

Health

Use supplements to create some healthy desserts

Desserts tend to be one of the most problematic areas in any lifestyle program. Unless the dessert has been specifically prepared to be low in fat, sugar, and calories, chances are it's going to contain more than you had bargained for.

Fortunately, if you're willing to put in a little effort into making these desserts, it's possible to come up with something that tastes great but will still satisfy your nutritional requirements.

Deluxe chocolate pudding

Pudding is usually a pretty safe bet for most people so serve up a healthier variety to keep the calorie intake down while pushing the protein content up high.

1 packet low sugar pudding powder



ROBERT HORNING & HEIDI MOIS

2 scoops chocolate protein powder

1 cup skim milk (depending on desired consistency)

1 protein bar (optional)

Use a low-sugar variety of pudding powder and prepare it yourself using skim milk.

Once you've been blending the pudding and its almost at the desired consistency you want it, add in one to two scoops of chocolate protein powder (or vanilla, if you're making vanilla pudding).

Continue blending until the protein powder has been incorporated

in and then spoon into individual serving bowls. To put the finishing touches on the pudding and make it more pleasing to the eye, chop up your favorite protein bar into small pieces and then sprinkle on top of each individual pudding bowl.

Healthy chocolate truffles

The other recipe that you can make for dessert is some healthy chocolate truffles.

With a few minor adjustments to a classic recipe, you can easily create one that offers more than just loads of sugar and saturated fat.

1 cup natural peanut butter

1 ounce dark chocolate

1/2 cup Splenda

1 cup crispy rice cereal (can use more or less depending on the texture you want the truffle to be)

1/2 cup chopped p eanuts

1 scoop chocolate protein powder

Begin by melting together the natural peanut butter and chocolate in a saucepan over low heat. Stir in the Splenda for added sweetness and then add in the crispy rice cereal and peanuts. Continue to stir until evenly distributed.

Place this mixture into the fridge so it hardens slightly and about an hour later, take it out and form into small balls. From there, combine the scoop of chocolate protein powder with Splenda and then roll the truffle in this mixture until evenly coated. Place again in the fridge until you're ready to serve.

While these will still contain quite a high number of calories due to the fat content found in them, it's going to be healthier forms of

fat. As long as you limit yourself to one or two, you should easily be able to finish off your meal without feeling guilty.

Conclusion

So don't fear dessert. Instead, do some prep work ahead of time rather than running out and purchasing whatever looks good. By preparing the dessert yourself you will be in control of what gets added to the dish, so you can tailor it to your own nutritional requirements.

Robert Horning and Heidi Mois, a local couple who are both fitness trainers, design programs to meet participants health goals. If you have a question for Robert or Heidi please contact them at horning-mois@ymail.com.

Vacations good for health if not pocketbook

Misty HARRIS Postmedia News

Canadians may save themselves money by forgoing a summer vacation, but a new report suggests they'll pay for it in the end.

According to researchers, frequent holidays of moderate length – three to six days – are critical to our health and well-being, providing a shot in the arm to happiness, creativity, energy and even life-expectancy.

Perhaps best of all, we're wired such that our memories of vacationing are typically inflated, with minor letdowns and planning potholes diminished in the trip's afterglow.

In other words, we don't actually need to have the best time in order to think we did.

"Even if there are little annoyances and headaches that spoil your holiday at the time, it doesn't mean that when you look back in the future you won't still cherish the memory of being away," said Christian Jarrett, a psychologist in the United Kingdom.

"It almost gets philosophical: If you have all those memories, does it really matter that you didn't have as good a time as you think you did?"

Jarrett noted that a 2008 study found overall recalled happiness on a vacation is strongly linked to a traveller's most memorable 24-hour period during that trip.

This suggests that a single spectacular event in an otherwise dull escape can ultimately shape a person's reminiscence.

"If we're not having such a good time while we're away, we can console ourselves with the knowledge that we'll still enjoy the benefit of nice memories when we get home."

The science of vacationing is explained by Jarrett in the August issue of The Psychologist, the monthly magazine of The British Psychological Society.

His report notes that although vacation bliss is blind to age and socioeconomic status – a win for anyone on a budget – there does exist a "holiday happiness curve" in which positivity is related to how long a person has been away.



SUBMITTED

Qualicum Beach on Vancouver Island is a perfect place to relax on vacation.

Quick, low-cost tests can accurately detect developmental delays in kids

The Canadian Press

TORONTO — Simple tests can accurately pick up developmental delays in children before they start school, but too few doctors are using the screening tools, researchers say.

"Only 30 per cent of children with developmental delays are identified prior to school age – whether that's social, physical or learning – and most experts would agree that we should be identifying those delays earlier through regular screening," says principal investigator Dr. Marjolaine Limbos, a psychologist at BC Children's Hospital in Vancouver.

In a study of more than 300 children, Limbos and co-author Dr. David Joyce found that the Ages and Stages Questionnaire (ASQ) and the Parents' Evaluation of Developmental Status (PEDS) test are reasonably accurate in identifying delays.

ASQ and PEDS can be filled out by parents at home or in the doctor's office, then scored in minutes by the physician.

But surveys suggest that less

than half of Canadian family doctors offer the questionnaires to parents, said Joyce, an assistant professor of family medicine at the University of British Columbia.

"Right now, the majority of family physicians do the eyeball test," said Joyce, explaining that doctors often rely on visual cues and clinical judgment to assess whether a young child appears to be meeting so-called developmental milestones.

"You'd think you'd be able to just see this and pick it up, and it's actually not that easy to do when you're doing it unaided," he said.

The ASQ and PEDS tests can flag any delays in a child's progress compared to other kids their age – including speech and language comprehension; cognitive or intellectual development; and motor skills such as the ability to pick up an object or walking and throwing a ball.

Developmental delays are common, affecting an estimated 10 to 15 per cent of Canadian children, and range from mild problems to disabling deficits, including conditions covered by autism spectrum disorder.

LIFESTYLE programs on TV tonight 8/4/11							
	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM 10:30
HGTV	Deck Wars "Hot Tub Deck War"		House Hunters	House Hunters International	Holmes Inspection "Plumb Unlucky" Virginia's 'safe haven'.		Deck Wars "Hot Tub Deck War"
FOOD	Dinner Party Wars "Opal" Authentic Greek cuisine.		Restaurant Makeover George would love to renovate.		Diners, Drive-Ins and Dives	Un-wrapped Fall foods.	Cupcake Wars "LA Kings" Four cupcake bakers compete.
W	Friends "The One in Vegas"	Love It or List It "Renton"	Candice Tells All	Candice Tells All	Love It or List It "The O'Hara Family" A fixer upper in the city.	Home-wreckers "Getting Antsy"	Home-wreckers "Ground Control"
TLC	LA Ink "Kat's New Roommate" Kat is designing her own wedding dress. (N)		LA Ink "New Beginnings" Kat starts over.		LA Ink "Kat's New Roommate" Kat is designing her own wedding dress.		NY Ink "Back in a New York Groove" Ami James is opening a tattoo shop.
OUTDOOR	Storage Wars	Operation Repo	Man v. Food "Seattle" Seattle.	The Dudesons	Haunted Collector "Slaughterhouse Ghosts; Supernatural Sword"	Storage Wars	Operation Repo
MUCH MUSIC	RapCity Hip hop and rap culture.		New.Music.Live		Degrassi "Should've Said No"	South of Nowhere (Part 1 of 2)	MuchMusic Countdown Canada's Music Video Countdown Show
MMM	Late Night With Jimmy Fallon Ryan Reynolds, Viola Davis. (N)	Don't Forget the Lyrics!	Don't Forget the Lyrics!		Buffy the Vampire Slayer A botched spell causes confusion.		Saturday Night Live Kate Winslet, Eminem.

There is a difference in funeral homes.

1925 Prince George Funeral Service (2008) Ltd.

1014 Douglas Street 250-564-3880 • 1-866-604-3880

TD Canada Trust

Reason to switch #80:

I switched because whenever I needed a bank, I always found a TD.

Switch your chequing account to TD Canada Trust and get the convenience of over 1,100 locations.

www.tdcanadatrust.com/switch • 1-800-577-9592

Switch and get up to \$250.¹

Banking can be this comfortable

TD

¹ Offer available August 1 to October 14, 2011 but may be changed, extended or withdrawn at any time without notice. Conditions apply. See us for details.

®/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

1708646