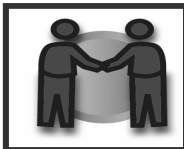


**HOWE**  
*Sound*  
**PHARMACY**



Volume 2: Issue 8  
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**Regular Hours**

We are open to serve you ~

**Monday to Friday:**  
9 am to 5:30 pm

**Tuesday:**

9 am to 7 pm

**Saturday:**

9 am to 12:30 pm

825 Gibsons Way  
Next to Gibsons' Medical Clinic

Tel: 604-886-3365

**FREE DELIVERY!**  
Monday to Saturday

**We offer~**

- Compliance Blister Packaging
- Blood Glucose and Pressure Monitors
- Health care consultations
- Nutritional Supplements
- Bathroom Safety Supplies
- Compression Stockings
- First Aid and Wound Care Supplies
- Incontinent Supplies
- Life Style consultations
- S.A.D. Therapeutic Lights
- Sport Braces and Canes

**We are~**

- Your Health Information Source
- Homeopathic Specialists

# Sound Advice

...from your Neighbourhood Pharmacy.

## Following Canada's Food Guide ~ since 1942!

By following healthy guide lines we can improve our health greatly. It's a matter of eating a variety of foods and the Canada Food Guide lays it all out. Canada has had a food guide since 1942 when the *Official Food Rules* were released as part of a wartime nutrition program. The Food Rules have been revised several times through the years, leading to the current Food Guide. (See below.)

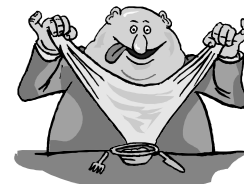


Being overweight has been identified as a major public health challenge in Canada. The illness that it causes is comparable to cigarette smoking according to a study entitled *Lifetime health and economic consequences of obesity*.

**Tips for Healthy Eating**

- Include plenty of grain products, vegetables and fruits to your diet. These foods provide vitamins, minerals, fibre and other non nutrients that may protect you against cancer, heart disease, and high blood pressure.

- Choose a diet low in fat, saturated fat, and cholesterol to reduce your risk of heart disease, cancer and high blood pressure. When eating meat reduce serving sizes to 60 to 90 grams (about the size of a deck of cards) and don't eat second helpings. Choose the leanest cuts, such as tenderloin, flank steak, chuck, or top and bottom round. Eat more fish and poultry without skin as they contain less saturated fat than red meat does. Remove all visible fat from meat, poultry and fish before cooking. Remove poultry skin either before or after cooking. Bake, broil, or poach meats, poultry and fish instead of frying in butter or fat.
- Occasionally serve a combination of legumes, dried beans, peas, lentils and grains in place of a meat entrée.
- Use 1% skim milk. Choose cheeses made with skim or part skim milk, or look for cheeses that have no more than 20% milk fat. Try low fat **over** ▶▶



**CANADA'S FOOD GUIDE TO HEALTHY EATING**

**FRUIT & VEGGIES**  
5 to 10 servings per day. Choose fresh and local fruit when available. One medium-size fruit or vegetable, 1/2 cup fresh, frozen or canned; 1/2 cup juice.



**MILK PRODUCTS**  
2 to 4 servings per day, depending on age: Children 4-6 yrs.; 2-3 servings. Youth, 10-16 yrs; 3-4 servings and adults 2-4 servings. Choose lower fat milk products more often.



**MEAT & MEAT ALTERNATIVES**  
2 to 3 servings per day. Choose leaner meats such as poultry and fish, as well as dried peas, beans and lentils more often.



**GRAIN PRODUCTS**  
5 to 12 servings per day. Choose whole grain and enriched products more often. One serving is 3/4 cup hot cereal. One cup of rice or pasta is equal to 2 servings.



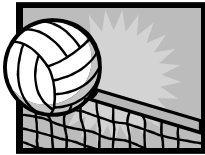
Working with you towards a healthier lifestyle.

**HOWE**  
*Sound*  
**PHARMACY**

*More about our Services...*

Summertime is the time for lots of sports and activity!

Injuries do happen and we have a variety of braces and can suggest options for protecting joints. Talk to our knowledgeable and friendly staff and don't miss out on all the fun this summer! Call 604-886-3365



The titles of **Canada's Food Guides** have changed over time. Canada's Official Food Rules (1942) became Canada's Food Rules (1944, 1949), then Canada's Food Guide (1961, 1977, 1982), and finally Canada's Food Guide to Healthy Eating (1992).

The title changes signify an evolution in the positioning and philosophy of the food guide. In some ways, the Food Guide that we use today has evolved and is quite different from the 1942 Canada's Official Food Rules. In other ways, it is not. The same intent underlies both the 1942 and 1992 guides, as well as all of the guides in between: promoting the nutritional health of Canadians.



1944 Edition



or nonfat cottage cheese or yogurt in place of cream and sour cream. Use fat free sour cream and fat free cream cheese.

- Steam vegetables. If you choose to sauté them use cooking oil that is liquid at room temperature such as canola, olive or corn oil and use it sparingly ( one tablespoon of oil ). Use other liquids such as wine, broth (with no fat content) or cooking sherry. Season veggies with herbs and spices instead of butter and sauces. Dress salads with lemon juice, fat free mayonnaise or fat free dressing. Experiment with using less oil than is called for in recipes. (You may need to increase other liquids.)



- Limit sugars in your diet – sugar has no nutritional value! Watch your intake of fruit juices as the amount of nutrition to caloric intake is low. All sugars including honey have no advantage over other sugars. Processed foods can be full of sugar; look for breakfast cereals that have 6 grams or less of added sugar per serving and limit foods that list sugar among the first few ingredients.
- Take in a moderate amount of salt to help reduce your risk of high blood pressure.
- If you drink alcohol do so in moderation. Alcohol provides no nutrition and can be the cause of many health problems and accidents and can lead to addiction.
- Vitamins are tiny elements of food that have no calories, yet are essential to good health. Vitamins A, D, E and K are fat soluble and can be stored in the liver or in fat tissue for a relatively long time. Other vitamins, including all the B vitamins and vitamin C are water soluble and your body can only retain them for a short time, so it is important that you consume them often.



- Minerals have many important roles in the structure and function of your body; they build and maintain healthy teeth and bones; carry nerve signals to and from your brain; carry oxygen to your cells to regulate blood sugar levels and maintain a healthy immune system. A total of 60 minerals have been discovered in the body, and 22 are essential to health. Eating a variety of foods is the best way to get minerals.
- Calcium is the primary mineral needed for building and maintaining strong bones. Calcium is particularly important for growing children and for women especially in the peak bone building years between the teens and early 30's. While milk and milk products are a good source, other foods, such as fortified soy milk, broccoli, legumes and greens add to the calcium intake.
- In addition to the essential nutrients, foods also contain non nutrient compounds that act on your body in some way. These include phytochemicals, many of which protect against cancer. Some foods contain compounds that have medicinal effects, such as the compound found in cranberries that may flush bacteria from the urinary tract and prevent urinary tract infections.
  - Serve meals and snacks on a regular schedule. Do not serve snacks so close to a meal that they interfere with the child's appetite. Good snack choices include fruit, raw vegetable sticks with dip, cereal, yogurt, cheese, soup and leftovers.
- Choose desserts that are low in fat and high in nutrients; fruit, yogurt, and other foods found in Canada's Food Guide are good choices.
- Of course it is always necessary to try to balance the food you eat with physical activity!
- Use the 80/20 rule. If you are generally healthy, you don't need to worry about maintaining a perfect diet. If you make healthy eating choices 80 percent of the time, there is no problem eating high fat or high calorie foods the remaining 20 percent of the time.



*Health care for your body and mind.*