

## Feeling guilty about some Christmas eating habits?

- A single meal or day of eating rich foods will not make or break an otherwise healthy eating pattern. *What you eat on a regular daily basis is what matters most.* Enjoy your occasional indulgences but follow a healthy meal plan most of the time.
- Keep energized by having regular meals or snacks every 3-4 hours. Keep healthy snack and meal choices handy at work, in the car and at home to avoid settling for something less nutritious. Drink plenty of fluids including water throughout the day.
- Moderation doesn't mean giving up foods you love, it only means having a smaller amount less often. It's not just what you eat, but how often and how much, that really makes the difference.
- Vitamin/mineral pills are not insurance for a poor diet! Only food provides you with great taste and the energy you need to get moving and feel great.
- If you eat out often order healthier choices such as whole grain breads for sandwiches; meals featuring vegetables such as stir fries, dark leafy green salads with dressing served on the side, vegetable based soups and pasta sauces; fruit salads and yogurt smoothies; bean or lentil dishes; meat or fish that are grilled or broiled instead of deep-fried.
- Try to keep your caffeine intake under 400-500 mg per day—about 3 medium-size cups (250 ml) of coffee. Choose decaffeinated tea or coffee, or herbal teas instead of higher caffeine beverages like coffee, espresso and some cola drinks.

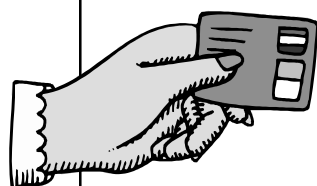


- Healthy eating begins at the grocery store. Fill your cart with whole grain breads and cereals, rice and pasta, fruit and vegetables, milk and milk products, lean meat, poultry, fish, eggs and alternatives such as dried beans, peas and lentils. Be sure and read labels to guide your food choices. Be adventurous and experiment with some new taste sensations by trying new foods and different recipes.

Information from Dietitians of Canada

## WINTER is the worst season for fires in Canada.

- A carbon monoxide detector in your home could save your life.
- Smoke inhalation from fires is the most common form of carbon monoxide poisoning. Cigarette smoke and vehicle exhaust are the most common sources of regular carbon monoxide exposure.
- There must be an adequate supply of air for complete burning or combustion. Ensure your wood stove or fireplace is not competing for long periods of time with your dryer, kitchen, bathroom and attic vent fans, central vacuum cleaners and kitchen barbecues which exhaust air from the home and starve the furnace of oxygen.
- Space heaters should have three feet of space around them.
- Have chimneys and furnaces checked and serviced regularly.
- Teach your children safety.
- Have a working smoke detector.

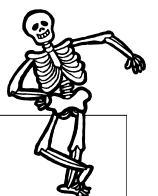


## Debit and Credit Card Machine

To serve our members and clients more efficiently, we now have the capability of taking payments using a debit machine. We have always been able to take credit card payment but this system makes it more secure and easier. Payment for a service or other fees will be taken at the Membership and Health Information desk on the second floor. We look forward to serving you more competently.

Do not neglect the gift that is in you. The talents and abilities we call our own are actually gifts to be shared with others.

January's birthstone is Garnet and flower is the Carnation



## OSTEOPOROSIS EXERCISE

The osteoporosis exercise classes will continue again in the new year!

Join Melanie Bosman, Exercise Counsellor, every Wednesday from 1:30-2:30 p.m. in the Bea Harding room for some fun osteoporosis exercises. Please register by calling 543-7880 ext. 221.