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## Manage Your Weight Improve Your Health

### Healthy eating is important at every age

Weight loss goals include a variety of reasons, such as improved health and appearance, and what you eat is central to achieving those goals. A little guidance here can go a long way. Once again, the DASH diet is the overall winner (and, the winner in the diabetes category), while the Ornish diet was deemed best for heart health. For weight loss, Weight Watchers comes out on top. Avoid the fads: Paleo and Dukan tied for last place!

The Mediterranean Diet (a plant-based diet, very similar to the DASH diet) has demonstrated a reduction in heart attack, stroke and premature death. Obviously, the most benefits are reaped the earlier in life you start, but a recent study has found that starting midlife is good too. And, those benefits include reduced cholesterol, weight loss, improved rheumatoid arthritis and lower risk of Alzheimer's and some cancers.

### A healthy, balanced diet can reduce risk for type 2 diabetes

Concerned about developing type 2 diabetes? Then, take another look at the Mediterranean Diet. A study out of Spain is reporting that this diet, supplemented with extra virgin olive oil, can reduce the risk of type 2 diabetes in adults who are also at risk for cardiovascular disease by about one-third, compared to low-fat diets. This is excellent news since the Mediterranean Diet is so palatable and sustainable.

### Read your food labels!

One of the keys to managing your nutrition is knowing how to read food labels. When checking them, focus on these 5 points: 1) Note the portion size. 2) Look at the fats; look for low saturated fats and avoid trans and hydrogenated fats. 3) Watch the salt; a good rule of thumb is that sodium mg should be the same or less than the calories per serving. 4) Up the fibre; a minimum of 5 grams per serving. 5) Down with sugar – and learn the tricky names it masquerades as.

Managing your weight is not only good for your physical health – it makes you feel good too! Talk to our pharmacists for tips on setting and achieving your weight loss goals.