



Patricia Urrico

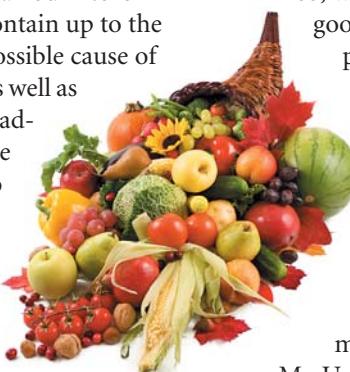
Sugar and salt may lurk in the unlikeliest foods

Watch out: The supposedly healthy snack that you're about to enjoy may not be as good for you as you think. Many products are marketed as "healthy", but closer examination reveals they leave a lot to be desired.

According to Patricia Urrico, nutritionist at the JGH's Cardiovascular Prevention Centre, two ingredients deserve special attention:

Sugar – Avoiding candy is a no-brainer, but what about fruit juice? Ms. Urrico says a four- to six-ounce glass of juice could actually contain up to the equivalent of four sugar cubes—a possible cause of tooth decay and childhood obesity, as well as dehydration. So be vigilant when reading juice labels. If sugar is listed as the first or second ingredient, there's too much of it. This is especially important if you're watching your weight or if you have diabetes or high triglycerides. Here's a better bet: Eat fresh fruit.

Sodium (salt) – It's easy to steer clear of salty foods like potato chips, but sodium may be lurking where you least expect it. When dining out, many of us opt for sparkling water, not realizing how high its sodium content is. Instead, choose still water. Ironically, elevated levels of sodium are also found in many pre-packaged diet meals, Ms. Urrico warns. Why be



concerned? Because too much sodium can contribute to high blood pressure, weight gain and water retention. Over-consuming it may cause puffy eyes and swollen ankles or knuckles.

Also, when you shop in a supermarket, it's a good idea to stick with products that are placed along the store's outer walls, Ms. Urrico says. That's where you'll generally find fresh fruit and vegetables, fresh fish and meat, dairy products and eggs. Processed foods that contain excessive fat, sugar and sodium are usually found in aisles in the middle of the store.

So if you want to eat right, don't make any hasty assumptions about food.

Ms. Urrico suggests you get your information from a reliable source, such as a registered dietitian or nutritionist. You can also turn to dependable Internet sites such as: www.healthcastle.com

www.extenso.org
www.passeportsante.net
www.opdq.org
www.dietitians.ca

Dig it: Renovation project proceeding apace



By mid-July, excavation was well under way along Côte-Ste-Catherine Rd. to prepare for construction of the new Division of Radiation Oncology. Once the below-ground facilities are completed, the main street-level entrance (the gray block at centre-right behind the digger) will be totally rebuilt with a stylish, new design. For the first time, visitors will also have direct access from the main entrance to Pavilion G (top left). Construction is expected to be completed by fall 2008.

JGH gets the summertime blues, and jazz and ...



Vocals by JGH social worker Brenda Ferguson (second from left) were among the highlights of the eighth annual JGH Jazz Festival, which started summer off on a hot note in late June and early July. Joining Ms. Ferguson onstage were (from left) festival organizer Bryan Highbloom, guitarist Pierre Lajoie, and singer and festival co-organizer Eve Arseneault. The healing sounds of music were presented to patients, visitors and staff in a series of free indoor and outdoor concerts in styles ranging from world jazz to blues to fusion.