

Canada Food Guide

How much food you need every day

	Female 19-50 years	Male 19-50 years	Female 51+ years	Male 51+ years
Vegetables and Fruit	7-8	8-10	7	7
Grain Products	6-7	8	6	7
Milk and Alternatives	2	2	3	3
Meat and Alternatives	2	3	2	3

Serving size examples

- 125 mL (½ cup) fresh, frozen or canned vegetables or fruit
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

Grain products

- 1 slice bread or ½ bagel
- ½ pita or ½ tortilla
- 125 mL (½ cup) cooked rice, pasta, or couscous
- 30 g cold cereal

Milk and alternatives

- 250 mL (1 cup) milk
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese

Meat and alternatives

- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (¾ cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) peanut butter

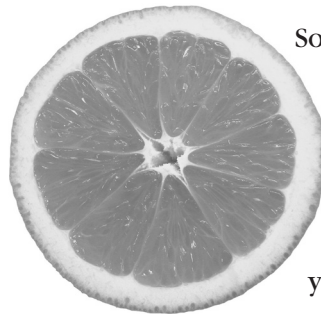
Excerpted from www.bc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Personal wellness inventory

You are what you eat!

By James Chamberlain

Ah, yes! That famous saying....definitely food for thought. If it were completely true, I'd be a cross between a salad and a chocolate cake! It is a struggle to balance our diets at the best of times. I try to eat healthy and purchase organic vegetables, shop locally and eat wisely. Nevertheless, I am addicted to chocolate in any form. Students in my classroom used to love our signature year-end Chocolate Party, complete with a chocolate fountain and fruit (the healthy part) and everything else chocolate! It was the one time of year when we bust loose, had a decadent party and ate all things unhealthy. Some of the other teachers in the school hated it though....they said "How dare a teacher promote such an unhealthy party." The rest of the year I was the snack and lunch police so the kids knew that parties were special occasions where the "rules" could be suspended. My only caveat on the chocolate party was that they had to self monitor their own consumption of treats and that if they barfed....they'd clean it up themselves! It was powerful motivation for Grade 3's not to overeat and they were quick to say when they had had enough. I'm happy to report we never had an issue with sick kids.



So now your turn to pretend you are at school and do a little homework. Take a look at the Personal Health Inventory this month and the topic is Diet. It is okay to indulge once in a while, but what we eat every day has a lot of influence on your daily energy levels, moods and mental focus. So go ahead and rate yourself and see how you fare.

Oh, and the good news..... we'll be having a Decadent Dessert Day (April 14th) here at the BCTF. Watch for details on that soon!

Diet

"You are what you eat."

Digest this information:

- Much of your daily energy levels, emotional moods, and mental focus are determined by what and when you eat.
- Many major health problems such as cancer, heart disease, diabetes are directly related to diet and/or obesity.
- Diet is also the only major determinant of health that is completely within your control.

- Primary factors include what you eat, how much you eat, and when you eat.
- Water intake is a frequently overlooked significant component of energy & health.
- Inadequate hydration causes significant loss of muscle strength, coordination and concentration.
- By the time you experience thirst, you are already dehydrated.

Answer the following questions honestly.

To what extent are the following statements true:

- I jump-start my day with high energy, low-glycemic foods such as whole grains, proteins, and fruits such as strawberries, pears, grapefruit and apples.

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- I sustain my energy by eating energy-rich foods before either acute hunger or energy lags occur.

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- I eat at least 5 servings of fruits or vegetables per day.

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- I eat lots of high fiber foods such as whole grains, beans and raw fruits & vegetables.

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- I limit the amounts of high saturated fat foods that I consume.

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- I limit the amounts of foods that I consume containing refined sugar and refined carbohydrates (white bread, chips, crackers, etc.).

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- I consciously choose foods according to their positive impact on my body and energy.

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- I eat on a schedule that best supports my health and energy.

<i>almost never</i>										<i>almost always</i>
1	2	3	4	5	6	7	8	9	10	
- My weight and body fat % are within the recommended range for a person of my height and age.
 (check one) No _____ Yes _____

More than two low scores are cause for you to seriously examine your diet and eating habits.

What do you see as you look at your scores in this section?

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Decadent dessert day

Everyone should maintain a healthy diet and lifestyle.

What we eat every day influences our daily energy levels, moods, general well-being, body weight, mental focus, and lowers risk of disease. If we eat sensibly most of the time, every now and then we can indulge in a little treat on a special occasion. Share a rare decadence with your colleagues!

April 14, 2010

at morning coffee in the staffroom

Please sign-up on the form in the staffroom. If you don't have a decadent dessert to share but would like to partake, please consider bringing a non-perishable food item or cash donation for the food bank.

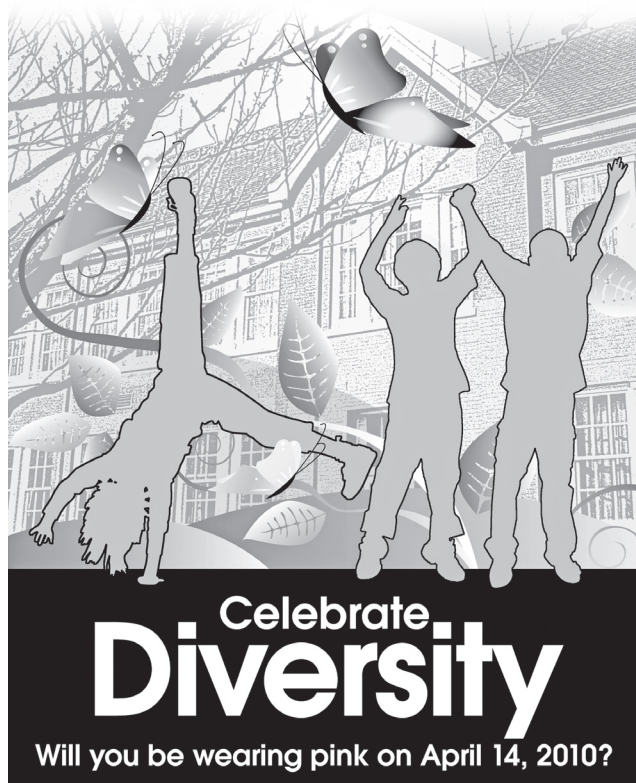
What is the day of pink?

James Chamberlain

It is not just a celebration, but a day of action, born when a high school student in Cambridge, Nova Scotia was bullied and called homophobic names because he wore a pink shirt to school. His fellow students decided to stand up to bullying; and hundreds of students came to school wearing pink to show support for diversity and stopping discrimination, bullying and homophobia.

The goal is not only to wear pink in support of anti-bullying, but also to discuss the original student-led initiative. Teachers across the province have responded positively to this event. Schools across the province will hold age-appropriate events, activities and lessons that will engage students, and help them really understand the hurt caused by bullying, gender stereotypes, homophobia and transphobia. The day should foster commitment to being open minded, to celebrate differences, and to accept each other regardless of these differences.

Please join us at the BCTF in wearing pink to work on Wednesday, April 14th



**Update on
Eva Markvoort**

65_RedRoses

Karen Steel

In the January *Wellness@BCTF* newsletter, Dale Costanzo wrote about a former classmate of her daughters, Eva Markvoort, who struggled with Cystic Fibrosis. A double-lung transplant in 2007 gave Eva a new chance at life, but her good health did not last. She went into chronic rejection in 2009 and her health began to fail. Eva's name was again entered on the transplant list, but she passed away peacefully on March 27.

In her short but remarkable life Eva touched and inspired many people. Her intimate and candid blog of her experiences gathered a wide international audience, the majority of whom were not Cystic Fibrosis patients. During the airing of her award-winning documentary "65_RedRoses," registration for organ donation in Canada tripled. Even as her health deteriorated, Eva exuded radiance and caring. Her message was one of love, understanding, and hope. Her hospital room was wallpapered with messages of support from friends and strangers alike as the online community followed her blog.

As Eva's breathing became more laboured, visitors were not permitted to bring flowers into her hospital room. Dale's daughters and their friends began folding 65 red origami roses, which they planned to present to Eva, along with messages from her many friends. Eva passed away before the roses were completed, but the girls were able to deliver them to Eva's family a few days later.



Sisters Rana and Charlotte with friends after completing Eva's 65 red roses.

Eva's life story inspired many people to register as organ donors. If you would like further information on registering, please see www.transplant.bc.ca.

BCTF soup day

We had a great turnout for this popular event. Many thanks to our soup chefs for their delicious contributions! \$300 in cash and two boxes of food were collected for the food bank, making it a collaborative event for all who participated.



Photo by Luis Isidoro

Homemade soups are nutritious, filling, and economical. They are generally easy to make and the recipes can be very adaptable. You are limited only by your imagination and whatever vegetables, meats, seafoods, grains, and legumes you have on hand. Cooking the ingredients in the stock ensures little loss of nutrients. The results are usually satisfying, and as long as you haven't incorporated copious amounts of cream or cheese in your creation, are relatively low in calories.

For tips on making your own stock, see: www.homemakers.com/food-and-recipes/cooking-tips-and-advice/homemade-soup-stock-recipes-and-tips/a/27286/2



David Granirer (left) with Stand Up for Mental Health performers.

Photo by Bev Humphries

Stand Up for Mental Health

BCTF staff were recently treated to a lunch-and-learn performance by "Stand Up for Mental Health," a program dedicated to removing the stigma of mental illness. Using comedy as a vehicle to promote acceptance, the program also empowers clients by allowing them to accept and celebrate their differences. As the Stand Up for Mental Health web site explains: "There's something incredibly healing about telling a roomful of people exactly who you are and having them laugh and cheer." (www.standupformentalhealth.com/)

The performance was not entirely light-hearted. One of the comedians, a young man, finished his entertaining routine and then took a serious note. Pulling up a stool and looking down, the young man asked us "not to laugh, because the next part isn't funny." He then told us of his horrendous journey through multiple mental illnesses ranging from depression, drug dependency, schizophrenia, and self-harming. It was a frank and honest disclosure. He eventually found balance through the support

of his family and friends, and acceptance and a voice through the comedy program.

David Granirer is the founder of Stand Up for Mental Health, and a teacher at Langara College. He has depression, but he is able to use his fears and anxieties as a source of motivation. If you missed this presentation, check out a very funny sampling of his work at www.youtube.com/watch?gl=CA&hl=en&v=_TUCjBWV7IA

Mental Health Week is May 3-9, 2010. For more information on resources and helpful links, see the Canadian Mental Health Association at www.cmha.ca/

BCTF Wellness Committee Members

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Margaret White	(TFEU)
Karen Steel	(TFEU)

The contents of this newsletter are intended to encourage better health decisions, not to provide medical advice. Please consult a qualified health professional before embarking on any new diet or exercise regime.