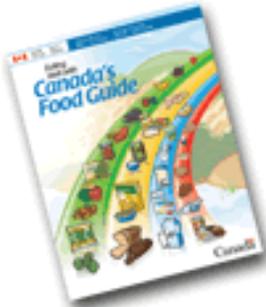
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EATING WELL FOR AN ACTIVE BODY

Are you planning to get active or are you already active? In either case, you may be unsure of what you need to fuel your body. Knowing when and what to eat and drink can help you get the most out of your activities.



What to eat. Follow *Canada's Food Guide* to give your body the energy and nutrients you need to perform well. For recommendations specific to your age and sex visit

www.canadasfoodguide.org

When to eat. It is important to have a small meal or snack a few hours before you are active. Your snack or meal should have fluids and contain carbohydrates for energy, with some protein and a little fat. Snacks could include half a lean meat sandwich on whole grain bread with low fat yogurt and a banana, or a bowl of whole

grain cereal with milk and berries. After an intense workout, refuel with fluids, high carbohydrate foods and a little protein to rebuild muscles and other tissues.

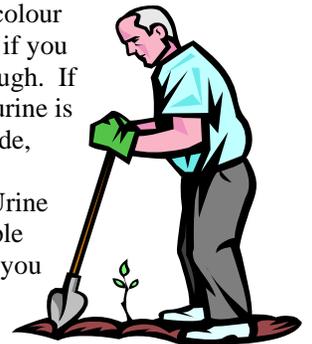
Getting enough to drink? Even being mildly dehydrated can weaken performance. The amount of fluid you need will depend on your size, activity, intensity and environment.

The guidelines are that at least four hours before exercise, you should drink about 5-7 mL per kilogram of your body weight. Over the next 2 hours if no urine has been produced or if your urine is dark and concentrated, add another 3-5 mL per kilogram of your body weight. For example, someone who is 140 pounds (63.6 kilograms) would start with 1-2 cups at least four hours before their activity. If in two hours no urine was passed (or was dark and concentrated) this same 140 pound person would add another ½ - 1 cup of fluid. During exercise, sipping regularly



on fluids will help prevent dehydration.

Checking urine colour can also tell you if you are drinking enough. If your day's first urine is pale like lemonade, you are drinking enough water. Urine the colour of apple juice shows that you are not drinking enough fluid or you are taking supplements that may cause your urine to be darker. If you are sweating a great deal and/or if you are exercising in hot weather, you will need to drink more water.



What to drink. Drinking water will replace fluid lost during many activities. If you are doing very intense and/or prolonged activity lasting longer than about an hour, choose a sports drink that contains 4-8% carbohydrate (4-8 grams per 100 mL). This will replace fluid and energy used during the activity.



Community gardening is alive and well in Meadow Lake! The garden started in 2005 with the transformation of a patch of quack grass into a productive green space. With a few borrowed tools, The digging and planting began and the garden 'took seed'. Each family was assigned their own plot, which they readily marked with cheerful, hand-painted signs. 2009 brings our 5th season of community gardening. It is evident that the garden is here to stay.

Inch by inch, row by row.... as the garden grew so did community interest. Today, over 100 gardeners come from all corners of the community. The garden is a meeting place for a diverse group of people with a broad range of skill levels, gardening experience and ages. Over the years, Willow Creek Community Garden has hosted gardening and composting workshops, and preserving and canning sessions. The corn on the cob roast has become an annual harvest celebration.

Meadow Lake is fortunate to be surrounded by a generous community spirit. The support of the town has been tremendous, and year after year dedicated volunteers pitch in to help. This spring at the SAHO Green Awards, Prairie North Health Region received an honorable mention for their involvement and contribution to the enhancement of the garden. For this and all contributions, Willow Creek Community Gardeners are thankful as we anticipate another successful growing season! *Willow Creek Community Gardeners contributed to the development of this article.*



Ask a Nutritionist

Q Are energy drinks and sports drinks two different names for the same kind of product?

A The short answer is—no. Energy drinks and sports drinks are very different beverages.

An energy drink is a beverage that claims to give people a burst of energy and improve mental and physical performance. Many energy drinks contain caffeine, sugar, B-vitamins, herbs (e.g. Ginkgo Biloba, Ginseng and Guarana), taurine and glucuronolactone (a type of carbohydrate).

If an energy drink contains vitamins or herbs it may have to be regulated under the Natural Health Product (NHP) Regulations. NHP regulations include criteria for labelling, safety and cautionary information. To date, only the Red Bull Energy Drink bears a natural health product number (NHP).

There are many concerns about the ingredients in energy drinks. Some of the side effects of caffeine are nervousness, anxiety, fatigue and poor concentration. Guarana seed extract is a highly concentrated natural form of caffeine. Guarana is not listed as a food additive and therefore is not regulated. Taurine is an amino acid that is easily obtained in meat and dairy products. The large amounts found in energy drinks have not been proven to be safe.

Sports drinks are specially formulated to contain electrolytes (sodium, potassium, chloride and magnesium) and carbohydrates to replace nutrients in the body that are lost through sweat during intense training or exercising. Sports drinks are recommended for endurance events that last more than 1 hour. Sodium levels in a sports drink should be between 300 – 700 mg per litre. Carbohydrates should be between 40 – 80 mg per litre.

Q Are there any dangers to consuming energy drinks? What should I do if I have a reaction when I drink an energy drink?



A Health Canada warns children and pregnant or breastfeeding women to steer clear of energy drinks. Health Canada also warns Canadians never to mix alcohol and energy drinks. Energy drinks can reduce

the relaxing effect of alcohol, causing individuals to feel like they have drunk less than what they really have. The combination can also disrupt the electrolyte balance in our bodies, causing nausea, vomiting, and heart irregularities.

Other side effects of energy drinks include rapid or racing heart beat and increased blood pressure.

You should report any reaction to an energy drink that you have consumed. If you want to make a report to an adverse reaction, please contact the Canadian Adverse Drug Reaction Monitoring Program (CADRMP) of Health Canada. Contact them at 1-866-234-2345 or email cadrmp@hc-sc-gc.ca.

Q It's my turn to restock items for the vending machines at work. How can I be sure I select some healthier options?

A With most employees eating one snack or meal at work, having healthy options available makes good sense. Healthy foods support good health, provide energy throughout the day and can even lead to reduced absenteeism.

Talking with your supplier is a good start. You can ask for samples of products. All packaged items now have a "Nutrition Facts" table which outlines 13 core nutrients for a specific serving size. Use the information on this table to

help you compare products. Healthier options have lower fat, sugar and salt. Choose whole grain items whenever possible with at least 2 grams of fibre per serving.

Although this *Healthy Foods for My School* was designed for schools it can be used wherever packaged food is served. This tool outlines standards for each of the food groups and will help you use the food label to select healthier packaged foods for your vending machine. Consider sharing it with your supplier.

Your office may decide to establish guidelines for the amount of healthy options available in the vending machines. You may want to specify

how many slots or rows have water, milk or 100% vegetable or fruit juice. Start small and gradually work towards having healthy choices as the majority in all machines. You may even want to make healthy choices less expensive.

Look for "Healthy Foods for my School" at www.health.gov.sk.ca or talk to your Public Health Nutritionist for assistance.



IN THE NEWS

“Reel” Scoop: Mercury in Fish

Mercury is a metal found naturally in soils, lakes and oceans. Predatory fish – such as shark, swordfish, fresh/frozen tuna, escolar, marlin and orange roughy – can contain high mercury levels. Too much mercury can cause changes in vision, deafness and tremors. Canadians are advised not to eat more than 150 grams (5 ounces) of these fish per week. Since mercury can affect baby’s brain development, pregnant women are advised not to eat more than 150 g of these types of fish *per month*.

Fortunately, most Canadians are not at risk for mercury poisoning and can safely consume fish as part of a healthy diet. Canada’s Food Guide recommends at least 2 servings (150 g) of fish per week. Heart healthy fish such as salmon, rainbow trout, cod and light tuna made from skipjack, yellow fin or tongol are good choices and are not too high in mercury.



Health Canada has separate advice for a common type of tuna – canned albacore (white) tuna. Pregnant women, and children between the ages of five and eleven can consume up to two-170 g cans of canned albacore tuna per week. The general adult population can safely consume up to six-170 g cans of canned albacore tuna per week.

Extra iron is needed during pregnancy due to the increasing maternal red blood cell count and to nourish the fetus and placenta. The daily multivitamin that pregnant women take should provide them with adequate iron to support this need during pregnancy. Pregnant women should talk to their health care providers to determine the appropriate supplement.

Canada’s Food Guide recommends eating at least 2 food guide services of fish each week (each food guide serving = 75 grams)

Food Secure Saskatchewan: Growing Together in Saskatchewan

Food Secure Saskatchewan is planning two interactive conferences around local food security issues and challenges from farm-gate to table—one at SIAST in Moose Jaw on October 2-3, 2009 and one in La Ronge on October 22-23, 2009. This year’s theme is *Growing Together in Saskatchewan*. A wide cross section of presenters will share their knowledge on the following topics:

- Food and health policy development;
- Sustainability in food and agriculture;
- Self reliance and the 100 mile diet; and
- Eating wild and natural.

Both conferences will be preceded by Food for Thought workshops and tours (October 1 in Moose Jaw and October 21 in

LaRonge). More information will be posted on our website: www.foodsecuresaskatchewan.ca as it becomes available.



The Cost of Healthy Eating in Saskatchewan

It seems like the cost of food has skyrocketed! To find out how much healthy foods cost in Saskatchewan, the price of a ‘nutritious food basket’ is determined in cities, towns, and northern communities. The nutritious food basket is a list of approximately 60 commonly purchased foods that represent a nutritious diet for individuals in various age and gender groups. By calculating food costs, the barriers to purchasing healthy foods can be investigated. The results can help agencies monitor affordability of food and develop healthy food policy.

Costing of a nutritious food basket was last done in SK in 2006. There are plans to carry out food costing again in June 2009. Health Canada updated the National Nutritious Food Basket in 2008 to better represent the new Canada’s Food Guide and Dietary Reference Intakes (comprehensive set of nutrient reference values), as well as information on the current eating patterns of Canadians.



Food Share Learning Centre – Tool Kit



Found at www.foodshare.net/lrcMAIN.htm, the Toolkit is an interactive resource to provide you with the tools to start or fine-tune your food security program. Information topics include: making your own baby food, container gardening, gardening with children, roof top gardening, community kitchens, gardening with people with disabilities, and community gardening month by month.

The Good Food Box Manual



The *Good Food Box Manual*, 2nd Edition (Food Share) directs individuals and organizations interested in developing the system to supply healthy food access to low-income people, or those who have difficulty accessing fresh produce in their area. This supports community development and the local agriculture economy. The revised manual covers the lessons Good Food Box organizers learned over the last 14 years of running these systems.

The *Good Food Box Manual*, 2nd ed. is now available for download from Food Share at www.foodshare.net/publications_04.htm.

Support Healthy Foods at Work and Play

Soon to be made available, *Support Healthy foods at Work and Play* is a manual that can assist your community in creating and maintaining a healthy food environment within your work site and/or your local recreation facilities.

This resource will provide:

- tools for developing, implementing and evaluating a nutrition policy
- tips for dealing with opposition
- standards for healthy food and beverages
- recipe ideas for kitchen and snack bars

For more information on how to help create a healthy food environment or for a copy of the manual, contact your local public health nutritionist.



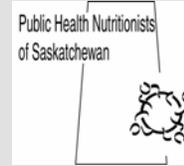
How to Build Community

Turn off your TV · Leave your house · Know your neighbours · Look up when you are walking · Use your library · Play together · Buy from local merchants · Share what you have · Take children to a park · Garden together · Support neighbourhood schools · Have potlucks · Fix it even if you didn't break it · Honour elders · Pick up litter · Dance in the street · Talk to the mail carrier · Listen to the birds · Ask for help when you need it · Share your skills · Listen before you react to anger · Mediate a conflict · Seek to understand · Know that no one is silent though many are not heard—work to change this.

Source: Syracuse Cultural Workers www.syraculturalworkers.org



Provincial Nutrition Newsletter Committee



Contributors of this issue include members of the Adult Nutrition Committee of the Public Health Nutritionists of Saskatchewan Working Group:

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This newsletter is distributed three times annually to health professionals, educators, community leaders and others. It is designed to provide up-to-date nutrition information and highlight important initiatives and resources.

We welcome letters and contributions from our readers.

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