

BENEFIT

CANCER PREVENTION RESEARCH STUDY



Dear BENEFIT Study participants,

It is hard to believe that two years have passed since you registered into the BENEFIT Study. You have worked very hard through the course of this study, and your involvement has made a big difference in our understanding of the factors that influence people's ability to achieve nutrition, physical activity and weight management goals. It is always exciting to learn about the accomplishments of our study participants, and to know that while the work has been challenging, people are truly benefitting. Many of your fellow study members have also found inspiration from the success stories that we feature in each issue.

Maintaining and achieving personal weight management goals is an ongoing challenge for all of us. We work hard to eat properly and to engage in regular physical activity. Fortunately, there are many ways to prepare healthy food to make mealtimes enjoyable, and endless activities that are fun and contribute to physical fitness. For this final issue, we have included a special insert which we encourage you to post on your fridge as a handy reference guide to some of the nutritional and physical activity articles featured in previous issues.

We hope that you look upon the past two years as a rewarding experience, that you are encouraged by what you have been able to accomplish so far, and continue to strive to achieve your personal goals. Congratulations on completing the BENEFIT Study and we wish you all the best.

Sincerely,

Dr. Fredrick Ashbury,
Principal Investigator



Success Story *Linda from Calgary*

In March of 2009 I weighed 148 lbs. I am 5' 4" and knew I had to do something to take control of my increasing weight.

When I enrolled and was accepted into the BENEFIT Study, I was greatly encouraged by the amount of support and resources that were provided to me in my search for a community based weight management program. The BENEFIT Study taught me exactly what I needed to know and how to be successful. Learning the importance of label reading was a real eye opener. The amount of sugar, fat and sodium in many foods was shocking! Being a Registered Nurse for the past 30 years, I was amazed at what I didn't know about nutrition and have since made a total lifestyle change around my diet.

Changes to my diet and lifestyle include:

- > Plenty of fruit (especially berries)
- > 1 ½ cups of vegetables at both lunch and supper (I try to have 2 kinds for each meal)
- > Whole grains
- > Low fat proteins (boneless, skinless chicken breasts and fish are my favorites with a serving of beef per week)
- > Complex carbs for one meal (breakfast and/or lunch preferably)
- > Healthy snacks for both midmorning and afternoon
- > Minimal to no white foods except cauliflower
- > Minimal to no processed foods
- > At least 2 liters of water per day
- > No skipped meals
- > Aim for 45 minutes to 1 hour of exercise per day (walking, hiking, cycling or working out)
- > Take the stairs when possible

Currently, my weight is 122 lbs. I am proud to say that I have lost 26 lbs. and I feel great! I am 61 years old and work in an outpatient clinic. I have shared many diet and exercise tips with my patients who are interested in a healthier lifestyle.

Thank you BENEFIT Study for your help in making my journey a success.

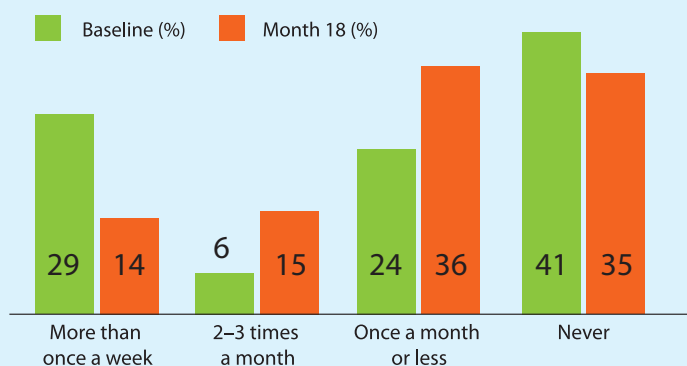
Linda

BENEFIT News

Prior to enrolling in a weight management program, BENEFIT Cancer Prevention Study participants completed a pre-test survey to measure diet and physical activity habits. Eighteen months later, 234 participants completed a post-test survey to identify changes in behavior with regards to these habits. Positive lifestyle changes in food and beverage consumption and physical activity time among these 234 participants were found.

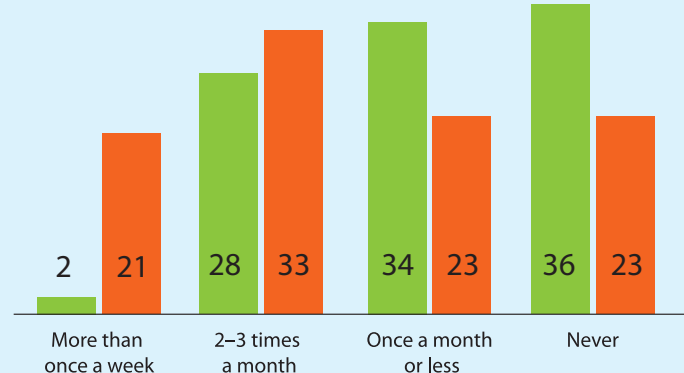
Changes in Food & Beverage Consumption

Soft Drink Consumption



At the beginning of the study 29% of participants consumed soft drinks more than once per week but after 18 months only 14% of participants reporting soft drink consumption once per week.

Other Types of Vegetables Consumption



At the beginning of the study 36% of participants reported not having vegetables every day. At 18 months, only 23% of participants reported not having vegetables every day while 33% of participants ate them almost every meal and 21% participants had other types of vegetables more than 4 times per day!

Changes in Physical Activity Time

	At the Beginning	At Month 18
# of participants engaged in at least 10 minutes of moderate activities	210	215
Average # of days per week engaged in at least 10 minutes of moderate activities	4	5
Participant average in minutes engaged in moderate activities per week	162	208
# of participants engaged in at least 10 minutes of vigorous activities	119	139
Average # of days per week engaged in at least 10 minutes of vigorous activities	2.5	3
Participant average in minutes engaged in vigorous activities per week	176	163
Participant average in minutes engaged in both levels of activities per week	338	370

Among the 234 participants who completed the 18 month survey, 215 participants (92%) kept themselves active and got involved in moderate physical activities¹. Comparison between the baseline survey and 18 month survey showed that the average days engaged in moderate activities increased from 4 days to 5 days per week while the participant average for time engaged in moderate activities increased from 162 to 208 minutes per week. Meanwhile, the average days engaged in vigorous activities² increased from 2.5 days to 3 days per week, however, the participant average for time engaged in vigorous activities dropped slightly from 176 to 163 minutes per week. Overall, the participant average time spent engaged in both levels of activity increased from 338 to 370 minutes per week.

In the past two years, we've witnessed many positive changes in dietary and physical activity habits. Every participant should be proud of their achievements and we hope that you continue to pursue new ways to live a healthier lifestyle!

1. Moderate physical activity is defined as activities that cause small increase in breathing or heart rate, such as brisk walking, bicycling, vacuuming, gardening, etc.
2. Vigorous physical activity is defined as activities that cause large increase in breathing or heart rate, such as running, aerobics, heavy yard work, etc.

Hydration, Hydration, Hydration!

Summer is here and it's time to take part in all the outdoor activities you enjoy.

Something to keep in mind, now more than ever, is hydration! Water makes up three quarters of our muscles and over half our body weight. It is so important to our bodies that even a 1% loss in body water can cause dehydration. Dehydration occurs when more water is lost (through sweat, breath and urine) than taken in.

Symptoms of dehydration:

- Fatigue or weakness
- Headaches
- Muscle cramps
- Dizziness or lightheadedness
- Thirst



The good news is that dehydration is completely preventable. Some tips:

- Do not rely on thirst to assess your hydration level. If you feel thirsty, your body is already dehydrated.
- Drink at least 6–8 cups of water, spread throughout the day.
- If it's hot outside or you are active, your body often needs more than 6–8 cups of water throughout the day.

Maintaining Your Weight Over the Long Haul

Many people go on diets hoping to lose weight. However, research has shown that dieting is not a good way to maintain your weight in the long run. The best way to achieve long term weight control and good health is to stop dieting and start focusing on healthy habits such as: eating tasty, healthy foods, being active and feeling good about yourself!

Start your day off right with a healthy breakfast. Eating breakfast fuels your body after a night of fasting and allows you to start your morning off feeling energized and ready to go. Throughout the day, it is important to eat a variety of choices from each of the four food groups in Eating Well with Canada's Food Guide. Avoid grouping certain foods as either "good" or "bad", as all foods can be enjoyed in moderation. Choosing healthy foods that you enjoy makes it easier to stay on track.

Though setting goals for the long term is important, start off with small, incremental steps. For instance, if you want to be more active, try walking more in your day to day activities or going for a walk after work. Over time, slowly increase the distance you walk or even start a jogging program.

The key to long term weight control is to make healthy eating and physical activity a daily routine and as a part of your overall lifestyle. Keep in mind that every person has their own body shape. Feel good about yourself and the lifestyle changes you have already made!

Your body loses more water when you exercise. To ensure that you are well hydrated for activity, you should drink:

- 400–600 mL (about 2 cups) of water 2 hours before exercising. If it is hot outside, or if you are dehydrated, add 2 additional cups and 1–2 cups 15 minutes before activity.
- 250–500 mL (1–2 cups) every 30 minutes during exercise.
- Small amounts at regular intervals after exercising until your urine is clear coloured. Alternatively, you can weigh yourself before and after exercising to determine how much fluid has been lost. To rehydrate, you need to drink 1.5 liters of water for every kilogram (kg) of weight lost.

What to drink:

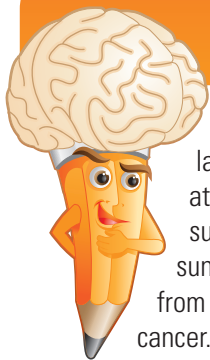
In most cases, water is the best choice to replace fluids lost during activity. Most other options, such as sports drinks, contain carbohydrates and provide extra energy that may not be needed during shorter or less intense activities. Generally, these drinks are only beneficial for endurance athletes who are exercising for more than 90 minutes (such as in a marathon) or for individuals who are participating in team sports that last longer than 60 minutes.

Staying active this summer will be safer and more enjoyable if you remember to stay hydrated. Carry a water bottle with you and remember to drink before you feel thirsty.



Lifestyle Quiz

- Outdoor workers are at an increased risk for developing skin cancer.
 - True
 - False
- Which of the following foods are considered to be a whole grain?
 - Brown rice
 - Oatmeal
 - Quinoa
 - A and C only
 - All of the above
- How many minutes of moderate to vigorous physical activity should adults accumulate per week according to the recently revised Canadian Physical Activity Guidelines?
 - At least 100 minutes
 - At least 150 minutes
 - At least 180 minutes
 - None of the above



Lifestyle Quiz Answers:

1. a) True. Outdoors workers such as landscapers, construction workers and farmers can attest to the dangers of the sun and the frequency of sunburns. What some may not realize is that sunburns and overexposure to ultraviolet radiation from the sun increases the risk of developing skin cancer. Due to the nature of their job, outdoor workers are not only at greater risk for this disease, but have fewer options when it comes to avoiding the sun.

Some tips for working outside:

- Try to limit the amount of time you work outdoors in the direct sun between 11am to 4pm.
- Seek shade as often as possible, especially during lunch and coffee breaks.
- Wear a wide brimmed hat (more than 8cm or 3 inches).
- Wear loose and comfortable clothing that covers as much of the body as possible.
- Apply an SPF 30 or higher broad spectrum sunscreen (UVA + UVB) to all exposed areas of the skin before you go outside. Reapply throughout the day.

2. e) All of the above. Canada's Food Guide recommends that at least half of the grain products we eat are whole grain. Examples of whole grains include amaranth, bulgur, cracked wheat or rye, Job's Tears, kamut, millet, oats, popcorn, pot barley, quinoa, salba, sorghum, wild or brown rice and whole wheat berries. Enjoy whole grain breads, oatmeal or whole grain wheat pastas for your next meal. Cook or bake with whole grain flours or ground meal— look for the word "whole" on the label.

Keep in mind that some foods may sound like they are whole grains but in fact are not. Examples include multigrain, seven grain, twelve grain, stone ground, bran, pumpernickel, wheat germ and pearly barley.

3. b) At least 150 minutes. In order to receive health benefits, adults aged 18-64 are recommended to accumulate at least 150 minutes of moderate to vigorous physical activity per week. The total minutes per week of physical activity can be built up in sessions of 10 minutes or more. Of course 150 minutes per week is a minimum recommendation; the more physical activity the better!



Featured Recipe

Spicy Fish Tacos with Corn Salsa

Recipe Yield: 6 servings

6 (4 oz)	tilapia fillets
12	corn tortillas, warmed
1	lime, zested and juiced
1 cup	corn
1 cup	fresh cilantro leaves, finely chopped
1 cup	jicama, peeled and chopped (optional)
½ cup	red onion, diced
½ cup	red bell pepper, diced
2 tbsp	light sour cream or plain yogurt
1 tbsp	black pepper, ground
1 tbsp	cayenne pepper
1 tbsp	olive oil
1 tsp	salt

Directions:

1. Preheat grill for high heat.
2. For the corn salsa, mix in a medium bowl the corn, red onion, jicama (optional), red bell pepper, and cilantro. Stir in lime juice and zest.
3. In a small bowl, combine cayenne pepper, ground black pepper, and salt. Brush each fillet with olive oil, and sprinkle with spices.
4. Cook fish fillets on a grill or in a pan at medium heat, for 3 minutes per side. For each taco, top two corn tortillas with fish, sour cream or yogurt, and corn salsa. Serve with cut-up limes.

Nutrients per serving:* 320 calories, 7g fat, 1.5g saturated fat, 530mg sodium, 5g fibre, 27g protein.

* This nutrition information provides approximate values only and is based on data from *ESHA Research – The Food Processor*, <http://www.esha.com/foodprosql>