

REAL LIFE

PEOPLE • FASHION • FOOD • WELLNESS • HOW WE LIVE

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Calgary women Marci Andrews, left, Jana Sinclair, centre, and Nancy Scott have created a helpful tool for new mothers.

VITALS



Starting with the right foods leads to healthy snacking.

Tips for shopping while on a diet

STRATEGIES • You may go to the grocery store with every intention of bringing home plenty of fruits and vegetables, low-fat dairy products, whole grains and lean meats. But you can't leave your cravings at home, so they hitch a ride in your cart. And at every turn, they beg, plead and bargain for all kinds of things that aren't on your list. Don't cave in just yet. Here are some tips that can help keep those cravings in line.

- **Take the edge off.** Chew some sugarless mint gum while grocery shopping to distract you from your cravings and soothe your sweet tooth.
- **Find some healthier favourites.** Make sure you put some healthy foods in your cart that your taste buds really love.
- **Pick the right time.** Stay away from the store when you're starving or stressed out.
- **Use the power of bribery.** Tell yourself that if you keep up with your workouts and stick to your healthy meal plans that week, you'll let your cravings pick out

one thing they want at the store. —McClatchy Newspapers

Tuna Cheddar Melts

RECIPE • If you have a well-stocked pantry and some fresh bread on hand, this easy meal is low-fat and high-nutrition. It's from Johanna Burkhard's new book, *Diabetes Comfort Food* (Robert Rose, \$27.95), a collection of recipes focusing on flavour and health. Light cheese contains at least 25 per cent less fat than regular cheese, Burkhard says.

- 1 can (6 oz/170 g) tuna, drained, flaked
- 1/4 cup (50 mL) light mayonnaise
- 1/4 cup (50 mL) finely chopped celery
- 1 green onion, finely chopped
- 1 tsp (5 mL) fresh lemon juice
- 4 slices whole-grain bread
- 8 thin tomato slices
- Freshly ground pepper
- 4 oz (125 g) light cheddar cheese, thinly sliced or shredded

In a bowl, combine tuna, mayonnaise, celery, onion and lemon juice. Spread mixture on bread. Then arrange tomato slices on top, season with pepper and top with cheese. Arrange on baking sheet and broil for about three minutes or until cheese melts. Serve at once.
Serves 4. —CarWest News Service

Zip up your child's health records

SHELLEY BOETTCHER
CALGARY HERALD

When doctors couldn't clear up her infant son's recurring ear infections, Nancy Scott decided to take action.

She and her family travel frequently, and her son often became ill at night or on weekends — which meant trips to the hospital or walk-in clinics.

To keep track of everything, Scott bought a daytimer. In it, she religiously recorded the visits to the doctor, the medications, the number and duration of his illnesses.

"It was just a place to keep everything, so I didn't forget," she says.

The little book worked. Their family doctor could more easily pinpoint patterns, and the ear infections finally cleared up — for good.

Scott realized she was doing something that could be useful for other parents, too.

Along with her close friends Jana Sinclair and Marci Andrews, she's one of the Calgary creators of the HealthPod Baby, a new filing and information system for parents of young children.

The zippered binder contains a pen, notebook, growth charts and plastic pockets to hold vaccination cards and other papers.

Organizational tabs hold pages to record essential health information, visits to healthcare professionals, vital statistics and family background.

It retails for \$59.95 online (www.healthpod.ca) and at select retailers across Canada, including Posh Mommy in

Kensington, Ella Bella Maternity Boutique in Willow Park, I Bambini in Scotia Centre and both Community Natural Foods locations.

Currently, it comes with changeable pink, blue and yellow zipper pulls and a tougher-than-nails green cover.

"We wanted something durable and wipeable," says Andrews.

"We wanted something that could be tossed in a diaper bag, with spilled juice, and still be OK."

The idea for the HealthPod Baby grew out of Scott's initial daytimer. When Sinclair had her first child, she searched for a book like Scott had used, not realizing that it was just a daytimer — albeit a fancy one that zipped closed.

Over one of the trio's regular Saturday morning brunch meetings, they discussed the possibilities of creating a better book for all parents, a sort of binder with storage space and lots of places for new parents to record information about their child's health.

"We know you can't record everything, and so really, what are the most important things?"



The HealthPod Baby is a zippered binder with a pen, notebook, growth charts and plastic pockets to hold vaccination cards.

And how do you keep it organized and simple and all in one place?" Andrews says.

Before long, Andrews adds, they had a business plan. They quizzed more than 200 parents and they approached at least 20 doctors — including their own — for advice.

"Doctors were really fond of the idea because it's very challenging for them when parents come in with infants," Andrews says.

"If people travel or go to emergency or a walk-in clinic, they have a portable

record of their kid."

Fans of the HealthPod Baby include Calgarian Lisa Hargreaves, mom of two children, aged seven and five.

She bought the HealthPod Baby after her son developed pneumonia last summer on a family vacation. At the time, her daughter was also ill and seeing specialists at the Alberta Children's Hospital.

Now Hargreaves records everything in it — her children's growth charts and immunization dates, her questions and her doctor's responses.

"If I don't write down all my questions, I'll get to the doctor's and I'll forget to ask something," says Hargreaves.

She says she believes her children will want to keep their books their entire lives.

"I think how handy this book will be for my children when they're adults," adds Hargreaves. "They'll have something to refer back to, not just their memory or mine."

Expanding the HealthPod Baby is already a plan for the trio, who are developing a series of pages to be added as kids get older, Andrews says.

"Our goal is to have it grow with the child."

CHECK THIS SUNDAY'S CALGARY HERALD FOR YOUR CHANCE TO WIN A Trip for Two to Iqaluit ᐃᑭᑭᑦᑲᑦ - capital of Nunavut

Enjoy Aurora Class service aboard a Canadian North jet and experience a true Northern adventure. Whether you choose to travel during the Toonik Tyne spring carnival, the Alleanit Arts Summer Festival or a winter dog sledding tour, Iqaluit has something for everyone. With amenities and quality of life, rich in historical and cultural heritage, Iqaluit is the most northerly capital and the fastest growing community in Canada. Airfare and two nights' accommodation included. Not redeemable for cash.



In celebration of the world premiere of *Frobisher*, a new Canadian Opera by John Estacio & John Murrell, opening January 27-31 & February 2 at the Jubilee Auditorium. *Frobisher* was co-commissioned and

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