

When you live healthy, life is good!

INFORMATION BULLETIN

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Can't be beat!

Beets have loads of health benefits!

3 reasons why you should have some:

- Beets are high in antioxidants, which help prevent disease and certain cancers.
- Beets are said to be effective in alleviating headaches, skin conditions and menstrual cramps.
- Lutein and zeaxanthin, which are found in beet greens, may benefit eye health by reducing the risk of cataracts and macular degeneration, i.e. deterioration of the macula (a small area in the retina, at the back of the eye, near the optic nerve).

Sources: eatrightontario.ca

Physical exercise...

a way to counteract depression?

Two recent studies have shown that the impact of 30 minutes of strenuous exercise, three times a week, is equivalent to the short-term effect of medication in treating major depression and preventing recurrences.

So, get moving! Give your spirits a boost!

Source: www.passeportsante.net



Halloween craft idea

What fun!

Doing crafts with the kids helps to get us into the spirit of Halloween.

A trip to the dollar store may not be necessary; you may already have the supplies you need on hand. Here's a simple idea for a mobile that you can make.

Instructions:

- 1 Trace and cut out pumpkins of different sizes with orange construction paper.
- 2 Decorate them with feathers, buttons, pasta, stickers, lace, etc.
- 3 Tie or tape two pumpkins together, front and back, and hang the mobile from the ceiling.

For more fun ideas, go to educatall.com



Did you know?

Whether present naturally or as an additive, caffeine is found in a number of beverages, such as coffee, tea and cola. But what constitutes reasonable daily caffeine intake? Healthy adults are advised to have no more than 400 mg per day. That works out to three 250-ml cups of coffee. The table below illustrates the caffeine level of some popular beverages.

Beverage and portion size	Caffeine
Filtered coffee (250 ml)	110 to 180 mg
Espresso coffee (50 ml)	90 mg
Instant coffee (250 ml)	60 to 100 mg
Decaffeinated instant coffee (250 ml)	5 mg
Regular tea bag (250 ml)	43 mg
Green tea (250 ml)	30 mg
Loose tea (250 ml)	50 mg
Cola (355 ml)	35 to 40 mg
Diet cola (355 ml)	39 to 50 mg

Source: Health Canada: www.hc-sc.gc.ca

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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!