

When you live healthy, life is good!

INFORMATION BULLETIN

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Ice cream

A delightfully chilly and healthy treat?

Yes, say nutritionists. Ice cream can be included as part of a balanced diet. This milk product is a chock full of nutrients such as calcium and phosphorous, but it should be enjoyed in moderation due to its high calorie count. Here are some healthy and low-fat alternatives that are just as delicious:

- ice milk or a cup of frozen yogurt
- a cup of sorbet
- sundae: load up on fresh fruit but go easy on the ice cream
- a yogurt-based fruit smoothie

Source: dietitians.ca



30 minutes

of physical activity... will burn how many calories?



Here's how many calories a 68 kg (150 lb) man or woman can burn based on the type of physical activity. Note that the lighter you are, the less calories you'll burn; However, the heavier you are, the more calories you'll burn. The results are influenced by the speed and intensity of the activity.

Activity	Calories
Brisk walking	150
Golf (if you carry your bag)	150
Biking	200
Jogging	240
Inline skating	240
Swimming (lengths)	270

Source: passeportsante.net

Eye health

and back to school

Back to school is just around the corner! This is a good time to schedule an appointment for your child with the optometrist to prevent any potential vision problems.



Frequency of eye exams recommended by optometrists

- Between age 2 and 5: at age 3 and before starting school
- From age 6 to 19: Yearly
- Adults: Every 2 years

Source: opto.ca

Did you know?

The recommended portion of steak, chicken or fish should be the size of your palm and the thickness of your little finger.

Source: Health Canada

Health question

Which of these fruits is packed with the most antioxidants?



Raspberry



Strawberry



Blueberry

Source: passeportsante.net

Answer: Blueberry

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Do you have some comments or suggestions? Write to us at goodforyou@lacapitale.com.

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good for you!