

August 2016 Nutrition Nook Posts

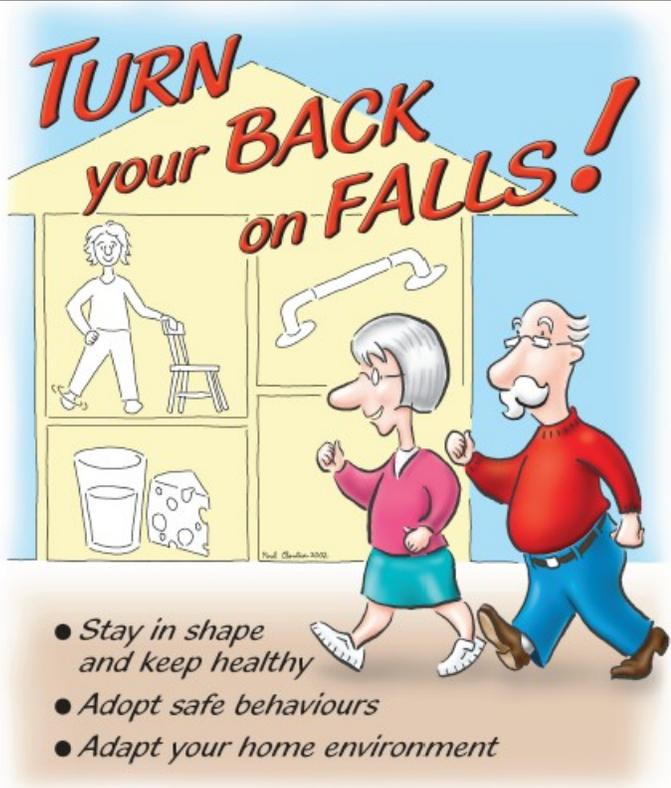
Links may no longer work

August 3, 2016 - Stay on Your Feet

Stay on your Feet (SOYF) is the regional strategy that supports healthy active aging for older adults in the NE LHIN. They are working together across the NE LHIN to help older adults stay active, stay independent and stay on their feet. For more information about this program click [HERE](#).

Programs can be found across the region, click [HERE](#) for times and locations and contact information.

Here at Blue Sky Family Health Team, we run a program called STAND UP! This 12 week program runs twice weekly and includes weekly education and exercises led by 2 health care professionals. It's a lot of fun too! Ask your Doctor or health care professional for a referral today.



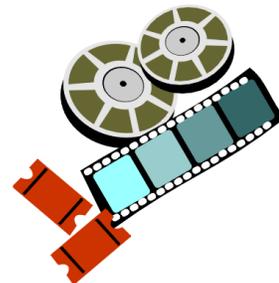
- *Stay in shape and keep healthy*
- *Adopt safe behaviours*
- *Adapt your home environment*

 **STAND UP! A FALL PREVENTION PROGRAM FOR SENIORS**

Direction de santé publique
de l'Agence de la santé et des services sociaux de Montréal 2011

August 5, 2016 - Upcoming Events

Lots going on in the neighbourhood!



1. Feast on the Farm - Sunday August 7, 4pm-8pm. tickets are still on sale. For more information click [HERE](#). I missed it last year because it was sold out, I'll be there this year.

2. Movie Night in the Garden - August 9, 8:30-11pm. Monsters Inc is playing, one of the cutest movies ever! Admission is free, snacks available with a donation. For more information click [HERE](#).

3. August schedule at the Early Year Centre available - Click [HERE](#).

August 8, 2016 - Feast on the Farm

What a great event! Eating fresh, perfectly cooked corn in the corn fields, chatting with happy strangers about their favorite dishes, riding on the wagon and waving at people. I'm definitely planning on going next year!

Some highlights for me:

The haskap wine from [Boreal Berry Farm and Winery](#). I have never tried this wine before and it was a bit on the sweet side, which I love. The Haskap Berry is new to me too. They are blue and like all other berries have a lot of antioxidants. Check out this website for more information on the [Haskap berry](#).



The corn. Yup, corn. It was perfectly cooked and just as plain and natural as it comes, right from the fields we were sitting by. The people from Leisure Farm know what they're doing, I'm totally picking up some more corn this weekend at the farmers market.

I had high hope for this dessert, and it did not disappoint. Here is a picture of the [Strawberry Maple Creme Brule](#) and more. This delicious dessert came from [Chez Jean-Marc Bakery](#). I'll be checking out this place again!

See ya there next year!!!

August 11, 2016 - Healthy Living Calendars



Every year The Canadian Diabetes Association and Canolainfo.org put out Healthy Living Calendars. Each month has a new great recipe and the calendars have great information and tips as well. Download your copy [HERE](#).

Dairy Goodness.ca also puts out a yearly calendar. Check out their calendar recipes [HERE](#).

Don't forget to check out the Blue Sky Family Health Team tried and true [recipes](#). Updated monthly, recipes are always tried by one of our great staff members before it is posted.

August 16, 2016 - New Food Bank Hours

Food bank hours are changing starting September 1, 2016. For more information on how to donate, what to donate and how to get access to food, check out their website [HERE](#).

NEW HOURS

Starting September 1st

Mondays & Tuesdays
9 am - 12 noon

Wednesdays & Thursdays
4 pm - 7pm

Fridays

Sorry! WE'RE
CLOSED

August 19, 2016 - Corn and Garlic Festival

8:30am-1pm at the Farmers Market, near the bus terminal - Hot corn, garlic in breads, buns and butter and more! See ya tomorrow:)

Garlic has a strong and distinct flavour. It's great for flavouring dishes without adding a ton of extra salt. I've seen garlic in salad dressing, sliced on pizza and even in ice cream. Can't say I've had garlic sliced on pizza or in ice cream, but never say never.



August 26, 2016 - GUEST POST - Mark, Registered Social Worker

One of the perks of working alongside dietitians is that you get to bother them for nutrition advice at the water cooler. One of the most helpful ideas that I've heard (many times) from our Blue Sky dietitians is that there are no 'good' or 'bad' foods and that it is better to think about the big picture when making food choices. This article from the New York Times illustrates this well – if a group of nutritionists can't agree on whether or not a food is healthy, maybe this isn't the only question we should be considering when making decisions about our diet.

So many things can influence the choices we make. One thing I always tell my clients: a healthy diet is never 100% perfect and does include less healthy food occasionally. This doesn't mean you give up on trying to make healthy food choices as often as you can.

Here is the link to the [article](#) Mark was referring to.

See ya at the market tomorrow morning 😊

August 29, 2016 - Tummy Troubles?

Referrals for irritable bowel syndrome and other stomach troubles are coming in more and more frequently. If you are seeing Andrea or Veronica, it's always helpful to bring in a food record with details about your symptoms. If you are taking anything for the stomach pain like supplements or probiotics, bring those in too.

There is a lot of information out there about different diets. A great website with easy to read information is The Canadian Digestive Health Foundation website. I'm really into the infographics lately, check out this one about probiotics:

Probiotics & Prebiotics

Probiotics are friendly microbes like bacteria and yeast, that you eat to help digest food, maintain health and prevent disease.

Prebiotics are food for probiotics. Sometimes called fermentable fibre, prebiotics contain non-digestible food particles.

what are they?

Probiotics are found in:

- fermented foods like kefir, sauerkraut, pickles
- probiotic-fortified foods such as yogurt
- supplements

Prebiotics are found in:

- fibres and starches like fruit and vegetables
- whole grains and grains like barley and rye
- fermented foods like yogurt and honey

where can I find them?

When you consume enough probiotics, you're adding to the diversity of your gut microbiome, and that helps keep you: strong, healthy, and resilient to the invasion of bad microbes!

what are the benefits?

Prebiotics are used as an energy source for probiotics.

BUYER BEWARE:

Probiotics are unique and each offers a different health benefit. It is important to choose:

- the **right** probiotic in
- the **right** dose for
- the **right** duration to relieve specific ailments or symptoms.

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Canadian Digestive Health Foundation www.CDHF.ca

Support the world that lives within you.