



# HEALTH ISSUES

## NEWSLETTER

Imagine what it would be like if there were no vegetables or fruit to eat. Without them, most of our food would be dull shades of brown and gray. Food would lack taste, texture, shape, and smell.

Not only do vegetables and fruit add a wide variety of colours, textures, and flavours to our diet, they also pack a powerful punch when it comes to our health and well-being. In fact, the 2003 Global Strategy on Diet, Physical Activity, and Health report found that up to 2.7 million lives could be saved annually if more people consumed adequate amounts of vegetables and fruit. This is largely due to how nutrients contained in these foods work in our bodies to reduce our risk for developing several chronic diseases, such as heart disease, stroke, high blood pressure, type 2 diabetes, and some forms of cancer. A diet that is rich in these foods is also key in reaching and keeping a healthy body weight.

Eating enough vegetables and fruit also provides many health benefits earlier in life. For example, nutrients in these foods allow children to grow and develop properly, and help women to give birth to healthy infants.

How do Canadians fare when it comes to eating adequate amounts of vegetables and fruit? Considering their health impact, not as well as many health experts would like! The results from the Canadian Community Health Survey (CCHS) in 2000/2001 showed that almost two-thirds of Canadians, 12 years of age and over, consumed *less than the minimum* recommended five servings a day. Unfortunately, preliminary results from the 2003 CCHS show that this trend has likely continued.

Nearly all of us could benefit from eating more vegetables and fruit on a daily basis. The good news is that increasing your intake by even one serving of vegetables or fruit is a step in the right direction. More good news: one serving is probably a lot smaller than you think! *Read on...*

References:  
 Statistics Canada. Canadian Community Health Survey, Cycle 1.1: 2000-2001. 2003. Dietary Practices.  
 Report of a Joint WHO/FAO Expert Consultation. 2003. Diet, nutrition and the prevention of chronic diseases, WHO Technical Report Series No. 916. Retrieved March 22, 2005 from <http://www.who.int/dietphysicalactivity/publications/trs916/en/>



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## Working Wellness TOW>RD at DCCI

TO IMPROVE THE HEALTH AND WELL-BEING OF DAIMLERCHRYSLER CANADA INC. EMPLOYEES, RETIREES, AND THEIR FAMILIES.



## Take Them FRESH, FROZEN, or CANNED!

Fresh, frozen, or canned vegetables and fruit - which is more nutritious? The answer is all of them! The nutrient content of vegetables and fruit (e.g. vitamins, minerals, and antioxidants) begins to drop after they are harvested. Typically, vegetables and fruit are frozen or canned immediately after harvest when the nutritional content is at its peak. Fresh produce that has been sitting on the shelf long past its harvest may actually be lower in nutrients than food that is frozen.

When compared, studies have shown that fresh, frozen, or canned foods have very few differences in total nutrient content (Cancer Care Ontario, 2004). However, to reduce the sodium and caloric content, buy low-sodium or sodium-free canned vegetables, fruit canned in juice rather than syrup, and frozen vegetables without added high-fat or sugar sauces.

You may prefer the convenience and lower prices of canned or frozen produce, or choose to buy local fresh vegetables and fruit for the taste, colour, and texture. Regardless, any way to increase your intake of vegetables and fruit is the best way.

Reference:  
Cancer Care Ontario (2002). Leader's guide - Take five: 5-10 a day...your way! (p. 17).

*While fresh, frozen, or canned vegetables and fruit have similar nutrient content, overcooking can drain these foods of important nutrients. To preserve nutrients, limit the cooking time and temperature. Also, use cooking methods that re-use the cooking water, such as soups or sauces, or methods that use very little water, such as steaming or microwaving.*

FRESH · FROZEN · CANNED

# COLOUR

## COLOUR YOUR WORLD WITH VEGETABLES AND FRUIT

### Question

What do *lycopene*, *isothiocyanate*, and *flavonoid* have in common?

### Answer

Besides being tricky to pronounce, these are all nutritional substances found in vegetables and fruit.

Canada's Food Guide to Healthy Eating recommends that we eat 5-10 servings of vegetables and fruit every day, and with good reason. These foods contain several key nutrients and other substances with numerous health benefits:

**Vitamins:** Vitamin C, beta-carotene, folic acid, etc.

**Minerals:** Potassium, iron, magnesium, calcium, zinc, copper, etc.

**Other substances:** Dietary fibre and health-promoting substances called "phytochemicals" (plant chemicals) that number in the thousands!

While we know that phytochemicals can help promote health and prevent diseases, we're still learning about how they work. To date, research has focused on how phytochemicals change or prevent stages in cancer development and/or heart disease. For example, *isothiocyanates* and *indoles* in broccoli, cauliflower, and Brussels sprouts may help produce anti-cancer enzymes. *Lycopene*, found mainly in tomato and tomato products, appears to remove damage-causing substances that may lead to heart disease and some types of cancer.

Although you can now buy supplements that contain some of these compounds, you obtain more phytochemicals and receive greater health benefits by eating a wide variety of vegetables and fruits. If you're wondering which vegetables and fruit contain the most phytochemicals and other key nutrients, the general rule is to eat vegetables and fruit that are the most colourful. Also, eating the skin of many fruits and vegetables will increase your intake of phytochemicals but wash them carefully under running water as a good food safety practice.

While research is still ongoing about how phytochemicals work, you will surely benefit from eating more vegetables and fruit every day!

### References:

American Dietetic Association (2001). Functional foods position paper. Retrieved on March 23, 2005 from <http://www.eatright.org/Member/Policy/Initiatives/index>  
Why fruits and vegetables? (n.d.). Retrieved on March 23, 2005 from <http://5aday.nci.nih.gov/>

**Sources with High Nutritional Content:**  
**Red/purple**  
tomatoes, beets, eggplant, strawberries, raspberries, grapes  
**Dark Green**  
broccoli, spinach, green peppers, Brussels sprouts, kiwi fruit  
**Orange**  
sweet potato, winter squash, carrots, oranges, peaches, cantaloupe



## WORKING TOWARD WELLNESS AT DCCI PROGRAM CONTACTS

Barb Butler DCCI.....519-973-2038  
Rolly Beaulieu CAW.....519-258-6400 x 430  
Dave Reeder WECHU.....519-258-2146 x 3486  
Caitriona O'Sullivan WECHU .....519-258-2146 x 3162

# 5 to 10 a day



## 5 TO 10 A DAY WHAT'S STOPPING YOU?

Getting 5 to 10 servings of vegetables and fruit each day isn't always easy. Do any of the following reasons sound familiar for not eating more? If so, try the tips provided:

### "It's impossible to eat 5 to 10 servings of vegetables and fruit every day."

- One serving can easily fit into the palm of your hand. It's 1 medium vegetable or fruit; ½ cup of fresh, frozen, or canned vegetables or fruit; ¼ cup of dried fruit; or ½ cup of 100% real juice.
- Keep track of the number of servings you eat in a day; you might discover you're doing better than you think.
- Try to include vegetables or fruit in all meals and snacks.
- Take small steps to change your diet (see side panel for ideas).

### "I don't like vegetables and fruit."

- Don't force yourself to eat vegetables and fruit you don't like. Instead, eat more of the ones you do like or experiment with varieties you haven't yet tried.
- If you dislike the texture, try new ways of preparing them such as stir-frying or making a smoothie beverage.
- To adjust for taste, experiment with new seasoning blends and healthy sauces or dips.

### "Vegetables and fruit are too expensive."

- Fresh vegetables and fruit are cheapest when in season. Ask your grocer about seasonal availability or visit a farmers' market for local options.
- Canned and frozen are often less expensive than fresh. Buy these items in large quantities when on sale.
- Purchase bagged vegetables and fruit; share with a friend or freeze for yourself.
- Buy 100% real juice made from frozen concentrate or in large containers.

## 5 Easy Ways to Eat More Vegetables and Fruit

- Have fruit or fruit juice in the morning
- Eat vegetables or fruit as part of a snack
- Eat a salad or other veggie at lunch
- Have at least two vegetables for dinner
- Eat fruit for dessert

### "I'm too busy to prepare vegetables and fruit."

- Pre-cut or frozen vegetables are clean and ready-to-use.
- Bagged, pre-washed spinach makes for an easy salad.
- Canned fruit is a quick and tasty dessert.

### "Vegetable and fruit choices are not always available when I'm on-the-go."

- Be prepared by keeping snacks on hand such as dried fruit, 100% real juice boxes, or pre-cut vegetable sticks.
- Take advantage of the many vegetable and fruit options offered at fast-food restaurants (see below for examples).

#### References:

Health Eating Manual Supplement. Retrieved March 29, 2005, from <http://www.nutritionrc.ca/resources/healthy-eating-supp.pdf>  
 Monthly Vegetable and Fruit Tips. Retrieved March 11, 2005, from [www.toronto.ca/health/vf/vf\\_ripevegies.htm](http://www.toronto.ca/health/vf/vf_ripevegies.htm)

Meal	A Day Without...	A Day With...
Breakfast	1 bowl of cereal with lower-fat milk Coffee	1 bowl of cereal with lower-fat milk and <b>banana slices</b> Coffee ½ cup <b>100% real orange juice</b>
Morning Snack	Yogurt and almonds	Yogurt and almonds
Lunch	2 slices pepperoni-cheese pizza Cola drink	2 slices <b>veggie-pepperoni-cheese</b> pizza <b>1 apple</b> Water
Afternoon Snack	Cookies	<b>Carrot sticks</b> with low-fat dip
Dinner	Baked Chicken ½ cup mashed potatoes Bread roll Lower-fat milk	Baked Chicken ½ cup <b>mashed potatoes</b> Bread Roll Lower-fat milk <b>Spinach salad with tomato, red pepper, cucumber</b> and low-fat dressing
Dessert/Evening Snack	Ice Cream	Ice cream and <b>melon slices</b>
<b>Total Vegetables and Fruit Servings</b>	<b>1.5 servings</b> approximately	<b>10 servings</b> approximately

## Fast Food's Final Frontier Vegetables and Fruit

Look for the following healthy alternatives at fast-food restaurants:

- Salads
- Grilled veggie sandwiches
- Fruit and fruit platters
- Baked potatoes
- 100% real fruit juice
- Vegetable soups

Why not choose fruit juice instead of pop? Or a fruit platter for dessert? Instead of French fries, try mandarin oranges, apple slices, a side salad, or a baked potato. But, watch out for salad dressings and other toppings as they can significantly bump up calories.

## DCCI WINDSOR OFFICES

### ARDC

Automotive Research and Development Centre

### DCCB

DaimlerChrysler Canada Building

### GMRB

Grand Marais Road Building

### TEMPLE

Temple Drive Office Building

### DCTI (OFFICE)

DaimlerChrysler Transport Inc.

### VCC (OFFICE)

Vehicle Completion Centre

## DCCI WINDSOR OFFICES

### PLANNING FOR HEALTH AND WEALTH

As part of the *Health and Wealth: Invest for life!* initiative, the Windsor office Wellness Committee organized a lunch and learn series. During the first seminar, Credit Counselling Services of Southwestern Ontario provided participants with planning strategies for retirement and children's education. Next, Windsor Police Services educated employees on how to avoid debit and credit fraud. For the final seminar, the local YMCA informed participants on how to make a physical activity plan for the summer. The YMCA staff also demonstrated the proper use of various pieces of exercise equipment, such as stationary bikes and exercise balls. At all three seminars, participants' names were entered into draws for copies of "The Wealthy Barber" book and other WTW at DCCI wellness items.

The Wellness Committee also organized a wellness contest. To enter, participants completed either a crossword puzzle or word search. Answers could be found by reading the *Health and Wealth: Invest for life!* newsletter and brochure. Lucky winners of Zehrs' gift certificates included Michael Yim and Crystal D'Orazio from DCCB (winners of \$175 and \$125 gift certificates respectively) and Peter Van Vrouwerff and Gordon Barnett from R&D (winners of \$150 and \$50 gift certificates respectively). Stay tuned for more great activities at the Windsor offices during the 5 to TEN initiative.

## WINDSOR AREA

### WINDSOR ASSEMBLY PLANT

#### LOOKING FORWARD

During the *Health and Wealth: Invest for life!* initiative, the Windsor Assembly Plant's Wellness Committee planned an outdoor family skating party for employees and their families. Unfortunately, this event was cancelled due to unseasonably warm weather. Although disheartened by this setback, the Committee has vowed to organize a fantastic family event during the 5 to TEN initiative. The Wellness Committee also organized a *Health and Wealth: Invest for life!* contest. To enter, participants completed either a crossword puzzle or word search. Winners received prize packages containing an erasable menu-planner, WTW at DCCI T-shirt, and a copy of "The Wealthy Barber", a Canadian-produced book that provides sound financial advice in an entertaining format. Congratulations to all of the winners!



Left: Winners of "The Wealthy Barber" and other wellness items at a DCCB lunch and learn seminar included Chuck Banks, Wayne Bristow, Dorothy Vratsidis, Steve Morash, Terena Hookey, and Denise Zelle.



Right: Wellness Committee member, Randy Homenick, presents Dewey Knight with one of many WTW at DCCI prize packs for winning the *Health and Wealth: Invest for life!* contest.

### DAIMLERCHRYSLER TRANSPORT INC.

#### COMMUNICATION STATION JUBILATION

DCTI set up new WTW at DCCI wellness communication stations in the former union office on the 2nd floor and garage canteen. These were stocked with financial planning documents, smoking cessation materials, and copies of Moods magazine, a publication that aims to increase awareness and knowledge of mental illness. Keep visiting these stations during the 5 to TEN initiative for more health and wellness information. DCTI also promoted a *Health and Wealth: Invest for life!* word search and crossword puzzle contest. Lucky winners received either a copy of "The Wealthy Barber" or a WTW at DCCI toque. Wellness Committee members are currently recruiting participants for a DCTI team in the Heart and Stroke Foundation's Big Bike Fundraising Event. For more information or to make a donation, please contact Jeff Simpson, Phil Daoust, or Ken Blain.

## TORONTO AREA

### BRAMPTON ASSEMBLY PLANT

#### ASSEMBLING A WINNER

At the Wellness Fair on March 30th, the Brampton Assembly Plant was abuzz with the latest health and wellness information. Employees browsed displays and received information on a variety of wellness topics, including the low-down on local recreation opportunities at the Brampton YMCA and City of Brampton Parks and Recreation Department. Also available was health promotion information from the Canadian Hearing Society, the Canadian Diabetes Association, and the Heart and Stroke Foundation; tips on eating well for less money from the Region of Peel Public Health Department; financial awareness strategies from Twin Oaks Credit Union; details on how to reduce home energy costs from the Windfall Ecology Centre; and tips for preventing financial fraud from the Peel Regional Police. The event was a huge success - thanks to everyone who helped out.

The Wellness Committee also implemented a wellness contest during the *Health and Wealth: Invest for life!* initiative. Employees had the opportunity to complete either a crossword puzzle or word search. Participants were eligible to win great wellness prizes, including copies of "The Wealthy Barber", erasable menu-planners, and \$50 gift certificates to a local grocery store. Congratulations to all the winners.

The Brampton Assembly Plant Wellness Committee is hard at work planning for the upcoming *5 to TEN* initiative. Be on the lookout for activities to promote vegetable and fruit consumption.



Above: At the Brampton Assembly Plant's Wellness Fair, Constable Ryan Kett of the Peel Regional Police Fraud Bureau shows Brenda Wall and Art Black how to detect counterfeit currency. Top Right: Mary Kavcic, Ian Thompson, Gilbert Yap, Rosa Sorley, and Andrew Lee enjoy some green tea on St. Patrick's Day.



### ETOBICOKE CASTING PLANT

#### KEEN FOR GREEN!

Green veggies, green apples, green dip, green tea, and four-leaf clover cookies were on the menu at Etobicoke Casting Plant's Health and Wealth fair on March 17th. Organized by members of the Wellness Committee, the event was a success with fantastic food, health information, financial planning information, and wellness prizes. Some terrific community agencies were also at the fair to hand out information and answer questions about their programs and services. Visiting agencies included Green Shield Canada, Credit Counselling Services of Toronto, Toronto Police Services, Toronto Public Health, and the EnerGuide for Houses program. The local office of the Heart & Stroke Foundation also generated a lot of excitement for their Big Bike fundraising event held annually in local communities across Canada. In fact, both plant management and the CAW are interested in entering teams this year. The Wellness Committee would like to thank the members of each of these agencies for taking the time to participate.

March 17th also marked the last day for employees to enter the *Health and Wealth: Invest for life!* crossword and word search contests. Ten lucky winners each got a head start on spring this year after receiving a \$25 gift certificate to Canadian Tire. With summer just around the corner, the Wellness Committee is looking forward to launching more great events and activities for the *5 to TEN* initiative.



True or False?

Lemonade counts as a vegetable and fruit choice.



False. Lemonade does not count as a vegetable and fruit choice. It is not 100% juice, but made mostly of sugar. Watch for the word juice on the label to be sure you are buying the real thing. Products labelled beverage, drink, punch, cocktail, delight or drinks that end in "ade" (i.e. lemonade) are not 100% pure or real juice.

Reference: Invite us Along!...@ Work Program. Toronto Public Health. 2005.

## VANCOUVER PDC

### OFF TO A WALKING START

The Vancouver PDC got 2005 off on the right foot when they rolled out of the "Walk Across Canada Challenge". A kick-off presentation was held on February 21st to review the rules of the challenge and to show employees how to use their pedometers. Laura Paul, from Vancouver Coastal Health, also gave a presentation to over 25 employees on goal setting and overcoming barriers to regular physical activity. The whole event was very well received and the presentation by Laura was a fantastic way to start the challenge, according to Wellness Committee member, Brian Wilson. PDC Manager, Alex Eliopoulos, and CAW Union Representative, Stuart Hunter, also used this platform to show employees the Canada Awards for Excellence plaque that DaimlerChrysler Canada and the CAW received for their commitment to healthy workplace practices.

The *Health and Wealth: Invest for life!* crossword and word search contest was another way for employees to participate in the initiative. Along with T-shirts and toques, employees could win a copy of "The Wealthy Barber" for participating. The winners were Glenn Mizuyabu, Gary DeSousa, Sam Penn, Josh Boyd, John DeGuara, Walt Baraka, George Janousek, and Pete Cooper.



## RED DEER PDC

### FRAUD AWARENESS FOR EVERYONE

When an imposter takes your name, your Social Insurance Number, your credit card number, or some other piece of your personal information for his or her use without your knowledge, it is a crime. To combat the growing problem of identity theft, the Red Deer Wellness Committee hosted a lunch and learn seminar featuring Constable Ralph Cervi of the

## PARTS DISTRIBUTION

## MISSISSAUGA PDC

### AN APPLE A DAY...

Understanding the importance of managing personal health and wealth, the Wellness Committee at the Mississauga Parts Distribution Centre hosted a fair on March 2nd featuring visitors from many agencies and a variety of fun activities. The Peel Regional Police captivated audiences with their fraud awareness display and presentation. A community police officer showed employees how to steer clear of debit and credit card fraud, and how to spot counterfeit money. An EnerGuide energy advisor highlighted simple ways that employees can improve the energy efficiency of their homes, while the Canadian Diabetes Association discussed the prevention and treatment of diabetes. Many employees also took advantage of the hearing screening provided by the Canadian Hearing Society, free chair massages, and information from Peel Health. In addition, the Wellness Committee set up a table with tasty, nutrient dense foods including Roasted Sweet Potato Soup and Mango Black Bean Salsa.

*Health and Wealth: Invest for life!* contest winners received dry erase menu planners, WTW at DCCI T-shirts, and toques. Young Kim, an employee for 21 years, was the grand prize winner of a pair of mountain bikes.



Left: RCMP Cst. Ralph Cervi speaks to the Red Deer PDC staff as they enjoy a healthy lunch from SUBWAY.

Middle: Laura Paul (Vancouver Coastal Health) showing an employee how to use his pedometer. Right: Gwen Campbell, Paul Lewis, Terri Smyth, Lori Fascinato, Shannon Pearson, and Rob Baldwin sample nutrient dense foods at the *Health and Wealth: Invest for life!* fair.

RCMP. Constable Cervi gave an informative and entertaining talk providing participants with strategies on how to protect their identity, including tips for protecting PINs. Participants were treated to a lunchtime feast of healthy sub sandwiches. The Wellness Committee also organized a draw for wellness prizes. Congratulations to George Stasyk and Gerry Dyck, winners of a prize package containing a WTW at DCCI lunch bag and copy of "The Wealthy Barber" book. The Red Deer Wellness Committee is currently hard at work developing strategies to promote vegetable and fruit consumption as part of the 5 to TEN initiative.

## CENTRES

### WINNIPEG PDC

#### UP FOR A CHALLENGE?

In early April, the Winnipeg PDC launched a two-month physical activity challenge. For participating teams, the launch was well-timed as spring arrived early on the Prairies. The goal of the challenge is simple: to be the team that treks the farthest distance over the course of the challenge. Each week, teams submit the total number of minutes that they spend being physically active. The Wellness Committee then converts all the minutes into kilometers in order to see how far each team is traveling on a map of Canada. Teams that reach certain or specific milestones on the map will receive WTW at DCCI prize items. This challenge has attracted lots of interest at the PDC with the vast majority of employees participating in this exciting activity. The teams are "Top of the Hill," with members Dave Leronowich, Allan Wirth, Bert Richter, Ed Wirth, and Mike Wilson. Next is "Slowly, but Surely," with members Terry Buchanan, Dave Graham, Rob Forsyth, and Wally Pitura. Last, but certainly not least, "Far From Retirement," with Todd Weimer, Dan Locke, Rob Cote, Matt Stowe, and Grant Yersh. The Wellness Committee would like to wish all of the teams success!



Above: This may be the only time you see "Slowly but Surely" standing around.  
Right: Gerald Plante presents Sandra Cole with her grand prize for the Health and Wealth: Invest for life! contest.

### MONCTON PDC

#### BUILDING MOMENTUM

Enthusiasm for the wellness program has been fantastic with lots of employees taking interest in the many print resources on money management and personal health issues. *The Health and Wealth: Invest for life!* contest was equally popular because almost all employees completed either a crossword or word search contest ballot. A draw was held on March 17th and the grand prize winner, Sandra Cole, received a \$75 gift certificate to a local sporting goods store along with a dry erase menu planner. Other winners of \$50 gift certificates were Jeremy Quillian, Andrew Colpitts, and Jeff Hawthorne. As well, Gerald

Plante, Bob Cormier, and Tina Steeves each received \$25 gift certificates. Two of the employees at the Moncton PDC also entered the Get Your Butt in Gear! - 2005 Quit & Win Contest and a local retiree even stopped by to pick up an entry package. All the best to each of them on their road to being smoke-free!

The Wellness Committee also met with a sporting goods retailer to investigate different events and activities to tie in with the 5 to TEN initiative, so watch for details coming soon.

### MONTREAL PDC

#### IT'S ALL ABOUT YOU!

The Montreal PDC's Wellness Committee has been busy preparing for their upcoming health and wellness campaign, which is titled "It's All About You". This campaign will kick-off in mid-May, when each employee will receive a binder containing Canada's Food Guide to Healthy Eating and healthy recipe ideas. Every 6 weeks, the Wellness Committee will organize a food tasting where employees will have the chance to sample healthy recipes, share healthy eating tips, enter wellness contests, and provide feedback to the Wellness Committee. Possible recipe ideas include smoothies, desserts, soups, breads, and dips for vegetables and fruit. The goal of these food tastings is to demonstrate that healthy eating is not only important, but also easy and fun. The effects of ergonomics on health and well-being will also be explored. This campaign will last for the duration of 2005, so check out the bulletin board in the cafeteria for more information on "It's All About You", talk to your Wellness Committee members, and most importantly, get involved!



## CHRYSLER FINANCIAL CALGARY

### A CENTRE FOR WELLNESS

Designed to highlight some key concepts found in the newsletter and brochure, the *Health and Wealth: Invest for life!* crossword contest was a fun and challenging way to celebrate the initiative. Always up for a challenge, Chrysler Financial employees relished the opportunity to put their crossword skills to the test! With a variety of fun incentives, there was a lot of interest in the office. The grand prizewinner was Iris Pittman. She received a package of WTW at DCCI apparel and other wellness items including a heart healthy cookbook. The runners-up received a WTW at DCCI T-shirt, toque, and dry-erase menu planner. Runner-ups are Laura Grant, Amy Fraser, Jeremy Ladd, Glenn MacLaren, and Andrew Zagorski. Thanks to everyone who participated!

Furthermore, the Wellness Centre was updated with lots of interesting information from Canadian Education Savings Grants brochures to nutrition labeling resources. Stay tuned for more fun events and contests from your wellness committee.



## DC FINANCIAL SERVICES CANADA

## CHRYSLER FINANCIAL MISSISSAUGA

### ERIN GO BRAUGH

Greetings of “top of the morn’ to ye” could be heard echoing through the hallways of Chrysler Financial Mississauga on St. Patrick’s Day. The Wellness Committee organized a lunch and learn seminar to celebrate the Irish holiday, complete with heart-healthy green wraps, bottled water, and a presentation by Adriane Beaudry of the Canadian Diabetes Association. Adriane provided information on the basics of type 2 diabetes including risk factors, signs and symptoms, prevention strategies, methods to prevent or delay the onset of complications, and nutrition and physical activity guidelines. The Wellness Committee also implemented two *Health and Wealth: Invest for life!* contests: a word search and a crossword puzzle competition. Lucky winners received either gift certificates for local area merchants or copies of “The Wealthy Barber” book. The Wellness Committee is currently gearing up to promote vegetable and fruit consumption during the *5 to TEN* initiative. Keep on the lookout for more information.



Left: Wellness Committee member, Asheemah Yusseff, cuts up a rather large submarine sandwich at the “Healthy Measures” presentation.

Middle: *Health and Wealth: Invest for life!* crossword contest winners, Jeremy Ladd, Laura Grant, Amy Fraser, and Andrew Zagorski with their WTW at DCCI T-shirts.

Right: Winners of the *Health and Wealth: Invest for life!* contests at Chrysler Financial Mississauga included Punil Maru, Marilyn Little, Luc Depelteau, and Maria Marchese (Marlene Wallace and Holly Barnes-Brule are missing).

## MERCEDES-BENZ CREDIT CANADA

### THE SKINNY ON FATS

Building on the idea of eating nutrient dense foods, Mercedes-Benz Credit Canada launched the *Health and Wealth: Invest for life!* initiative with a “Healthy Measures” presentation on March 16th. Delivered by Nadine Day, Registered Dietitian from Peel Health, the presentation addressed common myths about the role of fats in our diet and managing portion sizes to improve our eating habits. A draw for gift certificates to local food stores and WTW at DCCI apparel was also held during the event. Congratulations to all of the winners! After the presentation, employees lined up for part

of a delicious nine-foot submarine sandwich that was specially ordered by the Wellness Committee. Feedback from the event was so positive that a second session on reading food labels has been scheduled.

The *Health and Wealth: Invest for life!* contest wrapped up at the end of March. Contest winners received either dry erase menu planners or WTW at DCCI prize items for completing either the crossword or word search ballot. The next initiative is *5 to TEN*, so watch for more great contests and events or contact a member of your Wellness Committee for more information.

## RETIREES

### CAW LOCAL 444

#### WELLNESS DAY IS COMING YOUR WAY

The Local 444 Retirees' Wellness Committee promoted the *Health and Wealth: Invest for life!* initiative by holding draws for copies of "The Wealthy Barber" book and WTW at DCCI wellness prizes at their monthly meetings. The Wellness Committee has also been preparing for the upcoming "Retirees' Health and Wellness Day 2005" set for Thursday, May 26th. The event is open to all Windsor-area CAW retirees and their family members. It starts at 8:00 a.m. with registration and a heart healthy continental breakfast. This will be followed by a diabetes awareness seminar facilitated by Sandra Dennison, a Registered Nurse and certified diabetes educator, and Cam Gardiner, a well-known Windsor personality living with diabetes. Next, the Canadian Centre for Activity and Aging will facilitate a seminar highlighting the importance of physical activity for healthy aging. This will be accompanied by an interactive Tai Chi demonstration. Finally, from 11:15 a.m. to 1:30 p.m., retirees are invited to browse through Health Fair displays focused on interactive health screenings, health information, and recreational opportunities for seniors. Schedule Thursday, May 26th as a day to come down to the CAW Local 444/200 Hall located at 1855 Turner Road in Windsor.



Left: Pat Kenney draws a winning ballot for the Get Your Butt in Gear! 2005 contest as Randy Homenick and Rolly Beaulieu look on.  
Right: Peel Regional Police Officer, Darren Brennan, addresses Local 1285 retirees during a membership meeting in April.

CAW LOCAL 1285

### CAW LOCAL 1285

#### THE FRAUD SQUAD

There are a growing number of financial scams targeting retirees, which is why the Local 1285 Wellness Committee organized a presentation at their membership meeting in April. Led by Officer Darren Brennan, from Peel Regional Police, a packed room of retirees learned how to protect their hard earned savings from many different types of financial fraud. Topics covered during the one-hour session included credit card and debit fraud, identity theft, counterfeit money, phone scams, and much more. Always an enthusiastic group, many of the retirees had insightful questions, which generated some terrific discussion. After the presentation, Darren met individually with some of the retirees to field personal questions and to demonstrate some of the latest fraud detection equipment.

Prior to the meeting, the retirees were provided a variety of healthy snacks to sample. In addition to vegetable and fruit trays, bagels with low-fat cream cheeses, yogurt, fruit juices, water, and coffee were also served. As a welcome change from some of the usual snacks available, these healthy alternatives are just one of the many ways that the Wellness Committee can support their members to enjoy a long and happy retirement!

## GET YOUR BUTT IN GEAR! - 2005

Congratulations to everyone who quit smoking this year through the Get Your Butt in Gear! 2005 contest. A total of 116 people accepted the challenge to stay smoke-free from March 1st until April 12th. Thirteen regional prizes were

awarded to employees, retirees, and their family members for successfully kicking the habit during the contest period. The following regional winners will be receiving a \$250 gift certificate to Canadian Tire:

- Robert Ewing, Chris Banner, and Clare Morand . . . . .Windsor Assembly Plant
- Dennis McNulty, Angelo Baratta, and Gilles Rivard . . .Brampton Assembly Plant
- Frank Matos . . . . .Windsor Offices
- Joseph Davidson . . . . .DaimlerChrysler Transport Inc.
- Danny Kupec . . . . .Etobicoke Casting Plant
- Christian Di Iorio (Montreal Zone Office) . . . . .Chrysler Financial Services Canada
- Mark Keir (Mississauga) . . . . .Parts Distribution Centres
- Dalyn Beaudoin . . . . .Windsor Area Retirees
- Lorraine Holmes . . . . .National Retirees



# A Multicultural Experience

Can you match these common vegetable and fruit preferences to the appropriate culture?

- |                   |   |
|-------------------|---|
| 1. Chinese        | a) Artichokes, eggplant, okra, apricots |
| 2. Middle Eastern | b) Bean sprouts, bok choy, snow peas    |
| 3. Mexican        | c) Yams, guava, mango, avocado          |

Canada has welcomed over 13.4 million new Canadians in the past century, making it one of the most culturally diverse nations in the world (Statistics Canada, 2003). Cultural diversity brings many benefits, including the opportunity to try new foods. As a result of our diversity, a wider variety of vegetables and fruit are now available to us. Foods such as salsa, bean sprouts, and avocados that were once thought to be strange and exotic are now becoming quite common on our grocery store shelves.

Celebrate variety and cultural diversity by tasting a new vegetable or fruit each week. Here are some ideas to get you started:

- Try baked plantains typically consumed by Central and South American cultures. Peel and slice lengthwise and place in the oven at 350°F (175°C) for 20 minutes or until tender.
- Top your pizza with snow peas, kale, or grilled eggplant.
- Try a new green leafy vegetable such as Asian bok choy in your next stir-fry.
- Add a more exotic fruit like passion fruit, pomegranate, or mango to your next salad.

Reference:  
Statistics Canada (2003). Ethnic diversity survey: Portrait of a multicultural society. Retrieved March 21, 2005, from <http://www.statcan.ca/english/freepub/89-593-XIE/89-593-XIE2003001.pdf>

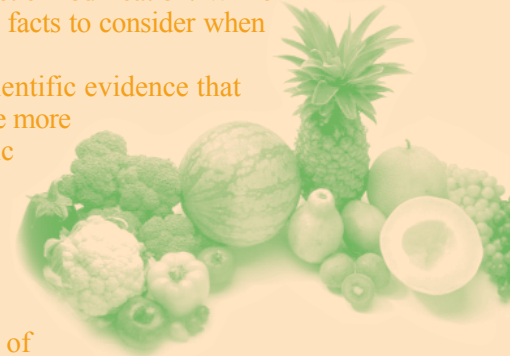


Answers: 1.b, 2.a, 3.c

## ORGANIC VS. NON-ORGANIC

Are you trying to improve your health by eating more vegetables and fruit but question whether or not “organic” is the healthier choice? “Organic” mainly refers to farming methods that do not use chemical fertilizers, irradiation, or genetic modification. While opinions vary, here are some facts to consider when making your choice:

- There is no substantial scientific evidence that organically grown foods are more nutritious than non-organic foods. Differences in nutrient content, if any, are insignificant.
- All vegetables and fruit are tested under the same regulations for safe levels of pesticides by the Canadian Food Inspection Agency (Department of Justice of Canada, 2004).
- The benefits that come from eating more vegetables and fruit far outweigh any increased risks associated with growing methods (Canadian Cancer Society, 2004). To lower any potential health risks, all organic and non-organic vegetables and fruit should be washed thoroughly with running water to reduce germs and pesticide residue.
- Organic produce tends to be more expensive due to more labour intensive farming methods. To lower the cost, look for organic produce in season and buy from local farms.



Vegetables and fruit have high levels of vitamins, minerals, phytochemicals, and fibre no matter how they are grown. In the end, deciding whether to buy organic or non-organic foods is a matter of personal choice.

References:  
Canada. (2004) Laws. Statutes. Food and Drugs Act. RSC, 1985. Retrieved March 30, 2005, from <http://laws.justice.gc.ca/en/F-27/61279.html#section-30>  
Canadian Cancer Society. (2004). Pesticides on vegetables and fruit. Retrieved March 29, 2005, from [http://www.cancer.ca/ccs/internet/standardpdf/0\\_2939\\_3543\\_372059\\_266317\\_langid-en.00.html](http://www.cancer.ca/ccs/internet/standardpdf/0_2939_3543_372059_266317_langid-en.00.html)

### Easy Bean Spread



<p>540 mL (19 oz) white kidney beans, drained and rinsed</p> <p>25 mL (2 tbsp) lemon juice</p> <p>25 mL (2 tbsp) olive oil</p> <p>2 mL (½ tsp) salt</p> <p>2 mL (½ tsp) garlic powder</p> <p>1 mL (¼ tsp) pepper</p>	<p><i>In food processor, puree white kidney beans, lemon juice, olive oil, salt, garlic powder and pepper. Cover and refrigerate until ready to serve. Serve as a dip for raw vegetables.</i></p> <p>Makes approximately 400 mL (1½ c). Serving size 50 mL (¼ c)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="text-align: center; margin: 0;"><b>PER SERVING</b> (approximately)</p> <p style="text-align: center; margin: 0;">Calories 83      Fat 3 g</p> </div>
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Reference: The Canadian Living Test Kitchen. Retrieved on April 5, 2005, from [www.canadialiving.com](http://www.canadialiving.com)



## VEGETABLES AND FRUIT FOR CHILDREN...

### IT DOESN'T HAVE TO BE A BATTLE!

There are many nutritional reasons why children should eat more vegetables and fruit. Aside from the immediate benefits, good eating habits developed young can last a lifetime. Read on for some easy ways to help children enjoy healthy eating:

#### Encourage, but don't force

Parents are responsible for *offering* a variety of healthy foods according to *Canada's Food Guide to Healthy Eating*. Children are responsible for how much and what they will eat. Don't force or bribe your child to eat vegetables and fruit. Instead, offer them as part of regular meals and snacks, and encourage your child to try even one bite. It may take many attempts before they get used to it.

#### Make it easy

Children tend to eat what's in reach and in sight. A well-stocked fruit bowl and colourful pre-cut veggies can make for appealing, bite-sized snacks. Enhance favourite foods by adding sliced fruit to cereal or chopped vegetables to tomato sauce and pizza.

#### Have some fun

- Get your child involved in gardening, shopping, and cooking.
- Try a vegetables and fruit "scavenger hunt" at the supermarket.
- Make funny faces or animals with vegetables and fruit.
- Try theme days with costumes, taste testing, and games.

#### Be a role model

Children are not born disliking vegetables and fruit! This is a learned behavior often based on parents' food habits. Keep mealtimes pleasant and show your own enthusiasm about eating vegetables and fruit.

#### References:

Satter, E. (2000). *Child of mine: feeding with love and good sense*. Palo-Alto, CA: Bull Publishing Company.

good eating habits developed young can last a lifetime

## Best Picks for Older Adults

Good nutrition is essential at all ages. However, some older adults may find it difficult to eat enough high-quality nutritious foods. Adding more vegetables and fruit is one healthy solution as they are packed with beneficial nutrients, and many also provide fibre. Here are some top picks:

#### Carbohydrates to provide energy

Try vegetables containing complex-carbohydrates such as sweet potatoes, turnips, corn, or carrots.

#### Vitamin C as an antioxidant and builder of strong blood vessels and tissues

Include rich sources like broccoli, bell peppers, oranges, or cantaloupe.

#### Water to help prevent dehydration

Pick cabbage, cucumbers, tomatoes, peaches, watermelon, or 100% real juice.

#### Fibre for bowel health and lowering risk of disease

Choose acorn squash, peas, artichokes, pears, berries, or dried fruit.

To add more vegetables and fruit, especially if living on your own:

- Start the day with 100% real juice and keep a package of frozen berries in your freezer to sprinkle on cereal or eat as frozen snacks.
- Shop at stores where fresh vegetables and fruit are sold individually and buy only what you need. Frozen and canned vegetables and fruit are also good choices.
- When chopping vegetables, double the quantity so you have extra to add to soups, salads, stir-fries, casseroles, and frozen entrees.

Remember, no matter what you pick, the goal is to try to add more vegetables and fruit each day!

#### References:

Straus, C. & Howe, J. (2001). Senior nutrition. Retrieved March 23, 2005, from [http://www.bcbgsa.com/healthWellness/articles/Senior\\_Nutrition.htm](http://www.bcbgsa.com/healthWellness/articles/Senior_Nutrition.htm)

Whitney, E.N. & Rolfes, S.R. (2002). *Understanding nutrition* (9th ed.). Belmont: Wadsworth Group.

Worthington-Roberts, B.S. & Williams Rodwell, S. (2000). *Nutrition throughout the lifecycle* (4th ed.). United States of America: McGraw-Hill.

*Everyone's Favourite* **FRUIT DIP**

250 mL (1 c) lower-fat (2% M.F. or lower) vanilla or plain yogurt

15 mL (1 tbsp) liquid pasteurized honey

15 mL (1 tbsp) orange juice (to boost the orange flavour use frozen concentrate)

Shredded coconut (optional)

*Stir together yogurt, honey, and orange juice. Refrigerate until serving time. Sprinkle with coconut and serve with an assortment of cubed fruit.*

Serving size 45 mL (3 tbsp)

PER SERVING (approximately)	
Calories 36	Fat 1 g

Reference: Dietitians of Canada (2001). *Cook Great Food*. Robert Rose Incorporated. Toronto, Canada.

**Working Wellness**  
at DCCCT

DaimlerChrysler Canada CARIFCA CANADA

*Knock-knock. Who's there?  
Orange.  
Orange who?  
Orange you glad you chose to make this tasty fruit dip!*

## WEBSITES

### FreggieTales.Com

[www.freggietales.com](http://www.freggietales.com)

Great site for children to learn about vegetables and fruit.

### Canadian Food Inspection Agency - Fresh Fruit and Vegetables

[www.inspection.gc.ca/english/plaveg/fresh/fvfvlfse.shtml](http://www.inspection.gc.ca/english/plaveg/fresh/fvfvlfse.shtml)

### Market Fresh

[www.marketfresh.com](http://www.marketfresh.com)

Click on "Food Facts" to learn more about the various nutrients found in vegetables and fruit.

### Becel-Heart Health Information Bureau Recipes

[www.becel.ca/recipe.asp](http://www.becel.ca/recipe.asp)

click on "Vegetables and Side Dishes"

### National Centre for Chronic Disease Prevention and Health Promotion - 5 A Day

[www.cdc.gov/nccdphp/dnpa/5ADay/index.htm](http://www.cdc.gov/nccdphp/dnpa/5ADay/index.htm)

### 5 to 10 A Day for Better Health

[www.5to10aday.com/eng/index.htm](http://www.5to10aday.com/eng/index.htm)

### Dole 5 A Day

[www.dole5aday.com](http://www.dole5aday.com)

### Foodland Ontario

[www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)

### Harvest Ontario

[www.harvestontario.com](http://www.harvestontario.com)

Click on "Select Attraction Type" to learn where you can pick-your-own vegetables and fruit in Ontario.

### Canadian Produce Marketing Agency Health and Nutrition

[www.cpm.ca/nutrition/en/index.html](http://www.cpm.ca/nutrition/en/index.html)

### Dietitians of Canada

[www.dietitians.ca](http://www.dietitians.ca)

### Invite Us Along

[www.city.toronto.on.ca/health/vf/index.htm](http://www.city.toronto.on.ca/health/vf/index.htm)



## PROFILE

### Stock Attendant

27 years old

Resides in Coquitlam, B.C.

Nickname: "YoYo"

Favourite DaimlerChrysler vehicle:

Any Jeep or Dodge 4x4.

Favourite food to prepare: Chicken

Favourite food to eat: Sushi

Favourite past time: Riding her Harley

Davidson, 4-wheeling, running, and hiking.

## YOLANTA NELSON

Yolanta, an employee at the Vancouver PDC for 9 years, enjoys new experiences and will try any activity at least once. Not wanting to be held back by a lack of energy, she began a running program over 3½ years ago to improve her fitness level and to meet the demands of new activities. Starting out, Yolanta ran on a treadmill for several months before moving outdoors, gradually running longer distances over time. To date, she has participated in 12 half-marathons. In addition to increased energy levels, she believes that her fitness routine, which also includes resistance training, has led to improved sleep patterns and an increased sense of personal well-being. Her commitment to physical activity has also motivated her to make improvements to her eating habits such as controlling portion sizes, eating more vegetables and fruit, and drinking lots of water. In fact, according to Yolanta, she now eats meals that contain at least 50% vegetables and fruit.

Giving back to the community, Yolanta and her golden retriever, Jessie, participate in a pet therapy program sponsored by St. John Ambulance. As part of this program, they make weekly trips to a local hospital to provide companionship to many of the patients. Admittedly, she doesn't know whether the patients, or Jessie, get more enjoyment out of these visits.

Yolanta is a strong supporter of the WTW at DCCI program because she feels it encourages people to take control of their own health, the effects of which can be amazing. In addition to having activities like the "Walk Across Canada Challenge", she would like to see more group events organized in the future, including baseball games and scheduled hikes.

Do you have suggestions for future topics? Please submit your ideas to the Windsor-Essex County Health Unit.  
E-mail: [mtoews@wehealthunit.org](mailto:mtoews@wehealthunit.org) • Phone: 519-258-2146 x 3100 • Fax: 519-776-6102

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