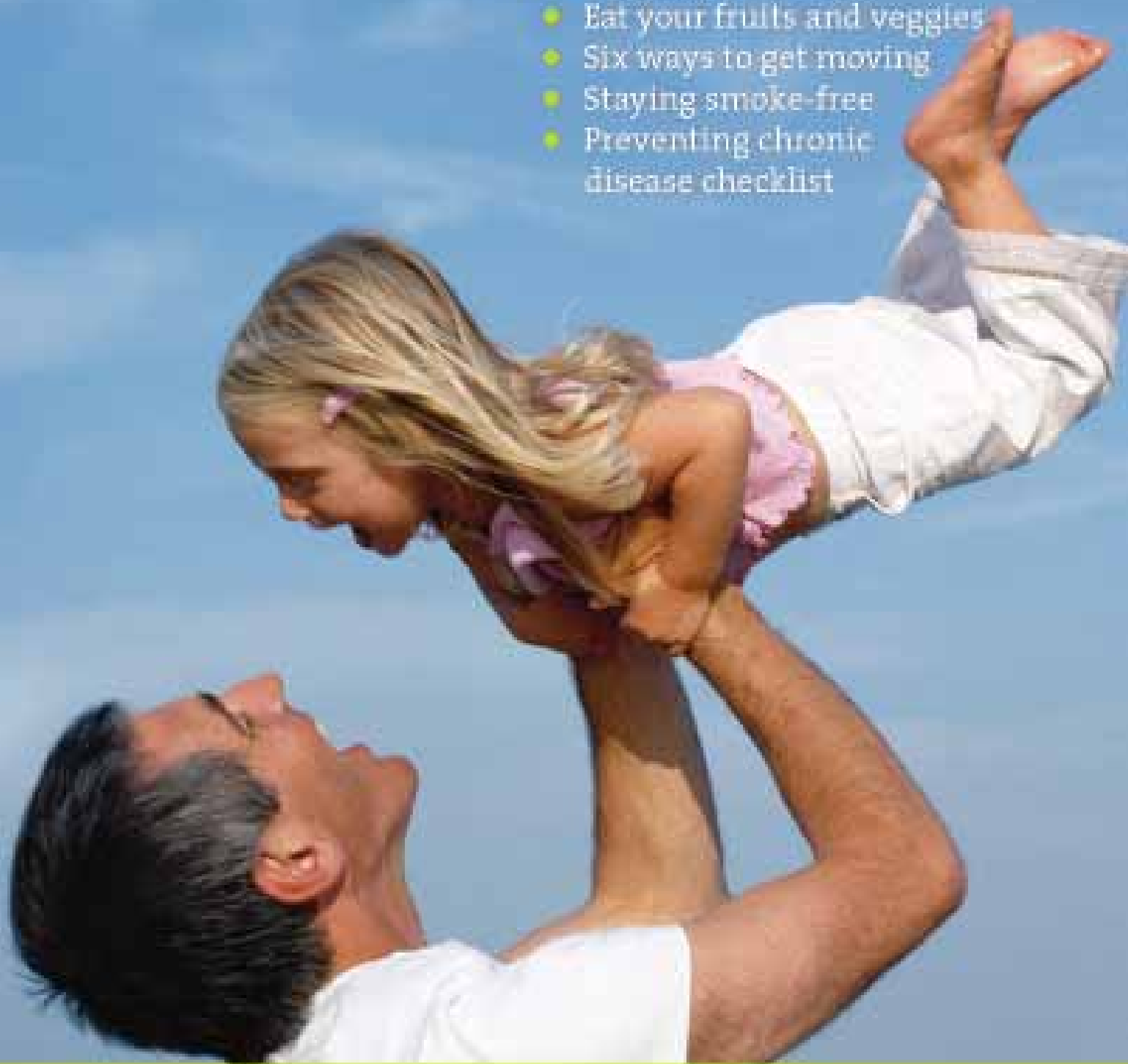


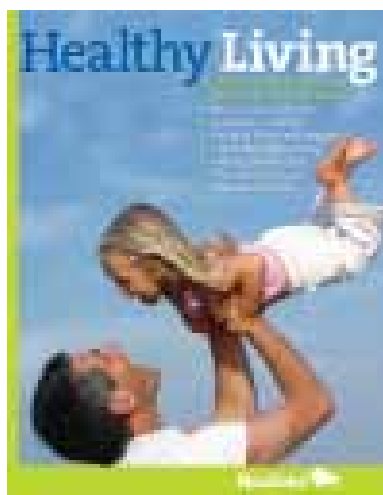
Healthy Living

Preventing diabetes and other chronic diseases

- You are what you eat
- Good fat or bad fat?
- Eat your fruits and veggies
- Six ways to get moving
- Staying smoke-free
- Preventing chronic disease checklist



Healthy Living



What do we mean when we talk about preventable chronic diseases?

Type 2 diabetes, heart disease, stroke, chronic lung and kidney disease, and some cancers are examples of preventable chronic diseases.

Chronic diseases mainly occur due to environment and lifestyle habits.

But chronic disease can take a long time to become fully established. That gives us many opportunities to make changes that can prevent them or keep us healthier if we have them.

Preventing diabetes and other chronic diseases

Table of contents

Healthy eating

You are what you eat	page 2
Good fat or bad fat	
Limit solid fats	
These foods have “good” fats	
Read labels for hidden fats	3
How much is enough?	
Give yourself a hand with portion size	4
Eat your fruits and veggies!	
A colourful plate is a healthier plate	
Think “veggie” all day long	5
Healthy eating on the go	
When you want to snack	
Healthy restaurant dining	
Shopping smart	
Whole facts about whole grains	6

Active living

What will get you “in motion”?	7
Six easy ways to move every day	
From active daily living to exercise	
Getting “in motion”	8

Tobacco reduction

Nothing improves your health more	10
Keeping your kids smoke-free	
Action to reduce tobacco use in Manitoba	
Your smoking and your kids	
When you want to quit there’s help	11

More information about Healthy Living

Checklist for chronic disease prevention	12
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You and your health provider

Your health provider knows you, your health history and the kinds of changes you can make to improve your health. This guide is *not* intended to replace advice from your health provider.

Aussi disponible en français

For additional copies of this guide:
call 1-866-626-4862 (1-866-MANITOBA)
manitoba.ca/healthyliving



Welcome to Healthy Living

Thousands of Manitobans have diabetes and other chronic diseases like heart disease, kidney disease and cancer.

This guide provides you with information that can help keep you healthy and help prevent chronic diseases. Chronic diseases tend to develop slowly, giving you a chance to make simple lifestyle changes that can make a big difference over time.

It won't be any surprise to you that eating well, becoming more physically active and not smoking are three of the best things you can do to stay healthy.

This guide can help you in each of these areas. It offers easy-to-use tips to make healthy habits easier to fit into your busy life.

Living healthier is not just a personal choice. Communities and organizations can work together to create environments and offer programs that support healthier living, too. Visit the Manitoba Healthy Living Resource Clearinghouse at mhlrc.ca to find out more.

Read on, enjoy, and see if there are some changes you and your family can start making today.



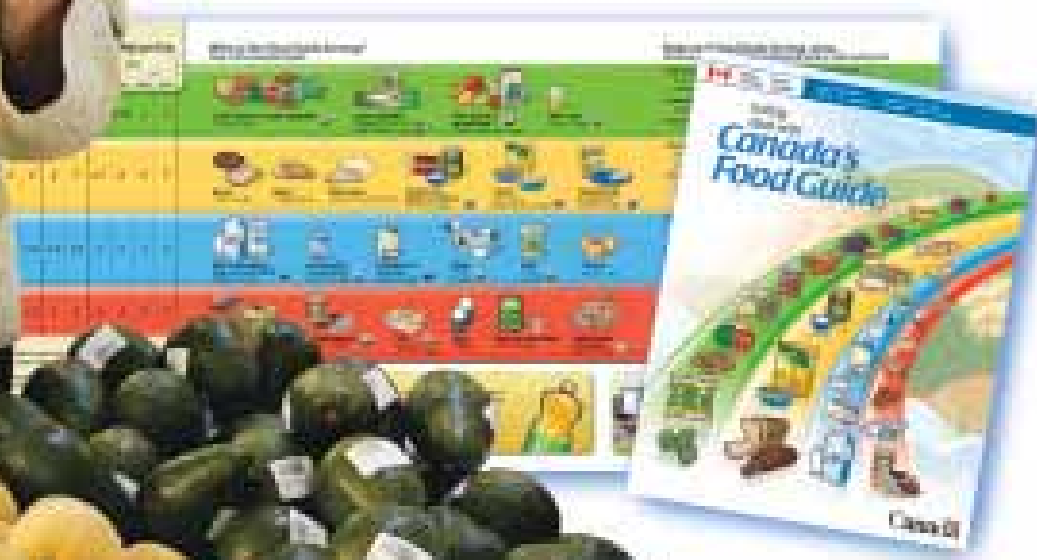
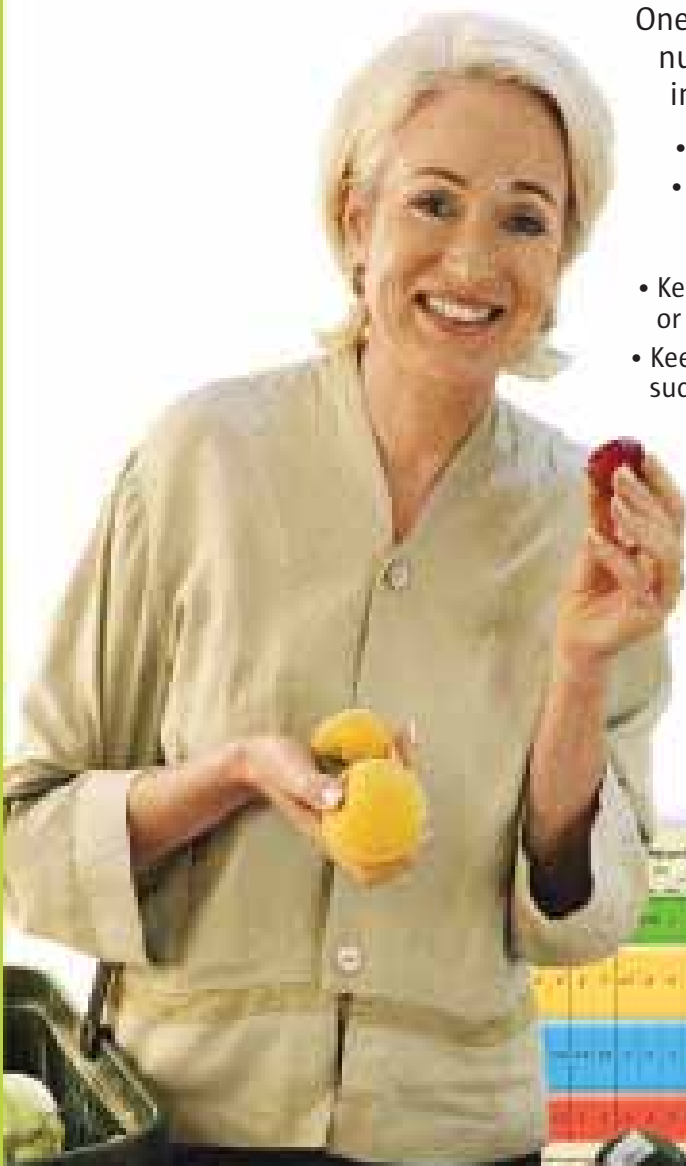
You are **what you eat**

Our bodies need over 50 nutrients each day to stay healthy. There are steps we can take to keep our bodies healthy and help protect against developing chronic diseases.

One of the best things we can do is to eat a variety of nutritious foods by following the recommendations in **EATING WELL WITH CANADA'S FOOD GUIDE**:

- Start your day the right way – eat breakfast!
- Eat three meals a day and snack only if you are hungry. Regular eating maintains your metabolism and prevents overeating at your next meal.
- Keep your bones strong. Choose calcium-rich skim or 1% milk, skim milk cheese and low-fat yogurt.
- Keep your muscles strong. Enjoy meat and alternatives such as lean beef, skinless poultry, eggs, fish or soy foods, in moderation.
- Take time to eat your meals. It takes about 20 minutes for you to feel full after eating.
- Eat together as a family. Be a good role model by sitting down at least once a day with your kids to enjoy a healthy, balanced meal.

For more tips and plenty of useful information about what and how much to eat, visit healthcanada.gc.ca/foodguide



Good fat or bad fat?

Sometimes the foods we eat can increase our risk of diseases such as type 2 diabetes, some forms of cancer and heart disease.

- **Watch out for foods high in fat.** Even small portions of high-fat foods contain a lot of calories.
- **Be aware of hidden fats.** Processed and pre-packaged foods often contain hidden fats. Check the food label and avoid foods with a high percentage of total fat, trans or saturated fats. Trans and saturated fats increase blood cholesterol.
- **Look for the words “low fat”** on food packages. Low fat means the food contains three grams of fat or less per serving.

EATING WELL WITH CANADA’S FOOD GUIDE recommends including small amounts of unsaturated fats every day. This includes fats such as vegetable oils (canola, olive, soybean), salad dressings, mayonnaise and soft non-hydrogenated margarine.

In small amounts, these “good fats” are needed to absorb vitamins key to good health and disease fighting.



These foods have “good” fats so you get more health benefits than risks:

- nuts, such as peanuts, pecans, almonds, walnuts
- soy products
- avocados
- olive and canola oil
- fish like salmon, trout, herring and sardines
- ground flax seed and flax seed oil
- omega 3 enriched eggs

They also help our bodies eliminate “bad” cholesterol from our blood.

“Bad fats” (saturated fats) are found mainly in animal fats and are harder for your body to break down. Bad fats will increase the bad cholesterol in your blood and increase the risk of clogged arteries and heart disease. (See below – Read labels for hidden fats – for names of bad fats)

Limit solid fats, such as butter, hard margarine, lard and shortening.

All fats add calories. That’s why it’s important to limit fats and choose “good” fats with the best nutritional value.

Read labels for hidden fats

Many packaged goods are hiding places for bad fats. It’s now the law for packaged food labels to list detailed nutritional information including the type of fat they contain. Look at the NUTRITION FACTS panel of your favourite packaged foods; then, select items that have a low percentage of fat and contain little or no saturated or trans fats. Visit healthycanadians.ca for more information on how to read nutrition labels.

Look for these hidden fats:

- Saturated fat, butter, milk fat, any meat fats, or lard
- Palm or coconut oil
- Hydrogenated fat or hydrogenated vegetable oil
- Shortening
- Tallow
- Monoglycerides and diglycerides
- Trans fat

Be wary of labels that say:

- No cholesterol or cholesterol-free
It means no animal fat but the product can still have hydrogenated fats, a “bad fat” that can increase your risk of heart disease or stroke.
- Fat-free
It may have larger amounts of sugar, making it high in empty calories.



How much is enough?

How much you eat is as important as what you eat. That's because a healthy body weight helps reduce your risk of type 2 diabetes and other chronic diseases.

An online tool called MY FOOD GUIDE tells you how much of each choice – from apples to zucchini – is a single serving. For example, a bagel is two servings of grains.

You can input your food choices and print out your own guide. Or print the full CANADA'S FOOD GUIDE with serving sizes.

healthcanada.gc.ca/foodguide



Give yourself a hand with portion size

Measuring everything isn't realistic. Use your hand to gauge a healthy serving size.

Based on an average-sized woman's hand:

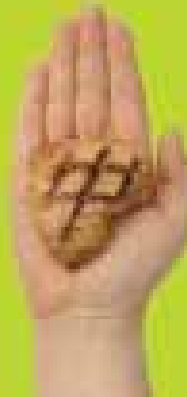
Use your two open hands to guide you in selecting a healthy serving of vegetables.

Use your fist to select a healthy portion of grain products. Your baked potato, serving of pasta or rice should be equal to your fist.

Include a fist-size serving of fruit with or between your meals.

Use your palm to measure a healthy serving of meat and alternatives. Your chicken breast or lean steak should be the size of your palm.

Use a thumb tip-size serving of fat. Choose fats that are soft at room temperature, such as non-hydrogenated margarine or vegetable oils. These fats are heart-healthy.



Enjoy a glass of milk or soy beverage to complete your meal.



Eat your fruits and veggies!

Fruits and vegetables contain so many nutrients that protect our health and fuel our bodies. Keep a variety of fruits and vegetables in the fridge so everyone will eat more of these vitamin-packed foods. Consider buying locally grown and in-season fruits and veggies. And if fresh produce is unavailable, canned or frozen fruits and vegetables are equally healthy and nutritious. Look for products with no added sugar.

A colourful plate is a healthier plate

You can make choosing new and different fruits and vegetables a game for your kids. The more colours the better.

Kids can choose a variety of red, green, orange, purple or white fruits and vegetables to mix up the colours on their plates and the nutrients in their bodies.

If you encourage your children to help with shopping and food preparation, they'll get more excited about different choices. It's more fun to eat the vegetables when you helped cut them up!



Think “veggie” all day long

Don't just save vegetables for dinnertime. When kids are hungry, they are more likely to try new things. And they will eat more healthy choices if you offer them. After school or after naps is a great time to offer lots of fruits and vegetables.

“I tried it. I don't like it.”

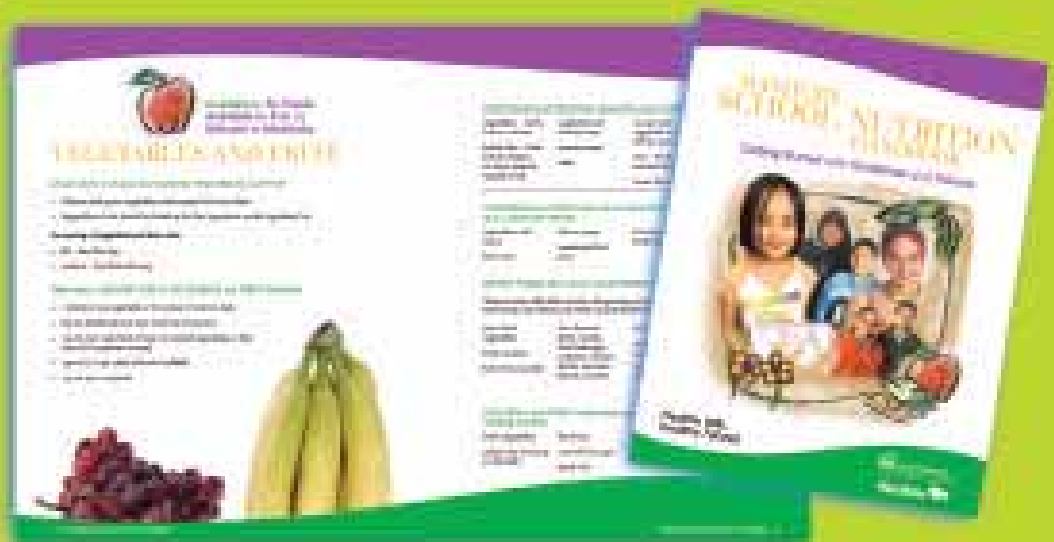
Research shows children need to try a new food five to 10 times before accepting it. So don't give up. Keep offering different fruits and vegetables. You don't want to force them, but ask them to taste it every time.

Did you know?

Research also shows that healthy eating helps children focus on lessons and learn more.

THE MANITOBA SCHOOL NUTRITION HANDBOOK is helping schools offer healthier choices to students – so the healthy choice is the easy choice.

Ask your child's school about how they are using this and other resources from the Healthy Schools initiative.



Healthy eating on the go!

Today's families lead busy lives. It makes it harder to keep your commitment to healthier eating. Here are some tips for making healthier choices throughout your day.

Healthy restaurant dining

Restaurant meals are a treat, but are almost always higher in fat, sugar, salt and calories than homemade meals. Here are some tips so you can enjoy eating out and make healthy choices:

When you want...

Snacking can be a part of healthy eating but it is important to choose snack foods wisely. For example, if you want:

...a sweet snack

INSTEAD of a peanut chocolate bar

CHOOSE peanut butter on apple slices for more fibre, protein and good fats

...a spicy snack

INSTEAD of barbeque chips

CHOOSE barbecue-flavoured rice cakes for less fat and fewer calories

...something thirst-quenching

INSTEAD of pop or a sugary fruit drink

CHOOSE chocolate milk for calcium

OR CHOOSE water and a piece of fruit for more vitamins and fibre

- Start your meal with a salad or a broth-based soup. (That way you'll feel full sooner and won't overeat.)
- Watch your portion sizes. Avoid "super size" items. Order half portions or take home leftovers.
- Ask for salad or vegetables instead of fries.
- Look for menu items that have been broiled, baked, grilled, steamed or poached.
- Avoid deep-fried or breaded items.
- Ask for dressings and sauces "on the side" and use them sparingly.
- Order sandwiches, subs or wraps with whole grain bread, buns or tortillas.

Shopping smart

Always use a grocery list. And never shop when you're hungry! Eating before shopping may reduce impulse buying.

Try to shop the outside area of the store first: most snack foods are in the aisles.

Whole facts about whole grains

High fibre, low fat whole grains fill you up and keep you satisfied. A high fibre diet can help reduce your risk of heart disease and other chronic illnesses.

Change at least half of your grain servings to whole grains and your body will thank you. Enjoy brown rice, oatmeal, whole wheat breads and pastas.

Try quinoa, barley and wild rice to add variety.

Have whole wheat toast or bagels instead of croissants, doughnuts or pastries. Try whole grain breads, pita or tortillas in sandwiches, wraps and quesadillas.



What will get you “in motion”?

Your body was built for movement. Bending, walking, lifting. Dancing, playing, running.

Physical activity increases energy, helps us handle stress better, strengthens the heart and lungs and helps maintain a healthy weight. The result is a better quality of life for people of all ages.

In contrast, the results of inactivity can be a big blow to your well-being. You increase your risks of type 2 diabetes, osteoporosis (bone loss), heart attack and stroke.

How much physical activity is enough?

Canada's Physical Activity Guide says accumulate 30 to 60 minutes of moderate physical activity daily to stay healthy or improve your health. Add up your activities in periods of 10 minutes each. Start slowly...and build up.

For more information read CANADA'S PHYSICAL ACTIVITY GUIDES: phac-aspc.gc.ca/pau-uap/paguide/index.html

What can moving your body do?

With more physical activity, you can:

- better control your blood sugar
 - lower your blood pressure
 - reduce your cholesterol
 - relieve tension and stress
 - strengthen your heart muscle and lungs
- improve your circulation
- strengthen your bones
- help maintain a healthy weight

And you can reduce your risk of type 2 diabetes, heart disease and other chronic diseases.

If you already have diabetes, heart disease or other chronic diseases, exercise can help you better manage these diseases.



Six easy ways to move more every day

1 Explore your neighbourhood

Walk to your nearest school or grocery store and time yourself. You may be surprised at how quickly you can get where you want to go without driving.



2 Walk and talk

Got a casual meeting at work? Or a teen that wants to talk through a problem? Go for a walk while you talk. Kids like it because they don't really have to look at you. And you get away from interruptions.



3 Encourage active kids

Toddlers rarely stop moving. Then, all too often, school-age kids end up in front of a TV or computer screen. Find ways to get your kids moving and you'll move more too! Try kicking a ball with them while getting caught up on their day. Or dance along to their favourite radio station. Head to a park to throw a Frisbee.



From active daily living to exercise: bumping up the benefits

Everyday active living is important for good health. You can benefit even more from regular exercise. Aerobic exercise will keep your heart and lungs more healthy.

It's **aerobic** exercise only if it is:

- continuous activity for at least 20 minutes
- a brisk but comfortable pace (are you sweating?)
- using large muscle groups (legs, arms, torso)

Remember: To get the benefits of **aerobic** exercise, you need to do it at least three times a week.

Getting started

Don't go from couch potato to sprinting in one day.

- Start slowly – go for a walk in your neighbourhood.
- Look for support at community centres or recreation facilities to make a plan that includes aerobic, strengthening and stretching exercises.
- Find an activity (or a variety) that works for you. Biking, dancing, skating, swimming and walking are all good choices. You don't need expensive equipment to get a good workout.

4 TV plus

Most TV shows don't require 100 per cent of your attention. Think about what else you can do while watching. Stretch out the day's stresses. Do knee bends while you catch up on the laundry.



5 Pick your spot

At the mall, at work or when visiting friends, park just a little bit further away and walk. If you take a bus, get off one stop earlier.



6 Challenge yourself to choose the stairs

At home or at work, take every opportunity to take the stairs. It's a great weight-bearing and bone-strengthening exercise that helps build muscles and endurance.



Getting "in motion"

In motion is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health and enjoyment. The provincial government has joined community partners in the areas of physical activity, health, healthy living, recreation, sport and education to raise activity levels and reduce barriers to physical activity.

Tools and resources are available to help individuals, communities, workplaces and schools plan and implement ways to get "in motion" Find out more. Visit manitobainmotion.ca.

Moving Around Manitoba is an exciting initiative encouraging Manitobans to get "in motion" by increasing physical activity, making healthy eating choices, and supporting emotional well-being.

Collectively, Manitobans are making virtual trips around Manitoba as we track our physical activity on the Moving Around Manitoba website.

Distance log sheets, physical activity trackers and food trackers are available on the website: movingaroundmanitoba.ca

The virtue of walking

With a comfortable pair of walking shoes, the whole world is your gym. Walking is still one of the best aerobic exercises to keep your heart and lungs healthy. If you choose interesting routes, a friend or your favourite tunes, it's fun, relaxing and something you can look forward to.

Visit: manitobainmotion.ca/walkingworkout for help to create a walking program that suits you.



Nothing improves your health more than staying smoke-free.



If you smoke, try to quit. If you don't smoke, don't start. It's that simple. And that hard.

Smoking is the number one cause of a number of preventable diseases. It can cause heart attacks, lung diseases and cancer.

Smoking socially often leads to smoking regularly. Tobacco manufacturers count on the addictive power of nicotine to turn occasional smokers into regular customers.

If you stay smoke-free, you reduce your risk of most chronic diseases, including type 2 diabetes, several cancers, heart disease and lung disease.

If you're a smoker it's never too late to quit. After one year of being smoke-free your risk of heart attack drops by 50 per cent.

(Source: Heart and Stroke Foundation of Canada).



Keeping your kids smoke-free

Studies show that parents who talk with their kids about smoking reduce the chances that their children will try smoking. And talking works even if you, yourself, are a smoker.

It's critical to talk with your kids before they try smoking. That means having the conversation when they are pre-teens and keeping the conversation going throughout their teen years. The pressure to try smoking will keep up. So keep talking and reduce the risk.

Your smoking and your kids

If you smoke, quitting is best. While you are trying to quit, it's important to keep the smoke far away from your kids.

Second-hand smoke cannot be filtered out or cleaned up. If it's in your space, you breathe it in – along with all the cancer-causing chemicals.

People exposed to second-hand smoke are more likely to have heart attacks, asthma, cancer and bronchitis than those who live in smoke-free environments.

So do your family a favour: don't smoke in your home or in your car if children are present. Or better yet, quit.

When you want to quit there's help when you need it

Smokers' Helpline – 1-877-513-5333
Canadian Cancer Society – Manitoba Division

"Get on track" smoking cessation program leaflet (\$3)

Winnipeg **774-5501** Brandon **725-4230**
toll-free **1-888-262-5864**

The Lung Association – Manitoba



85 per cent of smokers start by their 16th birthday

For a free brochure with tips on how to talk with your kids visit:

manitoba.ca/healthyliving/smoking.html

Manitoba Government action to reduce tobacco use

- Preventing youth from starting to smoke with
 - tips for parents about talking with their kids.
 - Review & Rate, a school-based media program that shows kids the graphic effects of smoking and how it impacts health and appearance.
- Protecting non-smokers from exposure to second-hand smoke by prohibiting smoking in enclosed public places and indoor workplaces.
- Making tobacco use less acceptable by restricting the display, advertising and promotion of tobacco products.
- Helping teen smokers quit by funding the Not On Tobacco (NOT) program through the Lung Association, Manitoba.
- Helping all Manitobans quit smoking by funding the Smokers' Helpline, a free service offering professional smoking cessation counseling to anyone who calls **1-877-513-5333**.

For more information go to:

manitoba.ca/healthyliving/smoking.html

Your checklist for chronic disease prevention



Eat well

- Enjoy a variety of foods every day
- Choose low fat foods more often
- Read labels for hidden fats
- Choose healthy serving sizes
- Eat your fruits and veggies
- Make healthy choices in restaurants and grocery stores
- Choose high fibre foods more often



Be more active

- Get “in motion”
- Be physically active every day
- Get active at home, at work and at school



Say no to smoking

- If you don't smoke, don't start
- If you smoke, get help to quit
- Avoid exposure to second-hand smoke, especially for children



For more information contact the following organizations or visit their websites.

Manitoba Health and Healthy Living
manitoba.ca/healthyliving
manitoba.ca/health

Health contacts:

Canadian Cancer Society, Manitoba Division

Winnipeg: 774-7483
Toll-free: 1-888-532-6982
www.mb.cancer.ca

Canadian Diabetes Association, Manitoba Region

Winnipeg: 925-3800
Toll-free: 1-800-BANTING (226-8464)
www.diabetes.ca/section_regional/manitoba_Index.asp

CancerCare Manitoba

Winnipeg: 787-2197
Toll-free: 1-866-561-1026
www.cancercare.mb.ca

Heart and Stroke Foundation of Manitoba

Winnipeg: 949-2000
Toll-free: 1-888-473-4636
www.heartandstroke.mb.ca

The Kidney Foundation of Canada, Manitoba Branch

Winnipeg: 989-0800
Toll-free: 1-800-729-7176
www.kidney.mb.ca

The Lung Association, Manitoba

Winnipeg: 774-5501 Brandon: 725-4230
Toll-free: 1-888-566-5864
www.mb.lung.ca

Osteoporosis Canada, Manitoba Chapter

Winnipeg: 772-3498
www.osteoporosis.ca

Healthy Living Resource Clearinghouse

Winnipeg: 949-2001
Toll-free: 1-800-731-1792
www.mhlrc.ca

The Manitoba Tobacco Reduction Alliance (MANTRA)

Winnipeg: 784-7030
www.mantrainc.ca

Physical Activity Coalition of Manitoba

Toll-free: 1-866-607-PACM (607-7226)
www.pacm.ca

Active Living Coalition for Older Adults in Manitoba

Winnipeg: 632-3947
Toll-free: 1-866-202-6663
www.alcoamb.org

