



Taking You in A Healthy Direction

December 2010

A MESSAGE FROM BARBARA

New Service: Ask the RD – Via Email – Block Fee

Sometimes we have questions about a food product, an article we have read or an Internet site we have found, and want a credible source to validate the information or provide an educated opinion on the product. I am pleased to offer the service **Ask the RD – Via Email – Block Fee**.

This is a service that provides unlimited email correspondence over a 12-month period regarding general nutrition-related questions for a flat-rate fee paid annually.

Examples:

- *You want an opinion on a product you tasted or heard about.*
- *You want an opinion on an article you read.*
- *You may want advice about how to manage social eating or how to choose from a specific restaurant menu.*
- *You may want advice on how to approach menu planning and grocery shopping.*

Once enrolled in this service you will be provided an email address to which you can send your questions. You will receive a response within 24-48 business hours.

For more details contact Barbara at **905.553.2766** or **bprd@rogers.com**.

Happy Holidays,
Barbara Parisotto, RD

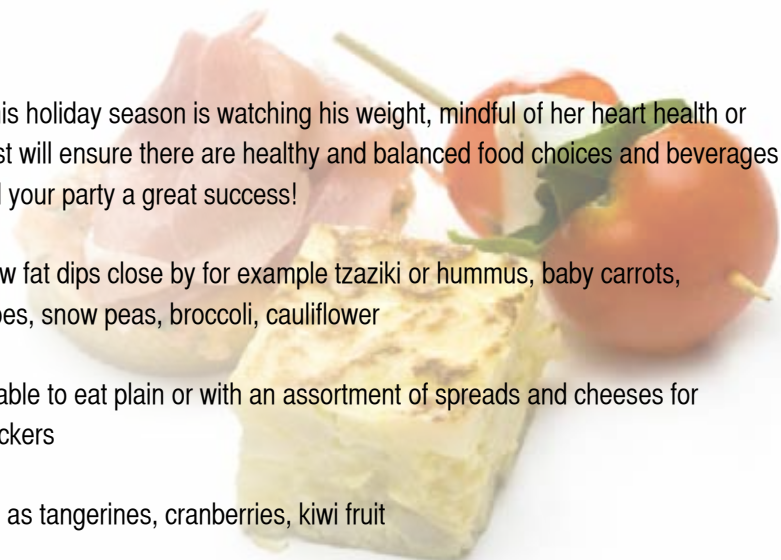


TIP OF THE MONTH

Hosting a Holiday Gathering

You can be sure that at least one of your guests this holiday season is watching his weight, mindful of her heart health or managing his blood sugar control. A thoughtful host will ensure there are healthy and balanced food choices and beverages at the event. Your guest will be very appreciative and your party a great success!

- Have a variety of raw vegetables with low fat dips close by for example tzaziki or hummus, baby carrots, cucumber slices, cherry or grape tomatoes, snow peas, broccoli, cauliflower
- Have low fat, low sodium crackers available to eat plain or with an assortment of spreads and cheeses for example Breton Reduced Fat & Salt crackers
- Prepare a platter of seasonal fruits such as tangerines, cranberries, kiwi fruit
- Club soda is a sugar-free, calorie-free beverage choice other than water



HEADED FOR HEALTH: PRODUCT REVIEW

Tired of salmon? PC Blue Menu line offers frozen Rainbow Trout as a tasty alternative. Blue Menu Rainbow Trout Skinless Fillets (frozen, uncooked, oven ready)

1 fillet
260 calories
16g fat
60mg sodium
4g omega-3 fats

- ✓ Heart Healthy
- ✓ Waistline friendly (served with 1/2 cup brown rice and 1 cup steamed vegetables)
- ✓ Easy to prepare



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HOT OFF THE PRESS

November 30th the U.S. Institute of Medicine released the updated Daily Reference Intakes (DRI) of Vitamin D and Calcium. This initiative was jointly commissioned and funded by the U.S. and Canadian governments. Vitamin D and calcium are important in maintaining and building bone health. There are studies examining the role of vitamin D in cancer, autoimmune diseases and cardiovascular disease. Calcium is important for proper muscle function, nerve transmission and hormonal secretion.

Vitamin D intake for children and adults aged 1-70 is 600 IU

Calcium intake for children aged 1-3 is 700mg, children 4-8 1000mg and children 9-18 1300mg.

Adults aged 19-50 are recommended 1000mg per day, 51-70 1000-1200mg and over 70 1200mg.

What do these numbers mean in food terms?

1-cup milk	322mg calcium	102 IU vitamin D
50g mozzarella cheese	252mg calcium	8 IU vitamin D
100g wild salmon	15mg calcium	328 IU vitamin D
1 tbsp Becel margarine	4mg calcium	76 IU vitamin D
1/4 cup raw almonds	95mg calcium	no vitamin D

CHANGE OF ADDRESS AND OFFICE HOURS

The Maple Medical Centre

9983 Keele Street, Suite 204 Maple, ON

Office hours will be Tuesdays 9-5 and Thursdays 1-9 p.m.



barbara parisotto
REGISTERED DIETITIAN