

Cardiac Rehabilitation and Maintenance Programs C.O.A.C.H. and K.C.E.S.

VOLUME 17, ISSUE 1

SPRING 2017

Central Okanagan
Association for
Cardiac Health
(250)763-3433
www.coachkelowna.com

Kelowna Cardiac
Exercise Society
www.kelownacardiacsociety.ca



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UPCOMING EVENTS

Annual Walk of Life

Saturday, May 27th, 2017, 10AM
Kinsmen Field House, Mission
Sports

Field next to H2O Centre
Register online after May 1, 2017

www.coachkelowna.com



This fun-filled family event is your opportunity to come out and walk with the C.O.A.C.H. team, celebrate health & fitness and raise funds for C.O.A.C.H. cardiac rehabilitation program and K.C.E.S.

C.O.A.C.H. Annual General Meeting

Wine & Cheese Reception!

Monday, June 12, 6-8PM

6PM Reception sponsored by *Calona Vineyards*

6:30-7PM "Ageism & Intergenerational Relationships"

presented by Dr. Mary Ann Murphy, PHD

7-8PM COACH Annual General Meeting

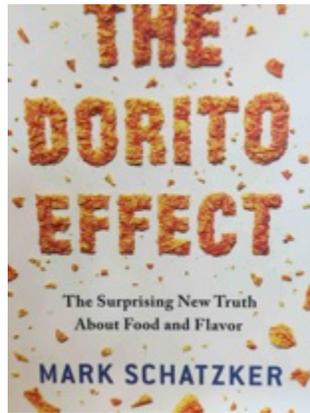
At Clinical Academic Campus (KGH)

2312 Pandosy Street

RSVP at COACH office or KCES program

250-763-3433

Processed foods are popular in part because they are instant, cheap and convenient but what really sells us is their taste. It isn't surprising that we are biologically programmed to seek out foods that tickle our taste buds. Over millennia, man has relied on taste buds to steer us towards highly nutritious foods and away from harmful ones. But in today's age of processed foods, chemicals added to foods stimulate our taste buds tricking us into thinking we are getting good nutrition. The book, *The Dorito Effect*, by Mark Schatzker explores the science of taste buds, food production practices and our food economy today. The author tells the story of how whole foods have gotten blander and less nutritious just when flavour technology has exploded. He describes how these two trends have conspired to create food that **'tastes like something it is not'** and contributes to the obesity epidemic we see today. Schatzker weaves in stories about people, industry and science to be both entertaining and factual. The title of the book was inspired from a story about a Frito Lay food executive who wanted to flavour a tortilla chip to taste like a full taco meal that he loved on a trip to southern US. He created 'the Dorito chip' and the success of this venture paved the way for the food industry of the future.



flavours in the lab. Years later, we have a food industry that adds flavourful additives to almost all processed foods to improve the taste of blander, cheaper and lower nutritious foods. We have become undernourished and less satisfied as we overfeed ourselves on flavoured, sugared and calorie-rich but nutrient-poor processed foods.



Keep this in mind when venturing in to the centre aisles of the grocery store where processed foods live. Take time to read nutrition labels and be aware that many processed foods we eat are tricking our taste buds into thinking it is something it is not. As Schatzker points out, even natural flavourings listed on labels are often created synthetically in labs. Be aware that processed foods are engineered to appeal and sell to our taste buds and may not provide full nutrition despite what the package claims. Limit these choices to very occasional indulgences and focus on seeking out tasty whole fruits and veggies. Eating locally grown food seasonally or growing food in your own or community garden can also help to boost nutrition.

Fortunately, there is now a movement to restore some of the farming practices to yield more naturally tasty and nutritious foods. Schatzker tells us about scientists at the University of Florida that are rearing tomatoes to be the tastiest to the human palate and guess what, they contain the greatest amount of micro- and macro-nutrients detected in any tomato.

Engineering naturally for taste may be the next frontier for better nutrition and health.

Written by Anne Pistawka, MRSc, BSc (PT), CEP



In the 1960's, agricultural food practices tipped to favour larger crop yields focusing on disease resistance, size, appearance and shelf life, not nutrition or flavour. As chicken breasts got plumper and strawberries got bigger they also got blander tasting and became less nutritious. This is where the taste scientists got busy pinpointing the chemicals that stimulate our taste buds and mass-producing

Finding Proper Fitting Footwear

Age-related changes impact our feet in several different ways. It is common for feet to get longer, wider, and in some cases even the arch of the foot to collapse. To help maintain good foot health and to continue to enjoy everyday activities, it is essential to wear proper fitting footwear.

The first step when shopping for footwear is to have both feet measured. This needs to be completed by someone else, as it is not accurate for you to do it yourself. Often one foot can be larger than the other and in these cases the shoes always need to be fit to the larger foot. These measurements are then used as a starting point for finding footwear. Keep in mind the size of shoe you may require, can vary between brands.

These differences occur since each brand uses a different set of lasts to manufacture their shoes. Also, not all brands use the same sizing system. The most common shoe sizing systems are North American and European, although there is not a direct conversion between the systems. For example, a women's size 8.5 shoe could be a



European size 38 or 39. Thus, it is always best to try shoes on before purchasing them. Within each brand there are also differences between each model. For example the Brooks Ghost running shoe and the Brooks Glycerin running shoe are both from the brand Brooks, but they fit and feel different. So, since shoes vary within the same brand, it is helpful to do a few tests on the shoe.

- The first test is heel cup stability. Grab the back of the shoe where it wraps around your heel and squeeze the material. A good heel counter feels firm and does not collapse or lose its shape.
- The second test is torsional rigidity. Grab the heel counter in one hand, toe of the shoe in the other and twist the shoe. If it collapses and wrings out like a dishcloth, it may be too soft to provide all-day support.
- The third test is sole stability. Grab the heel counter in one hand, the toe of the shoe in your other, and try to fold the shoe in half. The shoe should flex slightly at the same point as the ball of your foot. If the shoe folds in half easily in the middle, it may not have enough sole stability for all-day wear.

Once you have proper fitting footwear, it is always best to try them out at home before wearing them outside. A good fitting pair of shoes should feel comfortable and need minimal break in time. When your feet are happy in the new shoes you can continue enjoying everyday activities, but don't forget that the average lifespan of walking and running shoes is 6 to 12 months. So, make sure to replace your footwear regularly to continue to keep your feet happy and healthy!

Written by Stephanie Taylor BHK, C. Ped (C)

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NEW! 2017 Changes to Health Canada's Food Labels

The Canadian Food Industry will be transitioning to these new labels over the next 5 years. Some labels have already been implemented as early as 2017.

Visit www.healthy Canadians.gc.ca.

The **Nutrition Fact Label** will now list larger, more realistic serving sizes and use the same serving size for groups of similar foods no matter what brand (ie, yoghurt, bread). This makes it easier to compare foods and brands.

Another big change is that all sugars are now grouped together in **Ingredient List**. So now you can identify ALL sources of sugar more easily.

NEW

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 470 mg	10 %
Calcium 26 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Annotations:

- Calories is larger and stands out more with bold line below
- Serving size stands out more and is more similar on similar foods
- Daily Values updated
- New % Daily Value for total sugars
- Updated list of minerals of public health concern
- mg amounts are shown
- New % Daily Value footnote

PROPOSED LIST OF INGREDIENTS

Annotations:

- Black font: upper and lower case
- Grouping of sugars-based ingredients
- Bullets to separate ingredients
- Minimum font size required
- Food colours listed by name
- White or neutral background

Ingredients: Sugars (fancy molasses, brown sugar, sugar)
 • Wheat flour • Vegetable oil shortening (soybean and/or canola and modified palm oil) • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red

Contains: Wheat • Egg • Soy

Asian Coleslaw Dressing

- 6 c. shredded cabbage (green &/or purple)
- 1 c. shredded carrots
- 1 bunch green onions
- ½ c. celery, 1 c. broccoli flowers
- ¼ c. dried cranberries or raisans
- ¼ c. sunflower seeds
- 2 Tbsp. sesame seeds
- Options: brussel sprouts shredded, jicama, red pepper

Dressing:

- 2 T. onion
- ½ t. basil
- ½ t. oregano
- ½ t. honey
- ½ t. salt or to taste
- ½ t. mustard powder
- ¼ c. rice vinegar
- 1 T. lemon juice

Mix above ingredients in blender. When blender is going drizzle in ½ cup canola oil until mixed.

Add whatever veggies you like!!

Kelowna Cardiac Exercise Society OCES



An exercise program for managing your cardiac risk factors, enhance quality of life.

Monday, Wednesday, Friday
anytime between 7-10am

Strength training and stretching!

Yoga Fridays @7:45am

Located at the Capital News Centre--Indoor Track