

# GOOD *for you*

Health and Wellness  
for Magna Employees

## Linda Labute

The Smoothie Mama  
of Windsor Modules



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Windsor Modules Linda Labute wasn't always a fan of smoothies, nor was she a stranger to them.

Above: Linda Labute (right), pictured with our Health Promotion Coordinator, Dana Burt

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reading

Her daughter Lisa, who operates a health business, had been serving them to her whenever Linda visited, but she hadn't embraced the notion of "drinking your vegetables."

"It's a weird texture," Linda acknowledges. "It's thick. Not what we're used to." After she saw a television program that focused on the health benefits of smoothies, Linda realized it was more than a fad. "I decided I had to do my best to support my daughter."

Armed with a Health Master Blender, Linda became smoothie enthusiast. Not only does she make a daily smoothie for herself, she brings them in for her colleagues at Windsor Modules. "I make a different kind of smoothie every day," she says, "but they always contain four vegetables and one fruit." Her co-workers are reaping the benefits of Linda's dedication. "Everyone's favourite is the Banana Almond Supreme," she adds.

Sixty year-old Linda is not a nutrition guru or medical professional, but she has witnessed a difference in her smoothie converts.

*"Everyone who starts drinking smoothies notices an immediate difference in their energy," she explains.*

"Physical changes are gradual, but the benefits people notice are shiny hair, hard nails, and nice skin. My dentist and dental hygienist both noticed that my gum health had improved. I lost 10 pounds, but didn't realize until I noticed my clothes were starting to get too big. I wasn't trying to lose weight and didn't change anything else in my lifestyle other than drinking smoothies!" She adds, "Fibre cleans out the body... helps get rid of foreign matter."

Dana Burt, Health Coordinator with Magna Wellness, agrees. "When I started at Windsor Modules, Linda stood out in the crowd of employees because of her beauty and energy; she had a glow to her!"

Linda also noted significant changes in her own family. "My 28 year-old son experienced severe seasonal allergies. Since he was 8 years old he's been taking allergy pills and getting allergy shots."

*"Six weeks after he began drinking a daily smoothie, he stopped needing to take medication."*

"He and his wife are smoothie converts and now, two years later, if he misses three days of smoothies, he starts sneezing again."

Though her love of smoothies came relatively late, it seems it was only a dormant passion that has reawakened. "When Lisa was a baby, I found that there were things like salt and garlic salt in baby food and I didn't understand why. I started making all of my own baby food at home by cooking foods in a pressure cooker, putting it into ice cube trays, and then thaw it on the stove to serve." Her daughter's response? "Mom, I was already eating smoothies at six months old!"

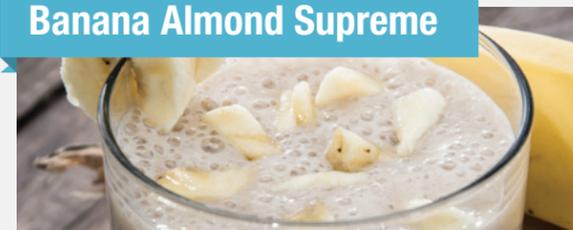
In addition to Linda's regular followers she knows of at least another dozen employees at Windsor Modules who also make smoothies at home for themselves and their families, either for weight loss or just overall health. "I'll be retiring in three years and want to bring my daughter's business to the Windsor area. I'm starting my fan base now!"

### Linda Labute

Windsor Modules

### Smoothie Mama's PICKS

#### Banana Almond Supreme



Yields 2 – 14oz servings

24 raw almonds (12 per person) – pre-soaked in 2 cups of filtered water for 4 hrs or over night

½ of a bag of spinach – 283g/10oz

½ cup of blueberries

2 bananas

1 tbsp hemp seeds/1 tsp honey – optional

**Blend almonds and water on high speed for 30 seconds, add remaining ingredients and blend for 1 minute.**

#### Rosy Red Smoothie



Yields 2 – 14oz servings

2 handfuls of spinach or 4 large leaves of leafy greens (like Swiss chard or romaine)

1 small to medium beet (clean, but do not peel)

1 small to medium carrot

⅓–½ cored pineapple

2 cups filtered water

**Blend on high speed for 1 minute**



Please visit [www.magnawellness.ca](http://www.magnawellness.ca) for more of Linda's delicious smoothie recipes

# 101 SMOOTHIES

**SMOOTHIES** are quick, easy and an ideal, nutritional meal replacement.

They are an excellent way to start your day, but can be enjoyed anytime and at your convenience. All you need to get started is a quality blender, knife and cutting board. The amount of vitamins, minerals, anti-oxidants, nutritional value and fiber content in a single serving blended smoothie is astonishing. Linda Labute has shared a few of her favorite smoothie recipes on our website, [magnawellness.ca](http://magnawellness.ca).

## Here are a few of the Smoothie Mama's tips to get you started:

**Try not to exceed more than 5 ingredients** (for example: 4 veggies & 1 fruit. If this is too "green" for you, use 3 veggies & 2 fruit)

**Serving size:** Use the same quantities you would use if you were making a side salad for yourself.

**Add 1 cup of filtered water per person for each smoothie**, more or less depending on the thickness you prefer.

**Add harder/denser ingredients**, like carrots or apples, and water into the blender first, followed by lighter or juicier ingredients, like lettuce or tomatoes or berries.

**Try not to blend your smoothie for more than one minute.** (Depending on your blender – refer to manufacturer's user guide)

**You can prepare a smoothie up to 24 hours in advance**, but be sure to cover and store it in the fridge in a glass container. It will thicken up overnight, so adjust the water content if necessary, during blending.

**Browse through your vegetable and fruit department.** Anything you can eat raw, you can blend into your smoothie. Organic is best, but not always available or affordable. Wash everything well, but don't peel it if you can help it (sometimes the peel is better for you than what's inside). Try fruits and veggies you've never had before and choose a variety of colored fruits and veggies.

**Buy springly, a little goes a long way.**

Try to buy what's in season; it's usually cheaper, fresher, local and more available. Here are some veggie suggestions: romaine or leaf lettuce (avoid iceberg lettuce because it has very little nutritional value), spinach, swiss chard, kale, parsley, carrots, parsnips, cucumbers, celery, beets, peppers, asparagus, zucchini, sweet potatoes or yams, mushrooms, broccoli, and cauliflower.

**The fruit is the key ingredient.**

You can use the same 4 veggies every day, but by changing up the fruit, your smoothie will taste different from one day to the next. Here are some fruit suggestions: apples, pears, bananas, peaches, plums, seedless grapes, pineapples, avocados, mangos, watermelon, strawberries, blueberries, raspberries, and papaya.

**Be adventurous!**

Don't be afraid to experiment with fresh ginger, a dash of cinnamon, a squeeze of lemon or lime, a teaspoon of pure honey, raw almonds, etc. You can go weeks without having the same smoothie twice!



## POLLUTANTS, CONTAMINANTS AND TOXINS *in the home*



From household cleaning products to paint, moth repellents and air fresheners, chemicals lurk in our homes, may accumulate in our bodies, and can contribute to a variety of illnesses. Some of these products are invaluable to our daily lives while the use of others is optional.

One common set of chemicals are volatile organic compounds (VOC's) which are present in most homes and workplaces. They comprise a large number of the chemicals in our home.

### EXAMPLES OF VOC'S INCLUDE:

Paints and lacquers	Correction fluids and carbonless copy paper
Paint strippers	Graphics and craft materials such as glues and adhesives, permanent markers and photographic solutions
Cleaning supplies	Moth repellents and air fresheners
Pesticides	Stored fuels and automotive products
Building materials and furnishings	Dry-cleaned clothing
Office equipment such as copiers and printers	

### THREE OF THE MOST COMMON VOC'S INCLUDE:

#### Formaldehyde

A known carcinogen, is used in cleaning products, permanent press fabrics, wallpapers, furniture, and mattresses. It is a respiratory irritant that can cause dizziness, insomnia, headaches and rashes.

#### Perchloroethylene

An organic solvent used by many dry cleaners and also as an industrial cleaner, can injure the liver, kidneys and nervous system if exposure is high.

#### Benzene

Is used in a large variety of products, such as paints, plastics, detergents, rubber, and solvents. It has also been found in cigarette smoke and is present in automobile emissions. Benzene is a cancer causing agent and has been linked to blood cancers.

The reality is that our modern world relies on many products that use various chemicals. We cannot eliminate all of these from our lives but we can avoid them or reduce our potential exposure to these.

### STEPS TO REDUCE EXPOSURE:

*Throw away partially used containers of old or unneeded chemicals safely* – because gases can leak from closed containers

*Only use chemicals in well-ventilated areas* – bring it outdoors or open up the windows to let some fresh air in and wear a proper mask when using these substances

*No smoking in the home* – cigarette smoke contains benzene, a known human carcinogen

*Air out your dry-cleaned clothes, outside if possible, before bringing them indoors*

### Avoid plug-ins or air fresheners

Baking soda or vinegar with lemon juice in small dishes absorbs odors around the house.

Prevent cooking odors by simmering vinegar on the stove while cooking (1 tbsp. in 1 cup water).

Grind up a slice of lemon in the garbage disposal.

Simmer water and cinnamon or other spices on the stove.

Place bowls of scented dried herbs and flowers in a room.

# MAKING SENSE OF *fats*

In a world of low-fat diet crazes it may come as a shock to discover that it is not necessarily the amount of fat that matters, but rather the type of fat. Most foods contain several different kinds of fat. Some fats are better for your health than others and some fats actually help promote good health.

## ✓ GOOD FATS

Good fats are the monounsaturated fats, polyunsaturated fats and omega-3 fatty acids. These fats play a key role in reducing cholesterol levels in the blood and lowering your risk of heart attack and stroke. They also provide nutrients to help develop and maintain your body's cells.

Omega-3 fatty acids are a type of polyunsaturated fat. Their benefits rise above and beyond the typical monounsaturated and polyunsaturated fat. Highly concentrated in the brain, omega-3 fatty acids play a role in mental function (memory, problem-solving abilities, etc.) and emotional health.

### RESEARCH SHOWS THEY:

- Definitely reduce the risk of heart disease, stroke, and cancer
- Help support a healthy pregnancy
- May prevent and reduce the symptoms of depression
- May protect against memory loss and dementia
- Ease arthritis, joint pain, and inflammatory skin conditions

### FOOD SOURCES OF GOOD FATS

#### Monounsaturated fat

Olive oil  
Canola oil  
Sunflower oil  
Peanut oil  
Sesame oil  
Avocados  
Olives  
Nuts (*almonds, peanuts, hazelnuts, pecans, cashews, macadamia nuts*)  
Peanut butter

#### Polyunsaturated fat

Soybean oil  
Corn oil  
Safflower oil  
Walnuts  
Sunflower, sesame, and pumpkin seeds  
Flaxseed  
Fatty fish (*salmon, mackerel, herring, trout, sardines, tuna*)  
Soy milk  
Tofu

#### Omega 3 fatty acids

Fish  
Walnuts  
Ground flax seeds  
Flaxseed oil  
Canola oil  
Soybean oil

## HOW MUCH FAT SHOULD YOU EAT?

*This depends on your lifestyle, your weight, your age, and the state of your health. In general, the USDA recommends the average individual:*

- Keep the total fat intake to 20-35% of calories – about 60-70 grams per day for a 2000 calorie diet
- Limit saturated fats to less than 10% of your daily calories (20 grams for a 2000 calorie diet)
- Limit trans fats to 1% of calories (2 g per day for a 2000 calorie diet) or avoid them entirely if you can

## ✗ BAD FATS

Bad fats are the saturated and trans fats. Look for these types of fats on food products and try to avoid them as much as possible because they are responsible for increasing your risk of disease and elevating your cholesterol.

### FOOD SOURCES OF BAD FATS

#### Saturated fat

High-fat cuts of meat (*beef, lamb, pork*)  
Chicken with the skin  
Whole-fat dairy products (*milk and cream*)  
Butter  
Cheese  
Ice cream  
Lard

#### Trans fat

Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough  
Packaged snack foods (*crackers, microwave popcorn, chips*)  
Stick margarine  
Vegetable shortening  
Fried foods (*French fries, fried chicken, chicken nuggets, breaded fish*)  
Candy bars

### TIPS TO REDUCE UNHEALTHY FATS IN YOUR DIET:

- Eat less red meat (beef, pork, or lamb) and more fish and chicken
- Go for lean cuts of meat and white meat, which has less saturated fat
- Bake, broil, or grill instead of frying
- Remove the skin from chicken and trim as much fat off as possible before cooking
- Avoid breaded meats and vegetables and deep-fried foods
- Choose low-fat milk and lower-fat cheeses whenever possible
- Use liquid vegetable oils such as olive oil or canola oil instead of lard, shortening, or butter
- Avoid cream and cheese sauces

# 10 FUN FITNESS FACTS



**1** Bodies are a creature of habit. The more you exercise, the more your body learns to burn fat rather than store it.



**2** If you had every single muscle in your body working together at the same time, you could lift about 50,000 pounds (22,700 kg).

If you are not a regular exerciser, by the time you are 65 you may experience as much as an 80% decrease in your muscle strength.



**4** Between birth and old age you will walk about 70 000 miles (113,000 km).



**5** It takes only about 23 seconds for blood to circulate throughout your entire body.

**6**



If you are 25 pounds (11 kg) overweight, you have nearly 5,000 extra miles (8,000 km) of blood vessels through which your heart must pump blood.



**7** People who cross-train with a variety of exercises are more fit and less prone to injury than those who do only one or two types of exercises.

Your heart is the strongest muscle in your body and beats about 100,000 times a day in the average adult.



**9**

The best way to judge whether you are exercising at too high of an intensity is to do the "talk-test". See if you can carry on a conversation. If you can't, you may want to bring down the intensity a bit.



**10** Aerobic exercise is one of the best preventable medicines available and one of the cheapest.



## ROASTED VEGETABLES *with Herbs*

This marvelous medley of colourful vegetables is a feast for your eyes *and* your taste buds!

**PER SERVING** *Makes 8 servings*

**185** calories

**5.8 g** fat

**0.8 g** saturated fat

**3.5 g** protein

**33 g** carbohydrate

**6.5 g** fibre

**0 mg** cholesterol

**194 mg** sodium

### INGREDIENTS

**12 mini** red, white or purple potatoes, unpeeled, halved (see cooking tips)

**6 medium** carrots, peeled and cut into 1-inch pieces

**1 small** fennel bulb, trimmed and cut into 1-inch slices (see cooking tips)

**1 large or two medium** parsnips, peeled and cut into 1-inch pieces

**1 large** red onion, cut into 8 wedges

**½ small** butternut squash, peeled and cut into 1-inch pieces

**3 tbsp** olive oil

**1 tsp** balsamic vinegar

**½ tsp** each sea salt and freshly ground black pepper

**1 tbsp** minced fresh rosemary (or 1 tsp dried)

**1 tbsp** minced fresh thyme (or 1 tsp dried)

### PREPARATION

**1** Preheat oven to 400°F.

**2** Place potatoes, carrots, fennel, parsnips, onions and squash in a very large mixing bowl. In a small bowl, whisk together olive oil, vinegar, salt and pepper. Pour over vegetables. Toss vegetables until evenly coated with oil mixture. (Using your hands works well, too!) Sprinkle herbs over vegetables and toss again.

**3** Spread vegetables evenly on a very large, rimmed, non-stick baking sheet or on two smaller rimmed baking sheets. Be careful not to crowd the vegetables or they will steam, not roast! As much as possible, they should be in a single layer.

**4** Roast vegetables, uncovered, for 20 minutes. Remove from oven and give veggies a stir. Return to oven, rotating pans if necessary, and bake for an additional 15 to 25 minutes, depending on thickness of vegetables. Be careful not to burn them!

**5** Serve hot and enjoy!



### IMPORTANT COOKING TIPS

Look for small bags of tiny colored potatoes in the produce section of your grocery store. They usually contain a mixture of white, red and purple potatoes and work very well in this recipe. If you can't find mini potatoes, you can buy fingerling potatoes or regular potatoes and cut them into 1-inch cubes. The key is to cut all of the vegetables into 1-inch pieces (approximately) to ensure even roasting. Otherwise, your squash and onions will be tender while your carrots and potatoes are still hard as rock.

To trim fennel, cut off and discard stalks and ½ inch off bottom of bulb. Cut bulb in half. Place flat side down on cutting board. Cut each fennel half into 1-inch slices.

Beets would make a fantastic addition to this recipe. However, red beets will bleed color onto the other vegetables so we suggest using golden beets if you can find them.

Recipe by Janet & Greta Podleski, authors of four #1 national bestselling cookbooks, including their latest, The Looneyspoons Collection. ([www.janetandgreta.com](http://www.janetandgreta.com))

## Holiday STRESS-BUSTERS

The holidays are a stressful time of year. The pressure of buying gifts, family get-togethers, baking, cleaning, and entertaining are enough to get to anyone. Here are some practical suggestions for helping to reduce your holiday stress and enjoy the seasonal festivities.

#### Plan ahead.

Set aside specific days for shopping, baking, visiting friends, and other activities.

#### Learn to say no.

Families and friends will understand if you can't make it to every event or activity. Saying no once in a while will keep you from feeling overwhelmed.

#### Stick to a budget.

Decide ahead of time how much money you can afford to spend on gifts, food, and supplies. Stick to that budget!

#### Make a list.

Make a list of all the gifts you wish to buy before you go shopping. Cross people off the list as you purchase their presents.

#### Don't abandon healthy habits.

This will only add to your stress and guilt. Keep healthy snacks around and make time for exercise.

#### Be realistic.

The holidays don't have to be perfect. Families grow and change and it's okay to let traditions change as well.

#### Seek professional help if you need it.

If you are feeling persistently sad or anxious, unable to sleep, irritable and hopeless, and unable to cope, see your health care provider.

We would love to hear from you!  
Send your suggestions / comments to:

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