

# What your mother never told you about snacking...

Have you ever heard the common phrases: "Don't spoil your dinner", "No snacking between meals", "Clean your plate!". As a parent of a picky eater, I'm often tempted to downplay snacks to ensure my son eats a respectable dinner. Is this the best eating strategy for our kids and ourselves? Should dinner be our biggest and most important meal of the day?



**HEIDI SMITH**

**NUTRITION IN THE LONG RUN**

As a registered dietitian I counsel many clients who are frustrated with the battle of not eating between meals. "If I could only stop snacking I would lose weight!" complains one of my clients. The problem is not "snacking" itself, it is often the type of snacks that are chosen. Chips, candy, muffins and coffee are all examples of unsatisfying snacks that leave you feeling just as hungry at your next meal. Balanced, planned snacking can actually help to control your hunger, reduce the size of your meals, achieve a healthy weight

and increase your energy. Compare these two snacking scenarios.

As your co-worker resorts to a doughnut and coffee mid-morning for a short lived sugar-caffeine high, you satisfy your hunger pangs with a yogurt and a fruit. Accompany this with a glass of cold water with a squeeze of lemon and you'll be satisfied and recharged until lunch hour.

Your co-worker is crashing quickly as lunch hour approaches. A quick run to the closest food outlet satisfies with extra large portions leaving him very full and sleepy.

You on the other hand, feeling only mildly hungry, reach into your lunch box for a bottle of water, half of your sandwich, some chopped veggies and another fruit. By mid-afternoon your co-worker is on the prowl for something sweet to accompany another much needed caffeine hit. You on the other hand, pull out the other half of your sandwich and a handful of trail mix to bridge the gap effortlessly until dinner.

A planned snack at 3 to 4 p.m. helps

to alleviate what one of my clients describes as the "grab and growl" that occurs just before dinner time. Large dinners and afternoon fatigue is often the result of falling blood sugars due to a gap of more than four hours between meals. For best results have a small meal or snack every three or four hours during the day. Try a combination of carbohydrate and protein for your mid-afternoon snack. Carbohydrates such as fruit and whole grains provide quick energy. Protein found in dairy meat, beans and nuts, help to keep you full. Check the chart for some portable carbohydrate and protein snack ideas.

**BALANCED CARBOHYDRATE AND PROTEIN SNACK IDEAS**

- Fruit and yogurt
- Crackers and tuna spread (available pre-packaged)
- Roasted soya nuts sprinkled on applesauce
- Apple, a handful of almonds
- Fruit and cottage cheese
- A cup of soup with beans or meat

**Sport bar with 7-10grams of protein Peanut butter, crackers or celery**

Begin packing smart snacks for you and your kids and right away and you'll find you are: more energetic, less hungry at your meals, better at avoiding high sugar temptations, less dependent on coffee and less cranky when you arrive home for dinner!

If your goal is weight loss, be sure to reduce your portions at lunch and dinner to compensate for the added snacks during the day. That means the pressure is off to "Clean your plate".

Don't worry if your kids don't pound back huge portions at dinner. If you provide nutritious snacks during the day there is less pressure to get all their nutrition at dinner. Perhaps the new mantra of Millenium mom's could be "Bridge the gap with a balanced snack".

*Heidi Smith is a registered dietitian specializing in weight management, lifestyle change and sport nutrition. She works out of the Health and Performance Centre at the University of Guelph.*



**NUNSENSE OPENS AT RIVER RUN CENTRE**

The audience gets plenty of laughs at the performance of Nunsense, running at the River Run Centre now until Saturday. In this scene, from left, are Siobhan Chin as Sister Leo, Kathleen Sheehy as the Mother Superior and Anne-Marie Massicotte as Sister Robert Anne. For tickets and more information phone the box office at 763-3000.

## Tell your absentee husband to start talking or get packing



**ELLIE**

**Q:** We've been married seven years. Our relationship was perfect - lots of togetherness - till this year. He's younger than I. His father died when he was a boy; last year his "surrogate" mother died. This year, I lost my job, his changed for the worse. We lost money on a house. Then, a very close couple divorced and he's been helping the wife considerably. He's become distant, hasn't touched me for months. He leaves early and returns at midnight seven days a week. He barely talks to me. He's planning to buy a house for reno and re-sale, but won't tell me about it. He denies he's seeing anyone else. He's VERY close with our divorced friend's kids - fine, if he makes time for me. (He's over there a lot). He acts like this is all normal, and says his "plans constantly change" so he can't say where he's going. I still love him, or the person that used to live with me - Confused.

**A:** Cut through the fog to what you already know is the truth. I'd bet that just by writing this question, you've seen what shape the pieces of the puzzle are forming.

He's got a humungous Seven Year Itch which someone else is scratching with him. It may have been triggered by the loss of someone close, the job change and other stresses, but he's taken it elsewhere instead of home. He's using your marriage as a pit stop, while re-fuelling his interests, self-worth, and no doubt his sexual needs, away.

Your divorced "friend" is certainly the beneficiary, if not the lover. Confront him, wherever you can find him. Tell him to either start talking or get packing. If he protests that he wants to stay together, insist on marital counselling and a commitment that he'll explore why he's changed,

what he really wants and whether you two can get back on track.

**Q:** I'm 16, my best friend and I have been close four years. She's a great person except she sometimes acts obnoxious, throwing things at me, spilling water on me. If I do the same thing, she hurts me; if I say stop, she laughs and keeps doing it. She grabs what she wants. She acts perfect in front of her parents, only watches PG movies or cartoons when we're at her house. But at my house she wants to rent R-rated movies. She also tries to push her religion on me. - Unhappy Pal

**A:** This is going to be hard to hear, because being "best friends" feels like the most important thing. It's not. Feeling safe and comfortable with people matters more. The only thing she'll understand is your turning away and seeing her far less. She doesn't "listen" because you keep coming back. You're the one who has to change, by showing the limits of what you'll accept.

**Tip of the Day:** When one partner turns off completely, the other needs to turn avoidance into action.

*You can write to Ellie Teshler c/o The Guelph Mercury, 8-14 Macdonell St., Guelph, N1H 6P7 or e-mail: ellie@thes-tar.ca*

## Pennsaid: a new treatment for osteoarthritis

Elephants normally win when fighting a mouse. But for once the mouse has won. A Canadian company has beaten the U.S. and achieved an historic first. Dimethaid Research has developed a non-oral NSAID (nonsteroidal anti-inflammatory drug) to treat osteoarthritis. And since it's locally applied, it dramatically reduces the risk of stomach complications associated with oral NSAIDs.

It's estimated that three million Canadians suffer from osteoarthritis. It's the wear-and-tear type of arthritis which presents a challenge for patients day after day. Some people have had to give up a favourite sport, gardening or taking their daily walk. Others find it increasingly difficult to navigate the stairs or carry out household chores. Today, with an aging population, there's a huge need for this safe and effective remedy.

Dr. Peter Tugwell, Professor of Medicine at the University of Ottawa, recently presented his findings on Pennsaid to the European Congress of Rheumatology in Lisbon, Portugal.

The study was conducted on 622 Canadian patients suffering from knee osteoarthritis. The purpose was to compare Pennsaid with the maximum daily dose of oral diclofenac, a nonsteroidal anti-inflammatory drug.

Researchers found Pennsaid was as effective as the oral dose of NSAID in relieving pain and the physical impairment of arthritis. And since it's applied locally there is much less likelihood of the complications associated with oral NSAIDs.

Why is Pennsaid such an historic event? For years the standard treatment of arthritis has been the use of oral NSAIDs. They have helped millions of



**DR. W. GIFFORD-JONES**

**THE DOCTOR GAME**

patients in North America. But treating arthritis with them has always been a risky affair: Every year 1,900 Canadians die from the complications of these drugs.

It's a worldwide problem. A study in the United Kingdom used an optical instrument to examine the stomachs of patients using the older NSAIDs. The results were shocking. Doctors reported that after two months of use one in five patients had a stomach ulcer without symptoms, one in 70 a painful ulcer, one in 150 a bleeding ulcer and one in 1200 died from a gastric hemorrhage.

In a Danish study, researchers tracked 207,000 people for 19 years who had been on NSAIDs to determine the extent of intestinal bleeding. It showed that NSAIDs increased the risk of bleeding five times. For those over 75 years of age the risk was 27 times greater. And in the U.S., 107,000 people are hospitalized every year due to the intestinal side-effects of NSAIDs and 16,500 die. It's a huge price to pay for pain relief.

But in addition to life-threatening complications many patients using oral NSAIDs complain of abdominal pain, dyspepsia, nausea, diarrhea and there may be abnormalities in liver function tests.

This happens because the early NSAIDs destroyed an enzyme called COX-1 which normally protects the stomach's lining from inflammation.

So researchers did the obvious thing. They designed new NSAIDs such as Celebrex, Mobicox and Vioxx to preserve COX-1 and protect the stomach. Studies show these NSAIDs are an improvement, but they have not eliminated serious complications.

There is another aspect of NSAID medication that is rarely explained to patients suffering from arthritis. I frequently see patients swallowing NSAIDs as if they were like M&M candies. They have never been informed that NSAIDs are powerful drugs that can have adverse effects on kidneys, particularly aging ones.

The availability of a stomach-friendly NSAID fills a big void in therapy. Initially, Pennsaid solution is applied onto the knee four times daily. Later as the pain subsides fewer daily applications may be required. The most common side-effect involves a minor skin reaction at the site of application.

Pennsaid will undoubtedly save lives and be a godsend for those suffering from arthritis. But it will also help to save millions of dollars spent treating the complications of oral NSAID medication.

Doctors and patients have waited a long time for a locally applied NSAID. So if you're suffering from osteoarthritis ask your doctor about Pennsaid. It could be a major step in returning to a more comfortable life. And let me know if you are helped by Pennsaid.

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

## Horoscope

### Forecast for Friday, October 10, 2003

BY JACQUELINE BIGAR

**FRIDAY BIRTHDAY**

Take charge of your immediate surroundings, expressing an understanding of what you need to make your life work. You will tend to go overboard financially without intending to. You can make a lot happen very quickly, if you simply go with the flow. Your ability to get past problems will come through hard work and endurance.

**ARIES (MARCH 21-APRIL 19)**

This particular Full Moon might make you feel pulled in two different directions at once. You might need to rethink what is happening in a key relationship; be expressive of who you are with a special person or associate in your life. Tonight: Whatever floats your boat.

**TAURUS (APRIL 20-MAY 20)**

Someone expresses a sweetness that might touch you on such a deep level that you might not be able to express yours. Actions count more than words. Tonight: Get some extra zzz's.

**GEMINI (MAY 21-JUNE 20)**

Follow your friends, who take you down a unique course right now. Someone has

something heartfelt he or she wants to share, which could involve your work. Tonight: Where are your friends? Follow them.

**CANCER (JUNE 21-JULY 22)**

Take the lead, and others will follow. Your intellectual viewpoint when expressed with your sensitivity and creativity mix into a brew that spells "winner." Let nothing stop you now. Tonight: A must appearance.

**LEO (JULY 23-AUG. 22)**

Your mind might already be gone for the weekend; now only your body needs to follow! In this unique sense of detachment, you'll gain a perspective on a personal matter as well as a very important relationship. Tonight: Do something you have never done before.

**VIRGO (AUG. 23-SEPT. 22)**

Deal with one person at a time, letting someone know how important he or she is to you. A change within you or domestically could help you move emotionally from one point to another. Tonight: A close night for two, if possible.

**LIBRA (SEPT. 23-OCT. 22)**

Others want to indulge you while still somewhat challenging you. You might feel as if you are caught in a revolving door! Stop the cycle, and pull back. Tonight: Go along with another's request.

**SCORPIO (OCT. 23-NOV. 21)**

How you handle and/or work-re-

lated matter might be a lot different right now from usual. You express unusual caring and gentleness toward others. Tonight: Put your feet up. Make it a lazy night.

**SAGITTARIUS (NOV. 22-DEC. 21)**

Understanding what others want might be step one in sorting through today's Full Moon. You might not be sure of a loved one. Could this be too good to be true? Tonight: Play the weekend in.

**CAPRICORN (DEC. 22-JAN. 19)**

You might not understand what someone is saying to you, or you might not understand why he or she is saying it. Relax with the moment, trying not to jump to judgments. Tonight: Be spontaneous. Respond to a friend.

**AQUARIUS (JAN. 20-FEB. 18)**

Keep reaching out to others. You finally find that a boss is willing to work with you on a more amiable and easy level. Use special caution with your spending. Tonight: At a favorite spot.

**PISCES (FEB. 19-MARCH 20)**

How you say what is on your mind has a lot to do with the end response. Check out what might be going on behind the scenes before swallowing office gossip. Tonight: Your treat.

**BORN TODAY**

Race-car driver Dale Earnhardt, Jr. (1974), actor Ben Vereen (1946).

*Jacqueline Bigar is on the Internet at http://www.jacquelinebigar.com*

## Goren Bridge

WITH OMAR SHARIF & TANNAH HIRSCH

**PLAY OR DEFEND?**

Both vulnerable. South deals.

<b>NORTH</b>			
" 10	" Q J 9 5	" A Q J 8 4 2	" K 8
" Q 10 5 3 2	" K 10 5	" K 8	" K 8
" K 10 5	" A Q J 8 4 2	" K 8	" K 8
" 9 6 5 3	" A Q J 8 4 2	" K 8	" K 8
" A	" 8 2	" K 8	" K 8
" J 9 7 6	" K 8	" K 8	" K 8
" 8 4 3 2	" 9 7 6	" K 8	" K 8
<b>SOUTH</b>			
" K 7	" K 10 7 6 4 3	" K 8	" K 8
" K 10 7 6 4 3	" A 4	" K 8	" K 8
" A 4	" A Q J	" K 8	" K 8
" A Q J	" A Q J	" K 8	" K 8

The bidding:			
<b>SOUTH</b>	<b>WEST</b>	<b>NORTH</b>	<b>EAST</b>
1' Pass	2' Pass	2' Pass	2' Pass
4' Pass	4' Pass	5' Pass	5' Pass

Opening lead: Three of "

Study the diagram above. After the lead of a low spade to partner's ace, would you rather play or defend five hearts?

Both sides judged the auction well.

West decided that the singleton ace of hearts and four-card support merited competing to four spades. Although four spades will be set two or three tricks, North refused to sell out and competed to five hearts.

Suppose you elect to defend. You win with the ace of spades and switch to a neutral club. Declarer takes the king and ace of club and cashes the king of spades for a club discard. After carefully ruffing the queen of clubs with a high trump, declarer leads the nine of hearts, running it to the ace.

West is trapped in an endplay. Since a black-suit return will permit declarer to ruff on the table while discarding the losing diamond from hand, you shift to a diamond. Since the bidding virtually marks East with the king of diamonds, declarer inserts the ten from dummy, capturing the king with the ace, and claims the rest of the tricks.

However, don't be in too much of a hurry to declare. After winning the ace of spades at trick one, switch to a heart. West wins and returns anything other than a diamond. In the fullness of time the defense will score a diamond trick for a one-trick set.

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