

When you live healthy, life is good!

INFORMATION BULLETIN

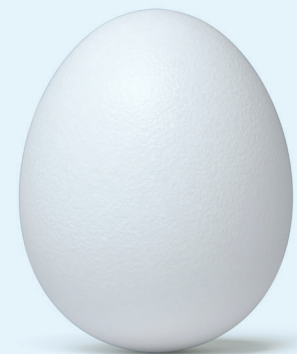
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Eggs

Small but they pack a punch! Eggs, that is the ones from hens, not those from the Easter Bunny, provide valuable proteins. They're also full of nutrients: Vitamins A, B12, D and E, folic acid, zinc and phosphorous. They have no trans fat and even large eggs only contain 1.5 g of saturated fat. Recent studies have settled the fact that consuming eggs does not represent a cardiovascular risk for the majority of the population.

Source: oeuf.ca



True or False

Is the quality of sleep better before midnight?

False... That's just an urban legend! Sleep has various cycles: Light, deep, and REM. Deep sleep at the beginning of the night is the most restorative, whatever time one goes to bed.

Source: helpguide.org

Spring has sprung!

To help you definitively banish winter, eat depression-fighting foods:

- 1 to 2 squares of dark chocolate (70% cocoa)
- Shell fish, egg yolks, nuts, grains, pulses and fatty types of fish
- Milk
- Potatoes
- Rice, pasta, wheat germ and couscous



Turmeric, the cancer-fighting spice



Its golden yellow colour brightens your plate and the curcumin it contains has cancer-fighting properties. Add turmeric to soups, salad dressings, sauces, water for cooking rice and to mayonnaise. **A teaspoon of turmeric per day is sufficient** to benefit from its anti-cancer characteristics. Also, remember to add pepper to your recipes! Turmeric is absorbed 1,000 times better when pepper is present.

Source: eatrightontario.ca

The warm weather is coming. Time to think about a tune-up for your bicycle!



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We want to hear your comments and suggestions. Write to us at goodforyou@lacapitale.com.

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good
for you!