

THINK act be healthy

October 2010



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Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Women's Health Matters

Women are at greatest risk for breast, lung and colorectal cancer. The risk of developing cancer increases with age. With October being Breast Awareness Month, make sure you are aware of how to lower your risk and live a healthy lifestyle.

- Limit saturated fat, trans fat, alcohol and salt.
- Eat more vegetables, fruit, whole grains and legumes.
- Limit red meat and processed meats.
- Eat a variety of foods from the four food groups instead of relying on supplements.
- Maintain a healthy body weight.
- Aim for 30-60 minutes of activity each day.

Body & Mind

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.

-Ralph Waldo Emerson

Source: <http://www.cbc.ca/health/story/2008/05/16/f-health-vitamin-d.html>

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Completed Your Online Personal Health Risk Assessment Yet?
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