

### News Flash

February 20, 2007

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#### Items in this News Flash:

- Tuna consumption advisory
- American Heart Association's guidelines for women
- Link between cholesterol regulation and Type 2 diabetes
- ParticipAction is back

#### Tuna consumption advisory

*Canned tuna exceeds guidelines on mercury: CBC investigation*  
CBC News, February 20, 2007

<http://www.cbc.ca/health/story/2007/02/19/tuna-testing.html>

*Health Canada issues advice on canned tuna*  
CTV News, February 20, 2007

[http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070219/albacore\\_tuna\\_070219/20070219?hub=Health](http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070219/albacore_tuna_070219/20070219?hub=Health)

*Health Canada issues advice on consumption of canned albacore tuna*  
The National Post, February 20, 2007

<http://www.canada.com/nationalpost/news/story.html?id=9cc2e40f-9109-4476-b32c-2a744dedd56e&k=5830>

*Limit eating of some tuna pregnant women told*

The Globe and Mail, February 20, 2007

<http://www.theglobeandmail.com/servlet/story/LAC.20070220.HTUNA20/TPStory/?query=tuna>

Health Canada issued new consumption guidelines for canned albacore tuna for women and children.

CBC commissioned testing at the University of Ottawa to examine the mercury content in the canned tuna that makes it to store shelves. Sixty cans of albacore, or "white" tuna, were purchased at nine grocery stores in Vancouver, Winnipeg and Toronto. Studies have shown "white" tuna is typically higher in mercury content than "light" tuna, because it's generally a larger, older fish that has accumulated more mercury. Thirteen per cent of the tuna tested exceeded Health Canada guidelines for mercury.

The new guidelines from Health Canada indicate that "Canadians can rest assured that there is no reason to stop eating canned tuna." However, it suggests that "as a precaution":

- Pregnant or breastfeeding women can eat up to four servings of canned albacore tuna per week.
- Children between the ages of one and four years can eat up to one serving per week.
- Children between the ages of five and 11 years can eat up to two servings per week.

One serving of tuna is 75 gm, 2½ oz, 125 mL, or ½ cup.

To read Health Canada's advisory: [http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2007/2007\\_14\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2007/2007_14_e.html)

### **American Heart Association's guidelines for women**

*Heart guidelines urge women to exercise, trim fat*  
CTV News, February 20, 2007

[http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070220/heart\\_guidelines\\_070220/20070220?hub=Health](http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070220/heart_guidelines_070220/20070220?hub=Health)

Nearly all American women are in danger of heart disease or stroke and should be more aggressive about lowering their risk - including asking their doctors about daily Aspirin use, the American Heart Association said in new guidelines.

It is the first time guidelines have urged all women to consider Aspirin for preventing strokes, although specialists warn that it can cause ulcers and dangerous bleeding. They said it is probably not a good idea for young women with no big health problems.

The guidelines also advise daily exercise and less fat, and declare vitamins C and E, beta carotene and folic acid supplements not useful for preventing heart disease.

A summary of the guidelines:

- Exercise. Get at least 30 minutes of moderately intense exercise on most and preferably all days, 60 to 90 minutes if you need to lose weight.
- Diet. Eat mostly fruits and vegetables, whole grain and high-fibre foods, fish at least twice a week, and little salt. Limit saturated fat to less than 10 per cent of calories, seven per cent if possible, and trans fats to less than one per cent. Limit alcohol to one drink or less a day.
- Don't smoke. Use nicotine replacement products if needed to stop.
- Weight. Keep body-mass index under 25.
- Supplements. Consider omega-3 fatty acids (fish oil) if you already have heart disease. Do not take extra folic acid or antioxidants like vitamins E, C and beta carotene, for heart disease prevention.
- Blood pressure, cholesterol. Keep under control, with medicine if needed. Keep LDL or bad cholesterol under 100 if at high risk of heart disease and under 70 if at very high risk.

- Aspirin. Daily use is already urged for women at high risk, and the guidelines now say the dose can go up to 325 milligrams. All other women should consider 81 milligram "baby Aspirin" daily or 100 milligrams every other day for stroke prevention.

For more information: <http://www.americanheart.org/presenter.jhtml?identifier=3045524>

### **Link between cholesterol regulation and Type 2 diabetes**

*Culprit in Type 2 diabetes may be cholesterol: study*

The Globe and Mail, February 19, 2007

<http://www.theglobeandmail.com/servlet/story/RTGAM.20070218.wdiabetes0218/BNStory/specialScienceandHealth/home>

A new study suggests problems with cholesterol regulation in the insulin-producing cells of the pancreas may be responsible for the development of Type 2 diabetes.

The work, by scientists at Vancouver's Child and Family Research Institute, was done in mice. And the researchers would have to show that the same mechanism is seen in people. The article was published online by the journal Nature Medicine. To read more: <http://www.nature.com/nm/journal/vaop/ncurrent/abs/nm1546.html>

### **ParticipAction is back**

*Ottawa puts up cash to revive ParticipAction*

The Globe and Mail, February 20, 2007

<http://www.theglobeandmail.com/servlet/story/RTGAM.20070219.wparticipaction0219/BNStory/National/home>

The federal government is spending \$5-million to re-launch ParticipAction, the non-profit agency that encouraged Canadians to get fit. The government agreed to a proposal late last year to give the ParticipAction organizers \$1.4-million in start-up capital and \$3.6-million in its second year.



Made possible by an educational grant by the Heart and Stroke Foundation's Health Check™ program.

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