

# Bulletin for Health and Wellbeing

## March 2018

*In this issue:*

- How to Improve Your Diet!
- Introducing Mindful Eating

*Next Issue:*

- Shingles: What You Need to Know
- Staying Confident as a Senior

**VISION**  
Gaspé - Percé **Now**

418-368-3212  
info@vgpn.ca  
visiongaspeperce.ca  
facebook.com/visiiong  
aspe

### How to Improve Your Diet!

What's a Whole Grain? A whole grain is a seed that is cultivated for food. They include grains like brown or wild rice, barley, oatmeal, popcorn, and so on.

Refined or enriched grains like white flour, white rice, and white bread or crackers have the nutrients naturally in whole grains either stripped or replaced later.

Not sure of what you're getting in your bread, crackers, and other foods? Check the Nutrition Information for the word "whole" in the first three ingredients.

When it comes to improving your diet, there's a lot of information out there, too much for a lifestyle change that is already really hard. A lot of common health problems that happen as you age can be offset by making smart food choices. Since March is Nutrition Month, we have included a list of things you should pay attention to as you start to think about how to make changes in your eating habits:

- Your appetite changes as you age, so you will likely eat less as you get older. This means it very important to eat nutrient rich meals. Not sure what that means? Aim for a colourful plate of food!
- You may not feel thirsty, but that doesn't mean that you aren't dehydrated. Try to drink approximately 2 litres of liquids a day, including water, coffee, tea, and juice. Added bonus: being well hydrated will help avoid constipation
- Fibre is also a great way to avoid constipation and a good reason to increase your intake of fruits, vegetables, and whole grains. Leave the peels on!
- In general, changing your eating habits means changing your shopping habits. A good tip is to try to focus most of your shopping on the outside of the grocery store and avoid the aisles in the middle.
- Beware of over-salting your food or using too much sugar. Your taste buds become less sensitive to these flavours and you can easily eat too much of both without realizing it
- As your body ages, you need more of the following vitamins and minerals because you are less able to process them efficiently. And so:

*This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.*

*The views expressed herein do not necessarily represent the views of Health Canada*

Eat More...	To Get More...
Lean meat, fish, leafy greens (Romaine lettuce, spinach, beet greens)	Iron
More leafy greens and dairy products (milk, cheese, yogurt) or calcium fortified non-dairy products	Calcium
Seafood, oily fish (mackerel, herring), liver, meat products, or fortified soy products	Vitamin B <sub>12</sub>
Milk, oily fish (tuna, mackerel, salmon), cheese, eggs	Vitamin D

Sources: Diet Tips for Seniors: Nutrition Must Meet Body's Changing Needs. <https://www.healthxchange.sg/seniors/healthy-ageing/diet-seniors-nutrition-meets-body-changing-needs>. Food Sources of Vitamin B<sub>12</sub>. <https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Vitamins/Food-Sources-of-Vitamin-B12.aspx>. Whole grains vs. regular grains: What's the difference? [http://diet.mayoclinic.org/diet/eat/whole-grains-vs-regular-grains?xid=nl\\_MayoClinicDiet\\_20160421](http://diet.mayoclinic.org/diet/eat/whole-grains-vs-regular-grains?xid=nl_MayoClinicDiet_20160421).

## Introducing Mindful Eating

Tired of paying attention to what you eat? Try focusing on *how* you eat instead. Mindful eating is like a meditation that surrounds meal time – it lets you focus on the taste, smell, and texture of your food and brings back the general enjoyment of eating.

How to begin? Eat deliberately, that is, plan your meal and snack times and sit down to enjoy them, focusing on your food instead of on the television, a book, or other distractions. Chew your food thoroughly and pay attention to how it tastes and feels as you eat it. Put your fork down between bites to slow yourself down. Think about where your food comes from and how it got to your plate – this is also a fun exercise to try with children!

Finally, think about *why* you want to eat: Are you hungry, or still hungry? Try to stop eating when you feel satisfied and not when your plate is clean – you'll be able to adjust your meal sizes once you figure out the best eating habits for you. And remember: mindful eating is not about right or wrong food choices, but about just focusing on the food you're eating.

Sources: Mindful Eating: 5 Easy Tips to Get Started. [https://www.huffingtonpost.com/2013/11/12/mindful-eating-tips\\_n\\_3941528.html](https://www.huffingtonpost.com/2013/11/12/mindful-eating-tips_n_3941528.html). 7 Mindful Eating Tips by Susan Albers. [https://uhs.berkeley.edu/sites/default/files/bewell\\_7mindful.pdf](https://uhs.berkeley.edu/sites/default/files/bewell_7mindful.pdf).

## Activity Corner

**Sudoku Rules:** each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

								9
8			3				1	4
7			9	4	6	8		3
6	7	3		8	4	9		
		5	7		1	4		
		9	5	6		2	8	7
5		4	1	2	9			8
3	1				5			2
9								

### February 2018 Solution

1. Front leg of cat missing
2. Musical note by bird missing
3. Stamp on letter in bag missing
4. Cat's whisker missing
5. Tag on cat's collar missing
6. Feather on bird's head missing

7. Grass by mailbox leg missing
8. Toe on left shoe coloured in
9. One flower moved
10. Bottom button on shirt moved down
11. Right shoe lace moved
12. Rolled up paper is longer

Source: Bonnie J. Malcolm, ComParrot Puzzles,  
<https://www.thespruce.com/spot-the-difference-4086389>