

# The Sibley Report

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... the place to find valuable information to help make your job – and your life easier! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call. Sibley & Associates is a national disability management firm with a decade of experience, nearly 300 healthcare professionals and state-of-the-art technology. Our customers benefit from all the advantages a large company has to offer... while also benefiting from the “small business” customer service philosophy of our dedicated Insurance Services Division.

## Eat your way to a long and healthy life!

The old expression “you are what you eat” may have more truth to it than you think! Research shows that if you have a healthy diet, you are more likely to *stay healthy*. Healthy eating has been shown to not only prevent certain diseases, but also help ease the impact if disease occurs, as well as promote recovery from illness/injury. By contrast, poor nutrition often plays a role in the development of a variety of conditions, such as heart disease, diabetes, certain types of cancer, dental disease, and adult bone loss... and it can have a very negative effect on recovery from illness/injury.

The facts speak for themselves:

- A study of almost 20,000 people found that risk of death was 20% less in those who ate just 2oz more of fruit or vegetables a day – about 1 small orange or ½ cup cooked broccoli. Eating more than 5 servings of fruit and vegetables a day can reduce risk of death by 50%. **Try to eat a wide variety of fruits and vegetables each day (5 to 10 a day).**
- Researchers think that calcium may stop cancer-causing agents from attaching to your colon’s lining. And your bones love the calcium too! **Try to incorporate calcium-rich foods like milk and cheese into your daily diet.**

- Diets high in fat (particularly saturated fat) put you at risk for heart disease and cancer (particularly breast, colon and prostate cancers). **Try to reduce your total fat intake to 30% (with saturated fat to 10%) of total energy by using less butter and margarine and using skim or reduced-fat milk products in recipes.**

The good news is that healthy eating isn’t as difficult as it sounds... you don’t need to develop special menus or learn a lot of complicated nutritional information. The key is to try to incorporate a *wide variety* of healthy foods into your diet each day.

The joys of eating are many, including how food tastes, smells and looks ... and helps prevent and/or reduce impact of illness! Please see attached the Canadian Sugar Institute’s Clips on Sugars Newsletter for healthy eating suggestions. Bon appetite!

### Sources:

[www.healthcentralsym.../column-healthjournal.cfm](http://www.healthcentralsym.../column-healthjournal.cfm), [www.prev.com](http://www.prev.com), [www.hc-sc.gc.ca/hppb/nutrition/pubc.cpcs/cpc4.htm](http://www.hc-sc.gc.ca/hppb/nutrition/pubc.cpcs/cpc4.htm), [www.healthcanada.com](http://www.healthcanada.com)

**Sibley**  
& ASSOCIATES INC.

**Steve Sibley**

President & C.E.O.

**Jim Richings**

Vice-President, Operations

**Cam Lowther**

Vice-President, Sales and Marketing

3027 Harvester Road, Suite 401  
Burlington, Ontario L7N 3G7

Tel: 905-633-7800 or  
1-800-363-8900  
Fax: 905-633-7900

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

