



DUPUIS LANGEN
FINANCIAL MANAGEMENT

Volume 3 March 2009

The Wellness Report

A FOCUS ON HEALTH

Fast Food Options

Want to eat well, but find it a challenge when you have to dine and dash? Luckily, many "fast food" restaurants are making it easier with healthier menu options. These tips will help you choose wisely!

DOWNSIZE IT

Super-sized portions usually cost only a little extra, but can pack a whopping nutritional blow. Research shows the larger the serving in front of us, the more we tend to eat.

Keep in mind: double the portion = double the calories.

	Total Calories	Fat*	Sugar*
Double patty hamburger with dressing or mayonnaise + large fries + large soft drink	1570	66	91
Double patty hamburger + large fries + large soft drink	1200	40	90
Single patty hamburger + small fries + small soft drink	620	18	47
Single patty hamburger + side salad** + 2 % milk	435	16	23

* in Grams ** with low fat dressing

Tip: If you just can't bear to pass on a deal, consider splitting a large portion with someone else. Smaller serving sizes are especially important for young children.

WATCH THE "EXTRAS"

Those little "extras" like salad dressings, sandwich sauces, mayo, spreads and gravy can add a lot of fat and calories to your meal. Choose:

- veggies as a tasty garnish for sandwiches
- lower-fat condiments like ketchup, mustards and relish
- lower-fat salad dressings and use only a small amount

DESIGN IT YOURSELF

Looking for more ways to keep the calories and fat in check? Want to boost your nutrient and fibre intake? Made-to-order options are a great solution. When you order a sandwich, burger, wrap, salad or pizza, opt for:

- whole grain breads, buns, wraps and pizza crusts
- plenty of colourful vegetables and fruit
- leaner meats and lower-fat milk products
- lower-fat sauces, spreads and salad dressings

BE BALANCED

Healthy eating is a matter of balancing your food choices over time. So if you overindulge at one meal, try to make healthier choices at your next meals.

Tip: Change your order to add some variety. Take your taste buds on a global adventure with sushi or stir-fry.

GO FOR THE GRILL

Grilled foods are usually much lower in fat and calories than deep fried foods. Go for grilled meats, poultry, fish and veggies rather than deep fried. For example, a battered and deep fried chicken sandwich may have more than twice as much fat as a grilled chicken sandwich.

	Fat (grams)
Deep fried chicken sandwich	24
Grilled chicken sandwich	11

SALAD SAVVY

Not all salads are created equal. The dressings can make them extra high in fat and calories. For example, a chicken Caesar salad with dressing can have about as many calories and as much fat as a deep fried chicken sandwich.

DRINK SMART

Large servings of pop and other sweetened beverages provide empty calories. A large pop typically contains about a third of a cup (85 mL) of sugar.

Shakes can be very high in fat and calories too. Quench your thirst with water, milk, 100% fruit juices, fruit smoothies and vegetable cocktails.

Tip: Add milk to tea and coffee instead of cream to save calories and fat. Keep in mind that flavoured syrups and whipped cream added to some coffees and teas may net you as much as 200 to 300 calories or more.

BREAKFAST BASICS

Make wise breakfast choices to give you the energy and nutrients you need for a great start to your day. Choose at least 3 of the 4 food groups from Eating Well with Canada's Food Guide: www.healthcanada.gc.ca/foodguide

Tip: Try to limit higher fat options like doughnuts, pastries, muffins, croissants, bacon, sausages and fried hash browns.

FILL UP ON FIBRE

Make fibre-rich choices more often: whole grain breads; vegetables and fruit; beans, lentils and chickpeas (in chili, salads, and falafel); nuts and seeds.

DESSERTS

Think fresh and light when it comes to dessert. Fresh fruit, frozen yogurts, ice milk and fruit sherbets are nutritious alternatives to baked or fried goods and ice creams. And be portion wise, some large cookies may add as much as 400 or more calories.

Source: www.dieticians.ca



210-13900 Maycrest Way
Richmond BC V6V 3E2
Phone: 604.270.1142
Toll Free: 1.888.766.6390
Fax: 604.270.3662
Toll Free Fax: 1.888.636.1430
Website: www.dupuislangen.com
Email: info@dupuislangen.com

The first wealth is health
~ Ralph Waldo Emerson

E&oe

RECIPE CORNER – Fibre-Power Biscotti

Preparation: 15 minutes | Cooking: 60 minutes
Preheat oven to: 350 °F (180 °C)

Baking sheets, lightly greased or lined with parchment paper

2 cups bran cereal, crushed 500 mL
1 ½ cups all-purpose flour 375 mL
1 cup granulated sugar 250 mL
¾ cup quick-cooking rolled oats 175 mL
½ cup each: sliced almonds and finely chopped dried apricots 125 mL
2 tsp baking powder 10 mL
3 eggs, lightly beaten 3
1 tbsp vegetable oil 15 mL
2 tsp almond extract 10 mL
1 tsp vanilla 5 mL

1. In a large bowl, combine all dry ingredients.
2. In a small bowl, beat eggs, oil, almond extract and vanilla. Stir into bran cereal mixture until well blended (dough will be dry and crumbly).
3. Turn dough out onto a lightly floured surface and knead 10 to 15 times, until dough holds together. Divide dough in half and shape each half into a log about 8 in (20 cm) long and 3 in (7.5 cm) wide. Place on baking sheets.
4. Bake for 30 min. Remove from oven and reduce oven temperature to 325 °F (160 °C). Remove logs from baking sheets and let cool on a wire rack for 10 min.
5. Using a serrated knife, cut each log into ½ in (1 cm) thick slices. Return slices, to baking sheets.
6. Bake for 15 min. Turn biscotti over and bake for 15 to 20 min or until light brown. Let cool.

NUTRIENTS Per Serving

Calories: 94

Carbohydrate: 18.0 g

Calcium: 32 mg

Fat: 2.1 g

Fibre: 2.5 g

Iron: 1.1 mg

Sodium: 44 mg

Protein: 2.4 g

Source: <http://www.eatingwell.com>



FOOD LABELING WHAT IT REALLY MEANS

What does the labeling on your food really mean? When it says low fat how 'low' in fat is it? We give you the actual meaning of the terms so you won't be fooled by how good it sounds.

Use **nutrition claims** to make informed food choices. The Government has rules in place that must be met before a nutrition claim can be made on a label or advertisement. The rules for nutrition claims apply to all foods, prepackaged and not prepackaged, no matter where they are sold.

A manufacturer can choose whether or not to include nutrition claims on the label or in the advertisement of a food. Many products will have nutrition claims as these claims highlight a feature of interest to consumers.

Examples of claims

SOURCE OF FIBRE

Manufacturers of food can highlight a product's nutrition features using claims such as "Source of fibre". "Source of fibre" means the food contains at least 2 grams of dietary fibre in the amount of food specified in the Nutrition Facts table.

LOW FAT

"Low" is always associated with a very small amount. "Low fat" means that the food contains no more than 3 grams of fat in the amount of

food specified in the Nutrition Facts table. In a healthy diet, the recommended range for fat intake is approximately one third of total Calories.

CHOLESTEROL-FREE

The claim "Cholesterol-free" means that the product has a negligible amount (less than 2 mg of cholesterol in the amount of food specified in the Nutrition Facts table) and it is also low in saturated fat and trans fat.

SODIUM-FREE

"Free" is an amount of a nutrient so small that health experts consider it nutritionally insignificant. A "sodium-free" claim means the amount of food specified in the Nutrition Facts table contains less than 5 mg of sodium.

REDUCED IN CALORIES

"Reduced in Calories" has at least 25% less energy (Calories) than the food it is being compared to.

LIGHT

When referring to a nutritional characteristic of a product, "light" is allowed only on foods that are either "reduced in fat" or "reduced in energy" (Calories). "Light" can also be used to describe sensory characteristics of a food, provided that the characteristic is clearly identified with the claim (e.g., light tasting, light coloured).

Source: http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/inl_main-eng.php