



Lamont Health Care Centre

Telephone (780) 895-22 II Fax (780) 895-7305
P.O . Box 479, 52 16-53 Street, Lamont, Alberta TOB



2016 COMMUNITY NEWSLETTER – WINTER EDITION

‘MEDICAL CORNER’

What Does Eating Healthy Mean?

Thanksgiving is well behind us and now that we are approaching Christmas maybe it is time to make some healthy life choices. The five simplest life choices a person can make are: not smoking, doing regular physical activity, eating healthy, watching your weight and not to drink excessive amounts of alcohol.

But what does eating healthy mean? Eating fruit and vegetables are very important. Most recommendations are five portions of fruit and vegetables per day. A portion usually means a handful.

A third of most meals should be starch-based foods such as cereals, breads, potatoes, rice and pasta but no more than that. In terms of fats, fatty meats, fatty cheeses, full cream milk, fried food and butter should be used moderately and there should be two to three portions of fish per week. Lean meat such as poultry is actually the best meat choice; when frying, frying in vegetable oil such as sunflower oil or olive oil is recommended.

One of the biggest controversies is when we are looking at what kids think and drink; one issue that I recently came across during an emergency room visit, was a mom who insisted that fruit juices were more healthy than pop (soda drinks). A research journal called Nutrition published an article in June, 2016 looking at the amount of sugar that is present in fruit juices versus pop. Fruit juice has a sugar called fructose at 44.5 gm/litre. Soda has the same type of sweetener at 50 gm/litre. Minute Maid juice which is 100% apple has 66 gm of sugar per litre which is actually more than the 62.5 gm/litre in Coke and 61 gm/litre in Dr. Pepper. In terms of fruit juices versus soft drinks, Ocean Spray cranberry juice 100% has 55.4 gm of sugar per litre compared to Arizona Ice Tea which has 59.3 gm of sugar per litre whereas Tropicana 100% orange juice only has 28.3 gm of sugar.

So, my recommendation is to use both products sparingly but don't get fooled by the label of "natural" or "healthy" because it is one of the ploys that the food industry uses to sell the same product under a different name.

When talking about health we must not forget about exercise. One of the easiest forms of exercise is walking. The recommendation is that any kind of activity is better than no activity at all. Small amounts of physical activity such as moving around doing light tasks have health benefits compared to being completely inactive.

Mild physical activity which gets you a little out of breath and a little sweaty will provide more health benefits; for example: fast walking, heavy gardening or cycling. The recommended amount of time is 30 minutes of activity on most week days; however, two short bursts of 15 minute activity even at different times of the day would be just as good.

With regards to alcohol consumption there is a wide variation in the amount of alcohol that is recommended; however, pregnant women should not drink at all and remember everybody's tolerance to alcohol is different; the important thing is knowing your own tolerance and then keeping well away from your upper limit of tolerance.

I wish you health for the festive season and all the best in the New Year.

- Dr. Zainool Mohamed, Chief of Medical Staff - LHCC

Mission Statement

We believe that whole ness of body, mind and spirit is God 's will for every person.

We are committed to the healing process, the promotion of health

and the provision of compassionate care co all persons.