



The Regional Sun

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Winter
2007

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Vol. 9

Health Canada adopts new food guide

Advice for different ages and stages...

Following Canada's Food Guide helps children grow and thrive. Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

The benefits of eating well and being active include:

- Better overall health.
- Feeling and looking better.
- Lower risk of disease.
- More energy.
- A healthy body weight.
- Stronger muscles and bones.

Please turn to Page 8 for more information about Canada's new Food Guide.



Eat well

Another important step towards better health and a healthy body weight is to follow the Food Guide.

- Eat at least one dark green vegetable and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Drink skim, 1% or 2% milk each day. Drink fortified soy beverages if you do not drink milk.
- Have meat alternatives such as bean, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat, sugar or salt.
- Include a small amount of unsaturated fat each day.
- Satisfy your thirst with water.
- Limit foods and beverages high in calories, fat, sugar or salt.

Read the label/Limit trans fat

Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium. Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Be active

To be active every day is a step towards better health and a healthy body weight. Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth. Start slowly and build up

Take a step today

- ✓ Have breakfast every day. It may help control your hunger later.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.

All information is reprinted from Health Canada's Eating Well with Canada's Food Guide, Feb. 2007

Get your copy of Eating Well with Canada's Food Guide today!

You can order a copy by calling 1 800 O-Canada (1 800 622-6232).
TTY: 1 800 926-9105 .

By Mail: Health Canada
Address Locator 0900C2
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K1A 0K9

By Fax: (613) 941-5366

By E-mail: publications@hc-sc.gc.ca

A publication of Sun Country Regional Health Authority

New Parent Mentoring Coordinator hired

Sun Country Regional Health Authority has hired a new coordinator to support the Parent Mentoring Program.

Laurie Kleppe-Snelling, a social worker for 15 years, will pair up interested parents with voluntary mentors.

She also will provide information for parents, professionals and groups in the area who might be interested either in receiving the parenting assistance, or working as mentors.

The Parent Mentoring Program, based on a provincial model, is intended to enhance and increase the success of pregnancy, child health, development and parental life choices for anyone who is parenting a young child.

"Studies suggest that caregivers (parents, grandparents, family members) who receive mentoring support gain enhanced self-confidence, parenting skills, and ultimately require less long term help from child and family based services," says Laurie.

"We expect the program to increase parenting knowledge and abilities, continuing education, obtaining employment, learning to access community services, and make responsible and ap-

propriate use of medical services," she says.

"The program is parent-driven and offers practical help," she says.



"Parents tell us what their needs are and we help them meet them meet their goals. This makes us very flexible. Our activities vary greatly from one parent to another."

The program also fills some gaps in existing programs, she says.

"It assists people with limited parenting experience by offering support and resources to those who are struggling with chal-

lenging life situations but where serious problems haven't arisen. Prior to this program there was no help for them."

It also provides an opportunity

for volunteers interested in mentoring parents and strengthening families, she says.

The program will provide support and practical assistance to people who are pregnant and/or parenting a child to five years of age.

Caregivers are matched with appropriate volunteer mentors for a period of one year or more, says Laurie. Mentors will provide support, role modeling, in-

formation, practical assistance, and friendship to caregivers.

These services take place in the home or community at a time that is convenient to the mentor and parent.

Laurie says the Parent Mentoring Program is based on the provincial government's Successful Mothers Support Program, as outlined in its 1999 Early Childhood Development Framework.

The framework takes a Population Health approach, looking at building a comprehensive continuum of services and supports to meet the needs of families of young children at various levels of psychosocial and other risks. The Parent Mentoring Program is part of the continuum of services identified in the framework as necessary in communities to deal with families of moderate psychosocial risk through a volunteer mentor home visiting program, she says.

Please contact Laurie at Sun Country Health Region, Community Health Services Building, 900 Saskatchewan Drive; Weyburn SK S4H 2Z9

Phone: 306-842-8668 Fax: 306-842-8692 email:

lkleppe@schr.sk.ca



New van for Tatagwa View

— Matthew Sandeski, left, and Peter Ebenal, take some time to look over the shiny new van providing transportation services for the residents of Tatagwa View in Weyburn. Matthew is a Special Care Aide at the Long Term Care Centre and Peter is a resident. The van was purchased as the result of a donation to Tatagwa View from Victoria Wallace, in honour of her sister Rosalie McCombs and husband Bruce McCombs.

Faces of health...

where do you fit?

By Chantel Huber
Reprinted with permission
from Health Matters Magazine

Although the concept of primary health care (PHC) is not new, it is now being embraced across the country. And whether it's the flu bug that bites or you're on the mend from a sprained ankle, primary health care providers are the first faces you'll see as you access the health care system. From doctors and nurses to registered dietitians and physiotherapists, primary health care providers are on the front lines providing basic, everyday care for you and me.

Primary Health Care in place

Although the concept of primary health care has been around for years, with many health care professionals from different disciplines working together on the front lines, provinces are now officially recognizing their value and encouraging their establishment. Saskatchewan has a total of 37 primary health care sites. In Manitoba, the number of primary health care teams varies by region. Some have as little as one team, while others have as many as 30.

Teamwork is an essential part of primary health care. Having a number of professionals from various disciplines working together ensures continuity of care, reduces duplication of service and ensures you have timely access to appropriate health professionals. You, too, are an important part of this team as you make very important decisions about your health.

How to be a better patient:

No matter what technology is available or how effective your caregiver may be, communication between the two of you is key to getting good advice and effective health care. There is plenty you can do to help make the most of every health care visit.

Ask questions: Take a list of questions with you. If you are prescribed medication, be sure you fully understand all instructions for taking it and what effects to expect. If you are having a test done, ask how you will be told about the results and who will be available to explain them.

Make yourself understood Explain your symptoms and answer questions honestly, clearly and completely. Provide dates and details of changes in your symptoms as accurately as possible.

Be sure you hear correctly Consider taking a friend or family member, notes or a tape recorder to your appointment to get an accurate record of what you are told. If you don't understand a word or instruction, ask for an explanation.

Be informed Ask for handouts to take home or for useful books or web sites. If you've already done a lot of research, ask questions about what you've learned and check that your sources are reliable.

Don't be afraid to ask

Remember you are an important member of your primary health care team. Don't be afraid to ask your primary caregiver any questions you may have. By working together, you and your team can take the best care of your health.



Primary health care: is essential health care based on practical scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and country can afford to maintain at every stage of their development in the spirit of self-reliance and self-determination. — World Health Organization.

Keep a health journal

Take a notebook with you to each appointment that includes daily or weekly details about your health such as symptoms, weight, physical activity, medications, vitamin supplements and herbal remedies. You can also use it to keep a list of your health care contact numbers.

Be a part of the solution

Ask for the three most important things you can do to manage or improve your condition and do them!

Find out about other supports

If you would like further help with any issue affecting your health such as diet, exercise, stress, depression, or financial, legal, housing, work or family issues, ask if there is another professional or program that can help you.

Good primary health care: relies on a full team of professionals. Primary health care teams demonstrate this on a daily basis.

Stories by Jill Forrester,
Reprinted with Permission
from Health Matters Magazine

When Kathleen Donauer's 15-year-old daughter came home from a soccer game with an injured wrist, she immediately called her local primary health care clinic. It was a relatively quiet afternoon at the Regina Community Clinic, and her daughter's examination, x-ray and cast were completed within half an hour.

Weeks later, when the cast came off, the clinic's exercise specialist showed her exercises to strengthen her wrist.

What Donauer loves most about her clinic is the variety of services that are available – like physicians, optometrists, counselors, dietitians, laboratory services, to name a few – and the fact that they are all under one roof. “It is absolutely terrific.”

The professionals work together and take the time to educate her on how to prevent further problems.

“We really like it because of that team-based care. You get a sense that the team is looking out for you.”

Health clinics that offer a wide variety of health services under one roof are popping up across Canada. They are just one part of a little-understood “primary health care” revolution that is gradually taking place. A vital part of primary health care is having health care professionals work together as teams, support-



Danna Palmier, nurse practitioner, Vanguard Health Centre.

“I can help decide whether someone needs to see a physician right away, in a few days or weeks, or not at all. Being nurses at heart, we have a lot of compassion and ability to work through problems.”

already living the concept are its biggest supporters. For Nora McKee, a physician at Saskatoon's West-Winds Primary Health Centre, being part of a team means more than providing effective care.

Working in Saskatoon's west side, a traditionally under-served area of Saskatoon with high health needs, she appreciates the wide range of services the team of professionals can provide, including diabetes education, mental health/addictions support, so-

ing one another and providing well-rounded service to each person they see. Health professionals who are

vide and to the patient.”

“I can call someone else, they can do home visits for example, and it really improves care.”

She is also excited about the health needs survey that West Winds recently hired local residents to do.

It is just the first step in finding out what the community's biggest issues are and engaging local people in building services and programs that will work for them.

“It's pulling the community in.”

“That's how primary care is different from your average practice, the focus is not just on being the expert and saying, ‘You have to do this,’ ‘You have to do that,’ but saying ‘What are your strengths? What can we help you with?’ and getting them engaged in their health.”

A combined effort: No different than a baseball or football team, a team of health professionals requires the efforts of all its members to be a success.

Nurse practitioner Deanna Palmier is proud of the service she provides to the Vanguard area in south west Saskatchewan.

Working in partnership with a physician who comes to the Vanguard Health Centre one day every week, the nurse practitioner is able to write prescriptions, do exams and give health advice on a variety of health problems, whether they are earaches, sore toes or mole examinations.

She can call the physician directly or refer cases to him when anything beyond her scope comes up. Palmier says the arrangement not only provides good service to the Vanguard area, she loves the work.

“I feel really good to be able to work as part of a team knowing that my skills and education are being used to their full capacity and are being attracted and encouraged.”

Dealing with the less serious cases herself, and gathering initial information on more complex cases before the physician visits, means he has more time to spend with patients in Vanguard and the other communities he covers.

The nurse practitioner also has more time to answer questions about personal health, other health services that might be available and where to go to find them.

“[Clients] say they're being taken care of very well as part of a team. They know that their nurse practitioner will get them where they need to go if they need it.”

The Vanguard Health Centre, part of Saskatchewan's Cypress Health Region, provides a wide range of services, many of them on a part-time basis, including home care, mental health services,



Joanna LeDoux, community dietician, Flin Flon Primary Health Care Centre.

I really enjoy being part of a team. It's nice to be able to provide that very holistic, client-centred approach and to be able to work with the person exactly where they are.”

seeing it expanding in southern Saskatchewan.

“Very quickly in the next couple of years, I can see more primary health care coming into the south. I'm very excited about seeing that.”

She says this expansion in primary health care has a lot to do with the fact that physicians are now seeing the nurse practitioner as a positive asset in the delivery of primary care.

Community dietician Joanna LeDoux, of the Flin Flon Primary Health Care Centre in northern Manitoba,

laboratory, x-ray and public health services. Having seen this more flexible model of care working well in the far north, Palmier is very excited about

that change, so they can meet with the nurse and the mental health worker and they'll help them prepare to make that change.”

LeDoux also enjoys taking her messages into the community rather than waiting for people to come to see her, another idea that's part of the primary health care concept.

She gives grocery store tours, talks to seniors at flu clinics about nutrition, helps set up community kitchens and does presentations on body image and healthy eating to community groups in and around Flin Flon.

Knowing that health requires a combination of healthy eating, being physically active, reducing stress and building other healthy habits, LeDoux says the most exciting part of her job is “when people start recognizing that if they look after themselves before they get a chronic disease and if they start thinking about it now it will affect their overall health into the future.”

cial work, pharmacy, home care, parenting education and counseling, and other public health services, including pre- and post-natal support networks.

Her prenatal patients benefit because so many of them eat poorly, have financial problems and have chaotic lives and mood disorders.

“Those are big needs and me in my little office trying to take care of their pregnancy is difficult.”

But she says having other professionals to back her up when she needs it makes all the difference to the care she can pro-

Making health care safer in Sun Country Health Region

By Dianne Green, Chair, Patient Safety Committee,
Sun Country Regional Health Authority

Health care must be safe and it must be patient centred. These are the two key guiding principles of the newly formed Patient Safety Committee established in Sun Country Regional Health Authority (SCRHA).

"We know that even with a health care system whose goal is to always deliver safe and effective care, sometimes things go wrong," says Dianne Green, Quality of Care Coordinator and chair of the Patient Safety Committee.

"We have systems in place to reduce the chance of harm but we're always trying to improve them," she said.

A Canadian review, known as the Baker/Norton study was motivated by the growing attention to patient safety in Canada. It showed that 7.5 per cent of hospital admissions resulted in an adverse event and that three per cent of the admissions experienced events that were potentially preventable. In the health care world, an adverse event is any unexpected or undesired incident that is directly involved with the care received.

The study, as well as numerous legal cases and media stories, highlighted the consequences of unintended adverse events and led to the Canadian government budgeting \$50 million over five years, in 2002, for the creation of the Canadian Patient Safety Institute (CPSI). Many health care organizations are making more focused efforts to improve patient safety.

"Most adverse events don't result in harm, but we believe that patients have the right to know what happened and to be reassured that we will do everything in our power to prevent it from happening again," Dianne said.

"Nothing about me, without me," is a phrase health care providers use to promote patient centred care. SCRHA wants clients, patients and residents to have all the relevant information about them and their medical condition and to be involved in the planning and delivery of their care.

This means disclosing any adverse health events.

Health care is a very complex industry and SCRHA wants to take multiple approaches to improving the system. SCHRA wants patients to know it is good practice to question nurses and physicians if they washed their hands between patients, for instance, or to question them about a medication. It is okay to say, "Yesterday I got a blue pill, why am I getting this yellow one today?"

The Baker/Norton study goes on to say: **"Health care organizations have historically focused on identifying and disciplining clinicians who were closest to incidents. However, experts suggest that the greatest gains in improving patient safety will come from modifying the work environment of health care professionals, creating better defenses for averting adverse events, and mitigating their effects. Efforts to make patient care safer will require leadership to encourage the reporting of adverse events, continued monitoring of the incidence of these events, the judicious application of new technologies and improved communication and coordination among caregivers."**

SCRHA caregivers have the courage to take up the challenge. It is the first Health Authority in the province to advertise for a member of the public to join its Patient Safety Committee. It is also conducting a staff survey to assess how staff view and handle safety issues.

"One of our goals is to place patient safety on every agenda, at every meeting," said Dianne. She said that patient safety is an area that crosses all boundaries from hospitals, to long-term care facilities, and from Home Care and Mental Health to Public Health."

"The goals of the Patient Safety committee are to build a culture of safety based on trust and human rights where individuals are able to report adverse events without fear or prejudice, and to promote a philosophy of care that is patient and family centred," she said. Future newsletters will provide information about preparing the workplace for the safer health care initiatives.



A sunny corner - Laurel Charles, manager of the Deer View Lodge in Wawota, visits the sun room, one of the brightest corners in the Lodge. It is a welcome diversion during the long winter days.



SCREENING PROGRAM FOR BREAST CANCER

Head Office: 952 ALBERT ST.
REGINA, SASK. S4R 2P7

The Screening Program for Breast Cancer mobile unit will be in **WEYBURN** from **January 31 to March 09, 2007**

In Weyburn the mobile will be parked behind the Hospital.

The mobile unit will be in **RADVILLE** from **March 19 to March 23, 2007** and in **CORONACH**, from **March 26 to March 28, 2007**

(The advertised dates for the mobile may change.)

Women 50 years of age and over are invited to make an appointment for a mammogram.

Call now to avoid missing an appointment!

1-800-667-0017

Early detection saves lives!

Or use your computer for access to the latest health information. Turn to SaskHealth online at:

http://www.health.gov.sk.ca/ps_healthlineonline_contact.html

Saskatchewan fan comes home

It's a new day for Saskatchewan when people are willing to trade the soft climate on Vancouver Island for the prairie.

For many years, the western traffic was only one way.

So who are these newcomers, and why are they coming back?

One of these mystery people is a registered nurse living in Fillmore and working in Sun Country Regional Health Authority.

Ken Conly moved back to this part of the province after 22 years in B.C.

He grew up in Redvers, Weyburn, and Regina, for the most part.

"There's something about the wide open spaces on the prairie that attracts me," said Ken in a recent interview.

"I prefer flat land so you can see where you're going, to the kind of constant busy, developed kinds of places I've lived," he says.



Returning to Saskatchewan — Ken Conly talks about why he left Vancouver Island to live in Fillmore.

"In fact, I don't think Saskatchewan ever really left me. I've always been an advocate for the province and even signed up as a diplomat for the province long before I could actually move here."

"There are a number of factors that brought me back, like the cost of living and the quieter pace, but it's the people most of all," he says. "The people are a big bonus to living here."

"My home in B.C. was more like a small town when I first moved there but now it's more impersonal and anonymous. All

the kinds of community things, the closeness and the fact people know who you are; those have been coming back to me since I've been here," he says.

"The fact that so much of Saskatchewan is made up of small towns lends itself to a certain kind of lifestyle, and maybe even a form of thought, that I like."

He says one goal when he arrived was to slow down his lifestyle. "I'll probably turn into an old birdwatcher," he says.

The abundant wildlife possible with a lower density population is welcome to a man who likes the outdoors. "The mountains are great and I spent quite a bit of time hiking in them, but the prairie has its own particular flavour," he says.

The sounds and smells of the prairie that he remembers from his childhood have also come back to surprise him at odd moments. "Like the smell of fresh cut hay . . ." he muses.

Ken brought one of his three children with him. Another one has attended the University of Regina for the past four years. Most of his siblings have since returned, too.

That family connection was another big attraction for him. "I think the older you get, the more important that becomes," he says. His son loves it here, which is another big bonus after a move.

Ken even has good things to say about the bitterly, cold weather the province experienced in February.

"Yes, it was cold," he admits, and he's had to get used to driving on ice again.

"But last winter on the island, we had almost 60 dark grey, rainy days in a row. So the reality is that you get some kind of winter no matter where you are in Canada. And I'd rather clean dust out of my window sills

Dialysis unit is about people, says CEO

The new renal dialysis unit under construction for the residents of Sun Country Health Region is about people, says Cal Tant, Chief Executive Officer for Sun Country Regional Health Authority (SCRHA).

"We're opening up the unit because a basic need exists for real people," he says.

A dialysis unit purifies the blood of a patient, when his/her kidneys are not functioning properly.

The \$1.6 million unit will be located on the second floor of the St. Joseph's Hospital in Estevan.

Construction started last fall and should be completed this spring.

It will be a satellite unit of Regina Qu'Appelle Health Region.

"We're talking about people's lives and the quality of their lives," he says.

In some cases, says Cal, "residents of SCRHA are traveling two to four hours each

way to Regina for a four-five hour dialysis treatment. That's a 12-13 hour day for some of the people in the Region, depending on where they're located."

"These are people who are already sick, and sometimes elderly, traveling on the roads three or four times a week for treatment. The personal cost of the current system for them is very high," he says.

After the new unit opens, clients in SCRHA will continue to be assessed by a nephrologist, or kidney specialist, from Regina. If their condition warrants, they can be referred to the St. Joseph's dialysis unit. Some high risk patients will continue to be treated in Regina.

The unit also requires specialized nurses, who will begin training about 12 weeks in advance of the renal dialysis unit opening.

Those staffing requirements are a complicating factor for

SCRHA, which is already short of Registered Nurses, RNs, and Licensed Practical Nurses (LPNs), as are many health regions in western Canada.

"We've made a commitment that we will not close another unit to open the dialysis unit," says Cal.

"As much as we want this unit opened, we don't want to rob Peter to pay Paul. We recognize that existing services are needed, too," he says.

Staffing has been the limiting factor that has kept the dialysis unit from opening in previous years.

A joint fund-raising committee, with representatives from St. Joseph's Hospital Board of Directors and SCRHA, has been established to raise funds for new equipment.

"The board is confident our fund-raising goal will be met," says Cal.



Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

What is a Food Guide Serving?

A Food Guide Serving is simply a reference amount. It helps you understand [how much](#) food is recommended every day from each of the four food groups. In some cases, a Food Guide Serving may be close to what you eat, such as an apple. In other cases, such as rice or pasta, you may serve yourself more than one Food Guide Serving.

Look at the examples below to find out how much food is equal to one Food Guide Serving.

Examples of one Food Guide Serving are:

Vegetables and Fruit

125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
250 mL (1 cup) leafy raw vegetables or salad
1 piece of fruit

Grain Products

1 slice (35 g) bread or ½ bagel (45 g)
½ pita (35 g) or ½ tortilla (35 g)
125 mL (½ cup) cooked rice, pasta, or couscous
30 g cold cereal or
175 mL (¾ cup) hot cereal

Milk and Alternatives

250 mL (1 cup) milk or fortified soy beverage
175 g (¾ cup) yogurt
50 g (1 ½ oz.) cheese

Meat and Alternatives

75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
175 mL (¾ cup) cooked beans
2 eggs
30 mL (2 Tbsp) peanut butter

Oils and Fats

Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Use vegetable oils such as canola, olive and soybean. Choose soft margarines that are low in saturated and trans fats.

Foods to Limit

A first step towards good health and healthy body weight is to follow Canada's Food Guide by:

Eating the recommended [amount](#) and [types](#) of food each day; and limiting foods and beverages high in calories, fat, sugar or salt (sodium).

Examples of foods and beverages that are often high in calories, fat, sugar or salt (sodium) are: Cakes and pastries, cookies and granola bars, ice cream and frozen desserts, chocolate and candies, doughnuts and muffins, French fries, nachos, potato chips, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, sweetened hot or cold drinks.

Make each serving count

Wherever you are – at home, at school, at work or when eating out!

Eat at least one dark green and one orange vegetable each day.

Go for dark green vegetables such as broccoli, romaine lettuce and spinach.

Go for orange vegetables such as carrots, sweet potatoes and winter squash.

Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

Have vegetables and fruit more often than juice.

Make at least half of your grain products whole grain each day.

Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.

Enjoy whole grain breads, oatmeal or whole wheat pasta.

Choose grain products that are lower in fat, sugar or salt.

Compare the Nutrition Facts table on labels to make wise choices.

Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

Drink skim, 1%, or 2% milk each day.

Have 500 mL (2 cups) of milk every day for adequate vitamin D.

Drink fortified soy beverages if you do not drink milk.

Select lower fat milk alternatives.

Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

Have meat alternatives such as beans, lentils and tofu often.

Eat at least two Food Guide Servings of fish each week. *

Choose fish such as char, herring, mackerel, salmon, sardines and trout.

Select lean meat and alternatives prepared with little or no added fat or salt.

Trim the visible fat from meats. Remove the skin on poultry.

Use cooking methods such as roasting, baking or poaching that require little or no added fat.

If you eat luncheon meats, sausages or packaged meats, choose those lower in salt (sodium) and fat.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Overcome Barriers

If you think you don't have time to eat well - think again. Here are some ideas to help you overcome some common barriers to healthy eating.

Solution: Plan your meals and make a shopping list to ensure you have the ingredients in your kitchen to pull together meals quickly. Ask your family to help get meals started.

Choose some healthy convenience products to help speed up preparation time. For example, canned or bottled pasta sauces, frozen vegetables or bagged salad greens.

Prepare some foods in advance and keep in the freezer. For example, soups, stews, lasagna, cooked ground beef, cooked rice or pizza dough.

Solution: Eating well does not have to cost more. Many pre-prepared foods are high in calories, fat, salt or sugar and cost more. Cutting back on pre-prepared and low nutrient snacks can save you dollars and can be good for your health and waistline.

Buy vegetables and fruit fresh when they are in season and freeze extras for later.

Choose canned or frozen vegetables and fruit - they are affordable and nutritious options. Use beans, lentils and other legumes in place of meat several times a week.

Stock up on canned goods and staples when they are on sale. Store them safely and use them up by their "best-before" date.