

Making small changes will impact on your health

This marks the exciting beginning of a new nutrition and health column for the Guelph Mercury. I am honoured to have the opportunity to share my knowledge and experience as a registered dietitian with Mercury readers.

My specialty as a dietitian is in the area of nutrition and fitness. I provide guidance for all types of people from individuals seeking weight loss to helping Canada's Olympic athletes reach peak performance. My goal for this column is to provide you with practical nutrition tips to enhance your "performance" whether it's simply to help you feel better on a daily basis or help you prevent illness in the future.

The title, "Nutrition for the Long Run" has several meanings. Within this column I will recommend small changes to your eating habits that, when added up, can create a profound impact on your health over "the long run". Instead of crash diets, I recommend adopting a lifestyle that you can



HEIDI SMITH

NUTRITION FOR THE LONG RUN

enjoy for "the long run".

The title of the column is also the title of my first book published two years ago. In my book, "Nutrition for the Long Run" I provide a quick summary of healthy eating tips to help active people improve health and get the most out of their workouts.

I am also a busy working mom. I understand the pressures experienced by busy families in a fast-paced world. We all seem to be eating faster, choosing pre-made meals and snacks, ordering

in, eating out, driving through and eating later in the evening than ever before.

I hope this column helps you take a moment to step back and evaluate where your health is going. You don't need to do "everything" right, nor do you have to deny yourself your favourite foods. Simply increase your awareness and start making some of the small changes suggested weekly in this column. You'll be amazed at how the small choices you make on a daily basis impact your health and the health of your family.

My tip for the week is to dust off your crockpot or consider buying one. Whether you are cooking for one or eight, the crockpot is a lifesaver for busy people with little time to cook. There's nothing like coming home late on a cool fall afternoon, opening your front door and being met by a warm, savoury aroma. Dinner is served!

Here's an easy one pot meal that will

spice up your recipe repertoire.

HEIDI'S CROCK POT CURRY

This dish is low in fat, high in nutrients and bursting with flavour. It should take about 20 minutes or less to throw together in the morning. Then simply "set it and forget it" until you get home from work.

- 1 medium onion diced
- 1 pound (about 3 large) boneless skinless chicken breasts, cubed
- 2-3 medium potatoes washed and cut into bite sized pieces
- 28 oz can whole tomatoes with juice
- 3 heaping Tbs mild Pataks curry paste (found in most grocery stores)
- 3/4 cup frozen green peas

Combine all ingredients except green peas in the crockpot. Stir well. Put on the lid and cook on high for 5-6 hours or on low for 8-10 hours (depending on how long you are going to be gone). When you get home from work

add the frozen green peas and stir well. As soon as the peas have warmed up you are ready to eat!

Serve with plain lowfat yogurt on the side. Also goes nicely with basmati rice or a spinach salad.

As a registered dietitian I will provide sound advice based on published research. I hope this column helps you understand more about nutrition and helps to debunk the ever-present myths about healthy eating. I hope you look forward to this weekly column as an interesting read with practical tips that make you think "I could do that".

Put together the weekly small changes and you will be well on your way to better health and Nutrition for the Long Run.

• Heidi Smith is a consulting dietitian working out of the Health and Performance at the University of Guelph. She can be reached at: editor@guelphmercury.com

Horoscope Forecast for Friday, October 3, 2003

BY JACQUELINE BIGAR

FRIDAY BIRTHDAY

Your home life is paramount to your well-being. You might spend many more hours devoted to your family. Ultimately, this investment makes you and your family happy. You seem to gain greater control in your life. You will be ending an 11-year cycle at your next birthday. You will be preparing yourself for something better.

ARIES (MARCH 21-APRIL 19)

Recognize what heads down your path. Understand what you must deal with in order to get passage out of the office today. Then clearing your desk will be a piece of cake. Tonight: You don't want to disappoint your friends, do you?

TAURUS (APRIL 20-MAY 20)

Reach out for those at a distance, and your expectations will be more than met. If you feel the need to take off, do so. Others forgive your early exit out of the office. Tonight: Do something totally different.

GEMINI (MAY 21-JUNE 20)

Refer decisions to a key associate. You will not like carrying the bulk of the weight right now. Others will demonstrate their capabilities if you just lie back a little. Tonight: Say "yes" to a loving associate.

CANCER (JUNE 21-JULY 22)

Sometimes you might want to challenge someone close. Use your sixth sense in your dealings with others. You might find answers where you least expect them. Look at a partner as a resource. Tonight: Out on the town.

LEO (JULY 23-AUG. 22)

Pace yourself and look at what lies ahead, both this weekend and at work on the immediate front. Be imaginative with your ideas and share them with many. Tonight: Easy does it.

VIRGO (AUG. 23-SEPT. 22)

Your playful side emerges and takes you

in a new direction, be it at work or at play. Be open to differences, and work with a new friend or loved one. A relationship could be budding in the office. Tonight: Go for introspection.

LIBRA (SEPT. 23-OCT. 22)

You might want to try another approach with a close family member. How you see a situation could change radically because of information that pops up out of the blue. A relationship becomes even more romantic than you anticipated. Tonight: Happy at home.

SCORPIO (OCT. 23-NOV. 21)

Reach out for those around you. Your feedback could make a big difference to a friend or an associate. Investigate new possibilities that revolve around a relationship or something you want to keep to yourself. Tonight: Get together with friends.

SAGITTARIUS (NOV. 22- DEC. 21)

Increased financial gain will allow you to indulge a loved one more often. Share your imagination, and brainstorming will begin. Investigate new possibilities within the framework of a meeting. Tonight: Treat a loved one to munchies and a drink.

CAPRICORN (DEC. 22-JAN. 19)

Friends deliver suggestion after suggestion, many of which seem excellent. Sorting through which ones are viable might be challenging yet inspiring to a boss or associates. Tonight: Start the weekend in style.

AQUARIUS (JAN. 20-FEB. 18)

Slow down. Take your time. You don't need to be a freight train all the time. You might be delighted and surprised by how others chip in out of the blue. Tonight: Get a good night's sleep while you still can.

PISCES (FEB. 19-MARCH 20)

Your friendships extend to many people, be it work or your personal life. How you mix the two could make all the difference in the outcome. Tonight: Where the gang is.

BORN TODAY

Musician Tommy Lee (1962), musician Chubby Checker (1941).

• Jacqueline Bigar is on the Internet at <http://www.jacquelinebigar.com>

TV's Canadian Living Cooks now out in new cookbook

TORONTO

A collection of favourite recipes from Food Network Canada's TV show Canadian Living Cooks is now available in a cookbook. Canadian Living Cooks: 185 Showstopping Recipes from Canada's Favourite Cooks was just released by Random House. The cookbook features a wide range of recipes from the show's hosts Elizabeth Baird, Daphna

Rabinovitch and Emily Richards. The recipes are accompanied by black-and-white, behind-the-scenes shots and readers will find it's almost like being there, right in the studio. As well as recipes, the book also includes Fridge Notes — handy hints for preparing and serving recipes.

• Canadian Press

Goren Bridge

WITH OMAR SHARIF & TANNAH HIRSCH
THE RABBI'S RULE

East-West vulnerable. South deals.

NORTH			
♠	J 10 7 6		
♥	K 5 4		
♦	K Q J 6 3 2		
♣	Void		
WEST			
♠	K		
♥	Q 10 6 2		
♦	10 7		
♣	A K 8 6 5 4		
SOUTH			
♠	A Q 9 5 3 2		
♥	8 7 3		
♦	A 9		
♣	Q 10		

The bidding:			
SOUTH	WEST	NORTH	EAST
1♠	2♠	2♦	3♠
Pass	Pass	4♥	Pass
Pass	Pass		

Opening lead: King of ♠

Years ago, there was a kibitzer in New York's Cavendish Club who became known as the Rabbi, not because of his profession, but because of the seemingly authoritative pronouncements he made on the play of the game. One of them, which has become known as the Rabbi's Rule is: If the king is singleton, play the ace!

After West's two-club overcall of South's one-spade opening, North marked time with a forcing bid of two diamonds. When East raised to three clubs, South realized his queen of clubs was now worthless, and passed to show a minimum opening. North's jump to four spades ended the auction. (Had the vulnerability been reversed, East-West might have sacrificed at five clubs, which would have been beaten only one trick, losing a spade and two diamonds.)

West led the king of clubs, ruffed in dummy. The jack of spades was led from the table and, when East followed low, South shot up with the ace to fell the king and reeled in all 13 tricks.

South was not necessarily a disciple of the Rabbi — spurning the trump finesse was clearly the winning line and virtually guaranteed the contract. The key cards are the king of spades and ace of hearts. The bidding marks West with at least one of those cards. If it is the king of spades and the finesse loses, a high heart shift could well net the defenders three heart tricks for a one-trick set. If the ace fails to drop the king of spades, South still succeeds if the diamonds break no worse than 4-2 since declarer can cash winning diamonds for heart discards.

The Rabbi would have been proud of South!

Take responsibility for yourself

How long should we be our brother's keeper? A report in the British newspaper, The Guardian, claims that being a Samaritan is coming to an end in England. Smokers and overweight people will soon be asked to sign contracts with their doctors. They will have to agree to a program to quit smoking and lose weight under a radical medical plan drawn up by the Labour government.

Health secretary, Alan Milburn, says it's an attempt to remind people of their own responsibilities. The document will not deny medical care to those who refuse to sign the agreement. But the government wants to make it clear that smokers and overweight people must play a role in caring for themselves by stopping smoking, losing weight, eating a more nutritious diet and exercising.

The real message? Resources are finite and if misused the shortage denies treatment to others. The directive is one we will hear more about.

One can't blame smokers and obese people for feeling discriminated against. After all, what about those who have too many martinis and need medical care? Or reckless drivers who require months of treatment after accidents? The list of self-inflicted ailments is extensive. But the British Labour party believes that since smoking and obesity are such major killers they make a good start.

I recall the hue and cry when a Canadian heart surgeon used the same tack. He refused to do bypass surgery unless his patients stopped smoking. His argument? Why should he subject himself to the stress of this operation if the patient didn't give a tinker's damn about his or her own health.



DR. W. GIFFORD-JONES

THE DOCTOR GAME

I've often had the same reaction when operating on hugely overweight patients whose obesity was not due to genetic reasons. I've wondered if charging by the pound would be incentive for them to lose weight and also lessen their chance of operative complications.

It's ironic that we place so much scare-mongering on some health issues. I don't mean to downgrade the impact of SARS and the sorrow of families who lost loved ones. But this infection caused a minor blip compared to the millions killed prematurely by smoking.

The World Health Organization reports that worldwide there will be 10 million annual deaths from smoking by 2020. Fifty per cent of these deaths will occur in middle age, robbing people of 22 years of life! Now that's an epidemic!

Consider the public condemnation of physical child abuse. This is valid of course. But at the same time we allow pregnant mothers to smoke, a legalized form of child abuse. And what about pregnant women who consume excessive amounts of alcohol and cocaine and end up with brain-damaged children at a huge cost to the child and society?

Unfortunately today there's a tendency to blame all our woes on others. Tobacco smokers crippled by emphysema and other problems demand compensation from tobacco companies. Drunken drivers blame others for serving them too many drinks. And now obese patients want to sue fast food chains for their health problems.

I think the British government is right to bring "consumer responsibility" to public attention. Why not, when so much of today's chronic disease is preventable?

The lack of self-responsibility is one reason why our health care system is on crutches today. This along with the fact that many people run to doctors for every ache and pain.

I've claimed for years that every patient who receives medical treatment should also receive an annual statement listing their cost to the health care system. It would shock most people when they saw the dollar amount involved.

Ontario alone spends \$100 million year after year just to treat the common cold. Millions more for sore backs that would get better with simple tincture of time.

Sir William Osler was only slightly facetious when he prescribed his treatment for a cold, "Go to bed. Hang your hat on the bedpost. Start drinking scotch and stop when you see two hats!"

Pogo would also agree with the Labour party's plea for individual responsibility. As he wisely remarked so long ago, "We have identified the enemy and the enemy is us!"

• Dr. Gifford-Jones's column runs on Thursdays.

Don't count on your wife coming back

Q: My wife left me last year. I've repeatedly asked her what I've done and what I could do to get her back. I told her I've seen a psychologist many times, as well as ministers, family services and others. She never responds. I still love her and want her. How can I win the love of my life back? — In the Dark



ELLIE

A: This may be too high a wall to climb alone. Try to get help from someone to whom she's close — say, a parent or best friend. Keep telling her you love her and are willing to improve whatever you can. Prepare yourself for continued silence, however. Her leaving may have more to do with a change in her, than with you. She may be depressed, have old baggage that's weighed on her again, or reached some critical turning point. You may have to accept that the past is over, and that you still have a life in which to love anew.

I've told him my intense feelings, but he feels the situation is out of his control. I've got a full-time job I enjoy. He can't get his life together. I'm starting to feel hopeless, but I love him too much to leave. — Getting Impatient

A: Love doesn't have to be blind. He's stalling his whole life to avoid

commitments, to both you and his family. He can't contribute much to them if he keeps losing his job, it's a blanket excuse for everything. That leaves you with a decision to face...but you already know this, which is why you're angry and sad. Either you accept this stalemate longer — trust me, it won't make the relationship any better — or you walk. If he doesn't come after you with a changed outlook, you'll know this had to come sooner than later.

Tip of the Day: The silent treatment on a relationship breakup often says more about your partner than you.

• Ellie appears Wednesday through Saturday. Write to Ellie Teshler c/o The Guelph Mercury, 8-14 Macdonell St, Guelph, N1H 6P7 or e-mail to ellie@thestarca.com

TONIGHT! K-W SYMPHONY POPS
The Music Of Leroy Anderson
Oct. 2 at 8:00 p.m.
A \$40 / B \$36 / eyeGO, Main Stage

JORGE MIGUEL
Flamenco Fusion
Oct. 2 at 8:00 p.m.
Adult \$22 / Student & Senior \$18, Co-operators Hall

Tickets — 519.763.3000
www.riverrun.guelph.on.ca

River Run Centre

BOUNTY ENTERPRISES PRESENTS
ABBAMANIA
THE ROCK MUSICAL

with special guests
STAYIN' ALIVE!
THE BEE GEES
and
SOLITARY MAN!
NEIL DIAMOND

with members of the
Symphony Orchestra
and
Chicago Transit Horn
Section

TORONTO SUN
..."vocally superb"

GLOBE & MAIL
..."Fantastic"

Cast of
Mamma Mia
..."the closest
thing to ABBA"

SOLITARY MAN
Neil Diamond

STAYIN' ALIVE
The Bee Gees

FRIDAY, OCTOBER 24th — 8 P.M.
Tickets \$32.00

Available at the River Run Centre
Box Office 519-763-3000 and 1-877-520-2408