

Partners in Health



March is National Nutrition Month

6 Things the Most Successful Diets Have in Common

Many tried-and-tested diets have stood the test of time. These include the Mediterranean diet, low-carb diets, the paleo diet, and whole-foods, plant-based diets. These diets — and others shown to be healthy long term — share a few important similarities. Here are 6 things that all successful diets have in common.

1. Low in Added Sugar

There is universal agreement that a high intake of added sugar is unhealthy, and most successful diets recommend limiting it.

2. Eliminate Refined Carbs

All successful diets eliminate refined grains like wheat flour, while some diets like paleo and low-carb ban grains altogether.

3. Avoid Vegetable Oils High in Omega-6 Fat

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5. High in Vegetables and Fiber

All successful diets emphasize eating plenty of vegetables and — in most cases — fruit. These foods are high in antioxidants and healthy prebiotic fibers.

6. Focus on Foods Instead of Calories

Most successful diets emphasize a lifestyle change that includes whole foods — and let weight loss follow as a natural side effect.



The Bottom Line

Most diets — like the Mediterranean diet, low-carb diets, the paleo diet, and whole-foods, plant-based diets — have a few things in common. Most importantly, they focus on whole foods and encourage people to limit their intake of processed food, trans fat, added sugar, and refined carbs. If you wish to improve your health, consider replacing some of the processed foods you're eating with whole foods, including vegetables, fruits, and whole grains.

Source: Healthline <https://www.healthline.com/nutrition/6-things-successful-diets-have-in-common#section4>

Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same time every year. If you're like most people with SAD, **your symptoms start in the fall and continue into the winter months**, sapping your energy and making you feel moody.

Symptoms may start out mild and become more severe as the season progresses.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

When to see a Doctor

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or turn to alcohol for comfort or relaxation.



Oral Care and Your Heart Health

Will taking care of your gums help your heart? The American Heart Association published a Statement supporting an association between gum disease and heart disease. And many studies show an as-yet-unexplained association between gum disease and several serious health conditions, including heart disease, even after adjusting for common risk factors.

Maintain good oral health by:

- Brushing teeth twice a day with an ADA-accepted fluoride toothpaste.
- Cleaning between teeth daily with floss or an interdental cleaner.
- Eating a balanced diet and limit between-meal snacks.
- Visiting your dentist regularly for oral examinations and professional cleanings.

Source: mouthhealthy.org

“It is health that is real wealth and not pieces of gold and silver.”

Mahatma Gandhi

Get Heart Healthy

8 in 10 cases of premature heart disease and stroke cases are preventable through healthy lifestyle behaviours.

Make healthy lifestyle choices:

- Eat well
- Get moving
- Maintain a healthy weight
- Stop smoking
- Manage your stress

For more information on Getting Healthy, visit www.heartandstroke.ca/get-healthy



Appreciating Your Caregiver

It is important to note how family caregivers are doing. It often happens that a spouse or a single adult child ends up serving as chief caregiver, gradually taking on more responsibility as a senior's needs change. Sometimes, before anyone notices what's happening, the senior's care needs increase so much that the well-being of the caregiving family member suffers. They often put their own physical, emotional and financial well-being at risk. They may neglect their own health. They may cut back on their hours at work or leave their job entirely. They are at higher risk of depression and other stress-related conditions.

Here are seven great ways to express your thanks and gratitude to the caregivers in your family:

- Tell them in words: Take time for a conversation or to write a letter expressing your appreciation of the important role they play. But don't stop with words.
- Listen: Ask how the caregiver is doing. Check in regularly. Create a safe space for the caregiver to express their thoughts about their role and their concerns.
- Ask how you can help
- Enlist everyone
- Bring in a professional
- Arrange for support services
- Hire in-home care



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