

News Flash

April 18, 2007

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American Heart Association campaign on different types of fat

Does less trans fat make foods healthier?

CTV News, April 17, 2007

http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070417/transfat_health_070417/20070417?hub=Health

A major change in the national diet is under way: Heart-damaging trans fat is rapidly disappearing from grocery aisles and restaurant food, too. But are its replacements really healthier?

The American Heart Association is beginning a major campaign to teach consumers about the different fats and how to tell what foods they're in. A centerpiece of the heart campaign is a Web-based calculator -- at <http://www.americanheart.org/facethefats> -- so consumers don't have to do that math. It tallies just how many grams of fat people of different ages and exercise habits can fit into a day, with lists of foods that fit the bill.

Trans fat ban considered for Toronto restaurants

Possible trans fats ban looms in Toronto

CTV News, April 18, 2007

http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070417/trans_fat_070417/20070417?hub=Health

Toronto's board of health has asked Dr. David McKeown, the city's health officer, to recommend the best way to initiate a plan to phase out trans fats from restaurant menus. McKeown has recommended that Toronto restaurants and food services outlets reduce their use of trans fats on a voluntary basis. Despite these recommendations, it is possible Toronto could formulate and implement its own restrictions for early 2008.

Weight loss strategies

The big diet bust: What you need to succeed long term

The Globe and Mail, April 18, 2007

<http://www.theglobeandmail.com/servlet/story/RTGAM.20070418.wbeck18/TPStory/specialScienceandHealth/columnists> (available to Insider Edition subscribers)

Leslie Beck summarizes a study published in the *American Psychologist*, which analyzed the findings of 31 studies evaluating the long-term success of calorie-restricted diets (this study was covered in a news flash dated April 16, 2007).

She then goes on to offer advice based on the National Weight Control Registry (NWCR) in the US. Since 1984 the NWCR has been tracking more than 5,000 people who have lost significant amounts of weight (at least 30 pounds) and kept it off for a long time. By studying their habits, researchers have identified strategies that can increase the likelihood of permanent weight loss.

- **Eat breakfast:** Seventy-eight per cent of NWCR participants report eating breakfast every day. Eating breakfast helps to kick-start your metabolism and prevents you from getting too hungry before lunch. People who eat breakfast on a regular basis are more likely to have a structured eating plan throughout the day.
- **Keep high-fat foods out of the house:** This sounds obvious, but that's what 85 per cent of NWCR participants do to help control their weight. Most say they stock the kitchen with only healthy foods and roughly one-third report eating in restaurants less often.
- **Be consistent:** Don't let loose on the weekend or even on vacation. Participants in the NWCR who reported a consistent diet across the week were 1.5 times more likely to maintain their weight within five pounds over the subsequent year compared with those who were more lenient on weekends and holidays.
- **Reduce variety:** It may go against current advice, but eating a less-varied diet may help you maintain weight loss. Those successful at weight loss reported eating a diet with a limited variety in all food groups. Reducing variety may help to increase the structure and simplicity of your diet, making it easier to stick to in the long term.
- **Get planned exercise:** Successful dieters report getting one hour of scheduled exercise each day, often brisk walking. And most say they add activity into their daily routine such as stair climbing and walking.
- **Weigh in regularly:** Almost 80 per cent of individuals in the NWCR step on the scale regularly, even after years of maintaining their loss. Monitoring your weight provides motivation and impetus to keep on going. And it allows you to nip small weight gains in the bud before they accumulate.
- **Stay focused:** To maintain focus and motivation, keep a food diary. One half of all NWCR participants say they record their daily food intake and workouts.

New, free online medical journal

Former CMAJ editors help launch online medical journal

CBC News, April 18, 2007

<http://www.cbc.ca/health/story/2007/04/17/open-medicine.html>

A group of Canadian doctors and editors is launching a new online medical journal that they say will be free from the influence of pharmaceutical companies. *Open Medicine* is an open-access journal that won't charge subscription fees or run advertisements for drugs or medical devices. The first issue goes live online today at

<http://www.openmedicine.ca/>



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