



HEALTHY LIVING

Frozen vs. Fresh?

Healthy Food Choices on a Tight Budget

Eight dollars for a cauliflower – is that possible? Earlier this year, the price tag was right, given what's been happening in the Canadian economy. The effects of a dipping loonie, climate change and a few others factors, may require adjustments to our food budget. This is especially true for those on a fixed income. However, that doesn't mean our health needs to take a toll. Courtesy of the *Globe & Mail*, here are some great tips on how to eat right while staying on a tight budget:

- **Buy in-season produce.** Certain produce are very costly when they are not in-season. To curb this excessive expense, buy in-season produce such as cabbage, carrots, winter squash, potatoes, apples and oranges. All are good choices to deliver the appropriate nutrients without breaking the bank.
- **Be selective of frozen foods.** Some frozen foods carry the same nutritional value as their fresh counterparts. Opt to buy frozen berries and some vegetables instead of the commercial frozen dinners.
- **Try meat alternatives.** Much research has suggested that we limit our red meat intake as it has been linked to various ailments. The selection is vast

when it comes to seeking other sources of protein. Eggs, fish, lentils, beans (kidney and black), and chickpeas are just a few of the meat alternatives that are good for you.

- **Eat canned fish.** Loaded with omega-3 fatty acid, fish is a good for us, whether it came from the tank or a can. The latter can help trim your costs without compromising the nutritional value.
- **Elect seeds over nuts.** Did you know seeds have the same nutrients and antioxidant properties as nuts? Well, they do and are a cost-effective alternative. Try sprinkling sunflower seeds or pumpkin seeds over your salad to enhance the flavour and texture.
- **Splurge on leafy vegetables.** This is one area where you may need to bite the bullet and pay for its freshness. Leafy greens, such as those used in salads, may be taxing on your wallet, but they are an investment on your health.



The average Canadian household will spend **\$8,631** on food in 2016, an increase of about **\$345.**

Source: CBC News

TRG
GROUP BENEFITS

HEALTHY HEART

Women's Heart Health

Why Heart Disease in Canadian Women is Being Missed

While we are familiar with chest pain and pain in your left arm as symptoms of a heart attack, did you know that shortness of breath, nausea and back or jaw pain are also symptoms? This is true. The latter symptoms, albeit atypical, are especially true for women, according to the American Heart Association.

Heart Disease, which includes heart attacks, angina, atrial fibrillation and heart failure, is the leading cause of death for Canadian women, yet it is still labeled as a disease affecting primarily men. Why is this the case?

It's because women, themselves, along with many health-care professionals don't recognize the symptoms of heart disease in women and are therefore, frequently misdiagnosed. In fact, a 2013 study in the journal *Circulation: Cardiovascular Quality and Outcomes* revealed that women aged 30-55 who had a heart attack delayed getting treatment because they weren't able to link their symptoms to something heart-related.

Lisa McDonnell, Program Manager with the Canadian Women's Heart Health Centre, also backs up this finding. She says that women who complain about discomfort, anxiety, and depression may be treated for menopause rather than heart disease.

The truth of the matter is that heart disease symptoms and onset are different for men and women but the aftermath of a heart-related illness is equally devastating regardless of your gender.

Women, in particular, need to be more aware of their own heart health and understand the risks of cardiovascular disease. Early warning signs of a heart attack can also include indigestion, sleeping problems or changes in headache severity for a few days or weeks. Be on the lookout for the anything that doesn't feel right and when in doubt, go seek medical attention.

HEALTHY MIND

Good Night, Sleep Tight

Sleep is Good for the Body and Mind

There's no better feeling in the morning than to wake up after a good night's sleep. You'll feel refreshed, rejuvenated, revitalized and possibly surprised to find yourself having consistent concentration throughout the day.

We know that sleep does wonders for the body and mind, yet it is likely the first thing we sacrifice when we get busy with work commitments and family schedules. Everyone can stand to get more shut-eye, when given the chance. Understandably, there are factors that can affect both the quantity and quality of sleep you get each night. However, there are preventative measures you can take to ensure you get a good night's sleep. Courtesy of Ceridian, here are a few helpful tips:

1. Use your bed for sleep, not work. Leave all smart devices and computers in another room.
2. Ensure your sleep environment is kept dark, quiet and with a temperature on the slightly cooler side.
3. Strive to go to bed at the same time every night and wake up at the same time each morning.
4. Adhere to an evening routine which helps your mind and body respond to "triggers" for bedtime.
5. Avoid watching TV shows that are too stimulating right before you go to sleep.
6. Consume caffeinated food and beverages earlier in the day so the effects wear off by the evening.
7. Stick to lighter foods at dinner and refrain from eating anything that can cause heartburn.
8. Do not exceed over 20 minutes, should you take a nap during the day. Also, naps should be taken in the late morning/early afternoon.
9. Empty your mind of stresses and other problems by nightfall. Remind yourself that you'll deal with them in the morning.
10. Practice relaxation exercises. Stretching, deep breathing, listening to soothing music are just a few.