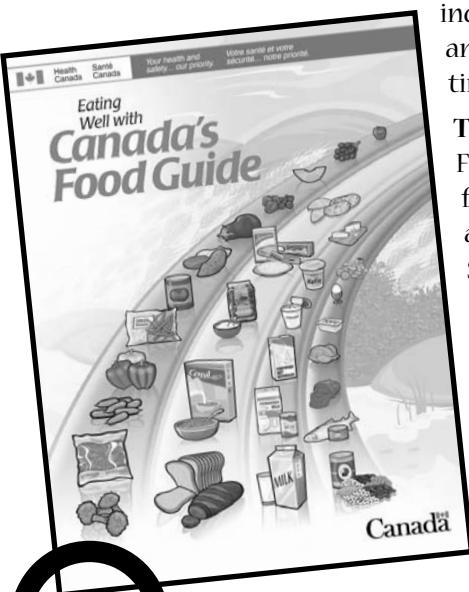


Health Spotlight – Eating Right, the New Canada Food Guide

Your mother was right – eat your veggies! And so says the recently published 2007 Canada Food Guide from Health Canada.

This is its first update in 15 years, and the new Food Guide emphasizes vegetables, fruits, and perhaps most importantly, portion sizes. The revised Guide is based on not only up-to-date scientific research, but also various trends in Canadian society,

including our multi-cultural tastes, working and eating outside of the home, and today's time-pressured families.



The 2007 Food Guide has two main goals.

Firstly, it is intended to help Canadians choose foods that meet basic nutrient requirements at various ages and stages in our lives.

Secondly, by choosing appropriate foods (and incorporating activity into one's lifestyle), Canadians can significantly reduce the risk of suffering from chronic disease (see related sidebar).

Simply put, **take these four basic steps toward lifelong health:**

1. Eat the Food Guide's recommended food types and quantities each day (remember those portion sizes!).

2. Be aware of and limit consumption of foods high in calories, fat, sugar, sodium (salt).

3. Know the risks associated with smoking. When you're ready to quit, find a program that suits your individual needs.

4. Get up and get out – make walking and other physical activity a part of your daily routine.

You can use the 2007 Food Guide to help you accomplish your self-care goals. It's a valuable tool in a preventive approach to long-term good health.

- View the complete 2007 Food Guide on Health Canada's website www.hc-sc.gc.ca
- For a handy wrap-up of healthy food and eating tips that you can start using today, see "Healthy Eating – In A Nutshell" on the Howe Sound Pharmacy website www.soundcare.ca (click on the April / May 2007 Recipe link)



Health Date Earth Day 2007

April 22 • www.earthday.ca

First celebrated in 1970, it's the largest environmental event worldwide.

Visit the Earth Day website for more about the Top 10 things individuals can easily do to make the planet, and ourselves, healthier.

1. Park it
2. Turn out the lights
3. Go meatless for a day
4. Eat local, eat slow
5. Learn to compost
6. Don't be idle
– shut off your car's engine
7. Control your thermostat
8. Bright ideas – fluorescent bulbs
9. Reduce, re-use, re-gift, and recycle
10. Spread the word by doing. Don't just talk, do it.



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Healthy Living

What is Chronic Disease?

The 2007 Food Guide helps Canadians be aware of the impact that nutrition and food choices have in



the prevention of chronic diseases.

And what are chronic diseases? British Columbia's Health Services defines them as "prolonged

conditions that often do not improve and are rarely cured completely. Diabetes, depression, congestive heart failure, hepatitis and asthma are examples of chronic diseases." Basically, chronic disease is with you for the rest of your life. Approximately 25% of all British Columbians have been diagnosed with one or more chronic diseases. The good news is that you can do something about it. Your personal lifestyle choices, including diet and physical and social activity play an important and effective role in preventing and treating chronic disease.

History of the Food Guide

Canada's first food guide, the Official Food Rules, was introduced to the public in July 1942. This guide acknowledged wartime food



rationing, while endeavoring to prevent nutritional deficiencies and to improve the health of Canadians. Since 1942, the food guide has been

transformed many times -- it has adopted new names, new looks, and new messages, yet has never wavered from its original purpose of guiding food selection and promoting the nutritional health of Canadians.

Healthy Eating – Springtime Crustless Quiche

A quick and easy make-ahead recipe for breakfast, brunch, lunch, or supper. You'll be saving time and calories because there is no crust in this quiche.

FILLING

12 slender fresh asparagus, trimmed and cut in to 1/2 inch pieces

1 cup fresh mushrooms, chopped

3/4 cup cooked peeled shrimp, small or broken

3/4 cup grated cheddar

1/2 cup crumbled chevre (goat cheese)

2 tbsp finely chopped fresh chives

CUSTARD

4 large organic eggs

1 1/2 cups milk (skim, 2%, or soy)

3 tbsp flour

2 tbsp melted butter

Preheat oven to 350° F (325° F for convection). Coat a 9" Pyrex pie plate with non-stick spray.

Steam asparagus and mushrooms (a minute or two in microwave). Remove any liquid. Toss vegetables together with shrimp. Arrange evenly in the pie plate. Sprinkle cheddar cheese on top of vegetable-shrimp mixture. Set aside.

In separate bowl, beat eggs, add milk and blend well. Add melted butter and flour, mixing 'til no lumps. Pour in to pie plate. Sprinkle crumbled goat cheese and chopped chives over the top.

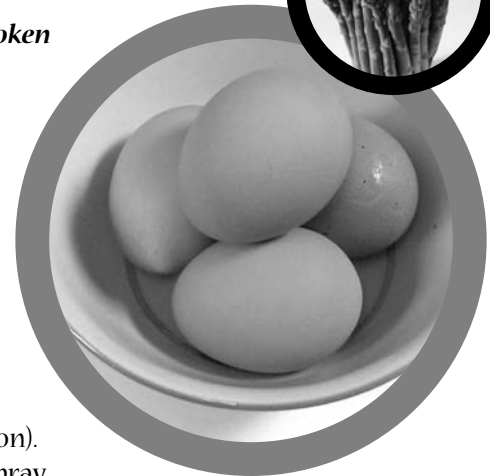
Bake for 35 minutes until the custard is firm, puffy & golden. Test with a knife halfway between the outside edge and middle of pie plate – it should come out clean. Let stand for 10 minutes before cutting. Serve warm or cool.

Make it Personal – Quiche & Variations

Stop by the Howe Sound Pharmacy website for more quiche recipes. Just add a green salad and grain bread, and you've got a quick, healthy meal that tastes and looks great. Quiche is an ideal recipe to introduce children to cooking and meal preparation. Visit www.soundcare.ca, click on "newsletters" then the "recipes" tab.

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*Delivery available Monday to Friday, Port Mellon to Redrooffs. Certain prescription refills may require a doctor visit. Please call us for further details.



Visit our website for more recipes and healthy living info
www.soundcare.ca