



Your Partner in Wellness

January 2010 | Choices Markets Nutrition & Health News

New Year...New You!

By Desiree Nielsen RD, the Choices Dietitian

Making New Year's resolutions is a tradition almost as common as holiday feasts! January offers the promise of a fresh start that can inspire—or overwhelm. Sometimes, however, we can go overboard with our resolutions, promising to totally overhaul everything we eat and drink, to volunteer more and exercise daily—literally all overnight. This kind of “all or nothing” mentality rarely works and leaves us deflated and back at square one by February 1st.

This year, try a new approach. Instead of committing to a mountain of resolutions starting January 1st, how about making a list of goals—one for each month of the year? That way you have an entire month to grow accustomed to a smaller change, and it simply becomes part of your life. At Choices Markets, we believe in the power of healthy eating, so what follows are a few resolutions to help inspire you to make 2010 your healthiest year yet!

An Apple a Day

The foundation of any healthy diet is fruits and vegetables, which many of us still don't get enough of. Start building them into your diet, one serving at a time. Try adding 1/2 cup of thawed BC blueberries to your morning breakfast cereal or add a handful of baby carrots with dip alongside your usual lunch time sandwich. Before you know it, you will be meeting your minimum of 7 half-cup servings each day!

Get Rough (age)


Fibre is another important component of a healthy diet: women need 25 grams of fibre a day, men need 38 grams a day. Fibre-packed foods that will help you reach your daily requirement include sprouted grain breads, whole wheat pasta, high-fibre

breakfast cereals, beans, fruits and vegetables. Adding fibre to your diet helps to keep you full, which is also important for maintaining a healthy weight.

Get Cookin'—Home Cookin'

The best way to ensure a healthy meal is to make it yourself! Even if you don't have a lot of knowledge or time, healthy eating at home can be simple and fun. During the week if you are really strapped for time, why not resolve to make at least Sunday dinner home cooked? During one of our days off, most of us can arrange the time to select a healthy recipe, shop for the ingredients and whip up a delicious meal. By doubling that recipe and making a larger batch you can free up even more time in your busy week. The leftovers will make quick meals on busy weekday nights and healthy additions to your packed lunches.

Eat Real

Try replacing one “snack” food with a “real” food option to get more nutrient-dense foods into your diet. Love potato chips? Try baked chips with hummus for protein. Swap fruit snacks for actual fruit, or instead of soda pop try 100% fruit juice mixed with club soda. Tired of granola bars? What about a cup of yogurt sprinkled with real granola? Use snack time as another opportunity to give your body what it needs. 

Desiree Nielsen RD is the Choices Dietitian.

Have a nutrition question for Desiree?

Visit www.choicesmarkets.com/nutrition or

get nutrition tips on Twitter by following

@ChoicesMarkets and @DesireeRD



Looking for more nutrition advice?

Book a free healthy shopping tour with one of our nutrition consultants at www.choicesmarkets.com/nutrition

Health & Wellness Specials



Flor•Essence Herbal Tea Blend

44.99 500ml

Feel alive, awake and radiant at any age with Flor•Essence. Eight cleansing and rejuvenating herbs that encourage the body to remove toxins more efficiently than on its own. A potent invigorator, Flor•Essence helps your body achieve a new vibrant equilibrium—increased energy, a brighter complexion, deeper sleep, improved digestion and greater sense of well-being. This is what radiance feels like.

Natural Factors PGX Daily



27.97 120 caps

PGX Daily is sure to have positive effects on your health. Years of research involving thousands of participants have suggested that taking PGX with food can reduce a meal's glycemic index by up to 50%, contributing to healthy blood sugar levels and improved insulin sensitivity.

Choice Recipe

VEGAN BANANA, COCONUT & MACADAMIA PANCAKES

By John Bontron & Roxy Coward

1 1/2 cups vanilla soy milk
 1 tsp apple cider vinegar
 1/4 cup organic unsulphured shredded coconut
 1 ripe organic fair trade banana
 1/2 cup chickpea flour
 1 cup all purpose flour
 2 tbsp icing sugar
 1 1/2 tsp baking powder
 1/2 tsp baking soda
 2 tbsp olive oil plus extra for frying
 2 tbsp maple syrup
 1/2 tsp vanilla essence
 1/4 cup chopped macadamia nuts.

1. Blend soy milk and vinegar and set aside.
2. Over medium-low heat in a small frying pan, toast coconut. Stir occasionally to avoid burning. Once coconut is lightly toasted remove from pan and set aside in a separate bowl.
3. Peel and mash banana, using a fork or potato masher.
4. In a large bowl, mix chickpea flour, all purpose flour, icing sugar, baking powder and baking soda.
5. Make a well in the centre of the dry mixture. Into the well, pour olive oil, maple syrup, vanilla essence and soy milk/vinegar mixture. Combine until all ingredients are blended.
6. Add toasted coconut and macadamia nuts and mix gently until all ingredients are blended.
7. Lightly grease a large skillet and heat to medium heat. Spoon batter into the pan. (The amount you use will depend on the size of pancake you want. We like silver-dollar-sized pancakes and use a special silver dollar pancake pan.)
8. Cook pancakes until the batter begins to bubble and the undersides are lightly browned. Flip the pancakes and continue to cook until browned on the other side.
9. Serve warm with Earth Balance buttery spread and maple syrup.

Congratulations to John and Roxy for creating the winning recipe from our Choices' November employee challenge to promote the use of fair trade bananas.



The Stress-Weight Connection Cortisol and Your Metabolism

By Dr. Arjuna Veeravagu ND RAc

Weight gain or loss is generally an issue both during and after times of elevated stress. Heightened stress levels tend to cause imbalances in hormones like cortisol, DHEA and adrenaline. Increased stress stimulates our adrenal glands to produce excessive and inadequate amounts of these hormones. When stress subsides, hormone levels should stabilize, but occasionally the irregular hormone levels remain in tact for long periods of time, often having negative effects on our bodies.


Cortisol in particular is often linked with weight fluctuation. Both an excess and deficiency of cortisol can impact blood sugar levels and thyroid function, trigger weight fluctuation and symptoms of low metabolism. Major stressors that may lead to cortisol imbalances vary:

- emotional imbalances
- insufficient sleep
- excessive sugar and carbohydrate intake
- shift work schedule
- frequent skipped or delayed meals
- severe infections
- overworking (mental or physical)
- surgery or traumatic injury
- excessive exercise (especially endurance)
- toxic exposures

Cortisol has an intricate relationship with the hormone insulin, which controls our blood sugar. When cortisol levels increase, the cells of our body can become resistant to insulin. In turn, this may lead to an increase in blood sugar, weight gain and potentially Type 2 Diabetes. When cortisol levels drop excessively this is known as adrenal exhaustion. If this occurs, blood sugar levels may decrease, causing hypoglycaemia, linked to weight loss and a low stress

tolerance. Both high and low cortisol can also trigger symptoms of low metabolism such as feeling fatigued, depressed, cold and experiencing decreased memory and poor concentration.

To a large extent, cortisol levels also facilitate optimal hormone production from our thyroid gland. Proper thyroid function helps to maintain a healthy metabolism, but both high and low cortisol levels can impair the conversion of thyroid hormone from its inactive form to its active form. This can result in a low thyroid situation, causing weight gain and symptoms of poor metabolism.

To properly address hormone imbalance, a number of tests are available. Blood tests for thyroid and blood sugar can help pinpoint any issues that may be causing symptoms of low metabolism. In addition, cortisol levels, and adrenal function in general, can be accurately assessed by naturopathic physicians through the Adrenal Stress Index (ASI). An ASI test indicates whether your adrenal function is excessive or deficient. Since the symptoms of both extremes mimic each other yet require very different treatments, it is important to determine your individual adrenal rhythm. The ASI test requires taking four samples of saliva during a 24-hour period, which is examined to determine your hormone levels throughout the day. Once your adrenal rhythm has been determined, an individualized adrenal-balancing treatment plan can be prescribed and may include diet recommendations, lifestyle counselling and nutritional and/or herbal supplementation. 

Founder of Sage Clinic in Yaletown, Dr. Veeravagu can be reached at 604-697-0397 or info@sageclinic.com.

Vancouver Seminar

Thursday, January 28, 7:00–8:30pm, Canadian Memorial Centre for Peace (1825 W16th Ave.)

The Stress-Weight Connection: Cortisol and Your Metabolism with Dr. Arjuna Veeravagu, ND, RAc

Join Dr. Veeravagu as he explores the effects of hormone imbalance on the body. With this seminar, Dr. Veeravagu will also focus on how you can maintain healthy hormone levels during stressful times.

To register, please call 604-736-0009, Monday–Friday, 8:00am–4:30pm. Cost is \$10 cash only at the door. Net proceeds benefit local charity.



Seminar & Cooking Class Listing | *January 2010*

VANCOUVER EVENTS: LOCATION – CANADIAN MEMORIAL CENTRE FOR PEACE, 1825 W. 16TH AVE. UNLESS OTHERWISE STATED

Thursday, January 14, 7:00-8:30pm Cost \$10 cash only at the door. Call to register (604) 736-0009
Let's Talk About Perimenopause! with Dr. Tesnim Adatya, Naturopathic Physician

Wednesday, January 20, 6:00-7:30pm Cost \$10 cash only at the door*. To register, call Being Well @ (604)729-3844
Quin-what? De-mystifying Ancient Grains at Alchemy & Elixir Health Group, 320-1026 Davie St, with Sharon Green, RHN

Thursday, January 21, 7:00-8:00pm Free seminar. Call to register (604) 568-6899
Tired of Being Tired? with Dr. Rida Wang, ND, RAC, at Crossroads Clinic #350-507 West Broadway

Thursday, January 28, 7:00-8:30pm Cost \$10 cash only at the door. Call to register (604) 736-0009
The Stress-Weight Connection: Cortisol and Your Metabolism with Dr. Arjuna Veeravagu ND RAC

SOUTH SURREY EVENTS: LOCATION – CHOICES MARKETS SOUTH SURREY, 3248 KING GEORGE HWY

Monday, January 11, 7:00-9:00pm Cost \$15 at the door. Call to register (604) 541-3902
Cooking for Weight Loss with Chef Antonio Cerullo, Choices Executive Chef & Vasi Naidoo, BSc, RHN

Tuesday, January 12, 7:00-8:30pm Cost \$5 at the door. Call to register (604) 541-3902
Vision Board Workshop with Kim Gill, Life Coach
Please pick your top three goals, bring your favorite magazines, and a poster paper or canvas

Wednesday, January 20, 7:00-8:30pm Cost \$5 at the door. Call to register (604) 541-3902
Hormones & Weight Loss: How to Look Good & Feel Great! with Dr. Caleb Ng, ND

Tuesday, January 26, 7:00-9:00pm Cost \$15 at the door. Call to register (604) 541-3902
Inspired Indian Cooking with Vikram Vij owner of Vij's Restaurant & Vij's Rangoli

Wednesday, January 27, 7:00-8:30pm Cost \$5 at the door. Call to register (604) 541-3902
Natural Treatment of Constipation & other Digestive Disorders with Dr. Brian Gluvic, ND

KELOWNA EVENTS: LOCATION – CHOICES MARKETS KELOWNA, 1937 HARVEY AVE. AT SPAL

Monday, January 11, 7:00-8:00pm Cost \$5 at the door. Call to register (250) 862-4864
The Healthy Office: ergonomics & how to stay pain-free at work with Dr. Victoria Jones, DC & Dr. Kim Spencer-Rossi, DC

Monday, January 18, 7:00-8:30pm Cost \$5 at the door. Call to register (250) 862-4864
Regulation Thermography: Not Just Breasts! with Dr. Ursula Harlos

Tuesday, January 19, 6:00-8:00pm Cost \$15 at the door. Call to register (250) 862-4864
Cooking for Weight Loss with Chef Antonio Cerullo & Nadene Shirliff, MSc (nutrition)

Wednesday, January 27, 7:00-8:30pm Cost \$5 at the door. Call to register (250) 862-4864
Beating the Flu with Chinese Medicine with Travis McIndoe TCMP

Wednesday, February 3, 7:00-8:30pm Cost \$5 at the door. Call to register (250) 862-4864
What if Once an Alcoholic, Always an Alcoholic is not True? with Dr. Rose Backman

All net proceeds from these events benefit local charities.

For information on all events and speakers visit www.choicesmarkets.com.

*Proceeds from this event are not for charity.

Nutrition Tip by Christine Borgstad, BSc, Dietetics

Boosting Your Mood with Food

The cold days of winter leave many of us feeling gloomy. Since the sun isn't due back any day soon, it is important to take advantage of the mood-boosting power of food! The following are some dietary tips on how to power up the body's own "feel good hormone," serotonin. Tryptophan, an essential amino acid, is necessary for the production of serotonin. Tryptophan-rich foods include poultry, milk, eggs, fish, oysters, beans, pumpkin and sunflower seeds and fruits like bananas and plums. Carbohydrates are also needed to maximize serotonin production. To avoid the roller coaster ride that can come from the sugars found in refined carbohydrates, choose

low-glycemic index whole-food carbohydrates such as whole grains, fruits and vegetables. The production of serotonin also relies on a steady supply of vitamins and minerals. By eating plenty of fruits, vegetables—especially leafy greens—beans and whole grains, soon you will find yourself laughing in the face of the rain and snow!

Christine Borgstad can be contacted at cborgstad@choicesmarket.com and is available at Choices Head Office Wednesday, Thursday, Friday and at Choices at the Crest on Saturdays.

Visit www.choicesmarkets.com/nutrition and view our new Electronic Product Listing.

Kitsilano

2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie

3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown

1202 Richards St.
Vancouver
604.633.2392

Choices in the Park

6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery

2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey

3248 King George Hwy.
South Surrey
604.541.3902

Choices at the Crest

8683 10th Ave.
Burnaby
604.522.0936

Kelowna

1937 Harvey Ave.
Kelowna
250.862.4864