

When you live healthy, life is good!

INFORMATION BULLETIN

November 2011



Focus on osteoporosis



Osteoporosis causes bones to become thin and brittle. Known as "the silent thief," it develops gradually with no symptoms. Nearly 2 million Canadians suffer from osteoporosis: 1 out of every 4 women and 1 out of every 8 men aged 50 or more. Lack of exercise, a diet low in calcium and vitamin D, tobacco use and an excessive alcohol and caffeine intake are among the risk factors. Adults can prevent osteoporosis through daily consumption of 500 ml of cow's milk or a dairy substitute such as enriched soy beverages.

Sources: osteoporosis.ca and passeportsante.net

Need to warm up?

A cup of this is good for your heart, soul and frozen fingers!



Spiced hot chocolate (4 servings)

- 2 tbsp. honey or maple syrup
- 1 tsp. cinnamon
- 1/3 cup cocoa powder
- 1/2 cup water
- 3 1/2 cups skim milk

Combine the dry ingredients in a saucepan. Add water and stir until thick. Place on the stove and cook at medium heat. Slowly add milk as you whisk. Simmer until smooth.

% daily value per 250-ml serving:

Calcium: 26%, vitamin D: 51%

Source: dairygoodness.ca

What's quinoa?

A complete protein grain.

This nutritional powerhouse puts all the other grains to shame with its high-quality protein, fibre, vitamin and mineral content! It's also rich in manganese and iron. If eaten in combination with vitamin C (citrus fruits, tomatoes, etc.), iron absorption is enhanced. Much lighter than other grains, it works well in soups and salads. It can also be used in place of rice. Invite it to your table!

Source: eatrightontario.ca



Purge your medicine cabinet

The drugs in our medicine cabinet are there to help us fight disease -- not to hurt us! How can we be sure that we are using them properly? Check the expiry date. Give your pharmacist any drugs past their best-before date, rather than tossing them in the garbage. For more information, go to msss.gouv.qc.ca, and click on *Documentation and Publications* to find a document entitled "Using Medication: If and as required!"



Reduce stress

Why not?

Head out to the stores in November, and do some of your holiday shopping online to avoid shopping cart gridlock. You'll have more fun and less stress!

good-for-you.ca

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

LaCapitale



good
for you!