

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

Our Future – Our Responsibility

OUR VISION

With a good mind it is our responsibility to protect and exercise our inherent rights while creating sustainable partnerships and building a strong community for future generations.

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December
Tsiiothohrha
2019



Contact Us

Kanonhkwa't'sheri:io
Health Facility

31 Hilltop Drive,
Akwesasne, Quebec,
H0M 1A0

Phone: 613.575.2341
ext. 3220
Fax: 613.575.1152

Like Us on
Facebook



Green Food Bag/Tetewatska:hon

To order a Green Food Bag you can call or go to the Community Health office, located at the Kanonhkwa't'sheri:io Health Facility.

The cost is \$10.00 per bag.

Deadline to
Order:
December 6

December Pick Up Dates

Kana:takon Pick Up

Date: December 17
Time: 11am – 4pm
Place: St. Regis
Recreation

Tsi Snaihne Pick Up

Date: December 17
Time: 1pm – 5pm
Place: Tsi Snaihne
Homemaker's Club

Kawehno:ke Pick Up

Date: December 18
Time: 11am- 4pm
Place: A'nowara'ko:wa
Arena



The MCA Community Health Program now provides immunizations by appointment only.

To book an appointment, please call
613.575.2341 ext. 3220

IMPORTANT! Please remember to bring your yellow immunization record.

Immunizations are also available at the Kawehno:ke Medical Clinic. They are provided by appointment only.
To book an appointment, please call 613.932.5808

Discipline Cheat Sheet

Instead of that, Say this.



Simple phrases and ideas for defusing tough situations with your child.

 <p>What were you thinking?!?!</p> <p>Instead say: I'm going to help you with this.</p>	<p>How many times do I have to tell you?</p> <p>Instead say: I'm going to do () so that it will be easier for you.</p>	<p>Stop it! You are embarrassing me!</p> <p>Instead say: Let's go to a quieter place to get this sorted out.</p> 
<p>If you don't stop that, no Xbox for a week!</p> <p>Instead say: I can see this is tricky for you. We are going to solve this later. Let's get a drink of water.</p> 	<p>Go to your room!</p> <p>Instead say: Come here. I've got you.</p>	<p>No stars on the star chart for you!</p> <p>Instead say: Let's figure out a better way for next time.</p> 
<p>Stop. That. Right. NOW!</p>  <p>Instead say: If you need to get your mad out - then go ahead. It's okay. I've got you.</p>	<p>*Silent eye-roll and frustrated sigh*</p> <p>Instead do: *Kindness in your eyes and a compassionate hair tousle*</p>	<p>You are IMPOSSIBLE!</p> <p>Instead say: We will get this figured out. I can handle ALL of you. It's all good.</p> 



DR. VANESSA LAPOINTE

INFORMATION FOR SCHOOL
ADMINISTRATORS, STAFF
AND PARENTS >>>

VAPOUR PRODUCTS

**(e-cigarettes, vapes, mods,
pens, sticks, etc.)**

A range of battery-operated devices of many shapes, sizes and styles, some resembling beauty products or USB sticks.

Devices can be disposable or reusable. Some have a refillable tank and customizable settings or parts. Others require brand-specific, encapsulated pods.

E-LIQUIDS

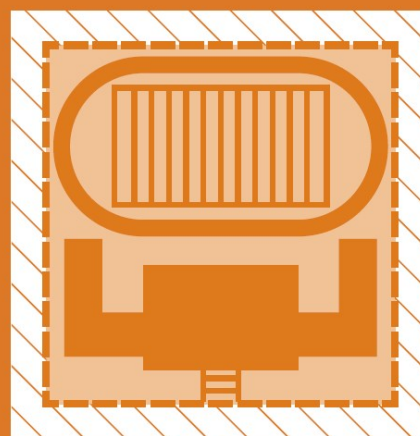
(e-juice, e-substances, etc.)

Pods contains propylene glycol or vegetable glycerin, flavourings, and sometimes nicotine, are heated into an aerosol (or "vapour"), which is then inhaled by the user.

**This is called "vaping" or "juuling",
depending on the device.**



**Smoking or vaping within
20 metres of school grounds
is not permitted.** This 20m zone is
in addition to a school's indoor
space and outdoor grounds.



20 m



EOHU.ca • 613-933-1375 • 1 800 267-7120





>>> USE AMONG YOUNG PEOPLE

Use of vapour products is highest among young people.

18.9%

Grade 12 students
in Ontario that
report using vapour
products¹

29%

Young adults aged
20 to 24 in Canada
that report using
vapour products²

The brain structure of developing adolescents makes them more vulnerable to long-lasting changes and addiction. This developmental stage also makes them more susceptible to industry marketing and advertising as they seek and adopt cues that help them form an identity.³



>>> KEY TALKING POINTS

- » Vaping, like smoking, is banned on and within 20 metres of school property, at all times.
- » **Many e-substances contain nicotine. Some contain as much nicotine as 1 pack of cigarettes in a single cartridge.**
- » Nicotine can alter youth brain development and can affect memory and concentration.
- » **There is growing evidence that vaping leads to nicotine dependence and cigarette smoking.**
- » Vaping, if completely replacing cigarette smoking can reduce exposure to harmful chemicals.
- » **However, vaping is NOT harmless. Short- and long-term health effects are still being studied.**





>>> HEALTH IMPACT

- » According to Health Canada, completely replacing cigarette smoking with a vaping product will reduce exposure to harmful chemicals. However, less harmful does NOT mean safe. If you don't smoke, don't vape.



The EOHU recommends that those interested in quitting should discuss their quit goals with their healthcare provider.

In addition, people in search of nicotine replacement therapy (NRT) should use products that have been proven safe and effective. These products include the nicotine inhaler, patch, lozenge and gum.

- » **Vapour products are addictive and increase the risk of initiating tobacco cigarettes.**⁴
- » Vapour product use can cause light-headedness, throat irritation, coughing, increases in heart rate and blood pressure, and can negatively affect lung function.⁵ Long-term health impacts are not yet fully known.
- » **Propylene glycol and flavouring agents are generally safe for oral consumption. However, inhaling them into the lungs has been linked to serious lung disease.**^{6,7,8}
- » During the heating process, the e-liquid interacts with the device resulting in other chemicals being produced and inhaled, including: carbonyls (formaldehyde, acetaldehyde), volatile organic compounds, metals (tin, silver, nickel, aluminum, chromium, lead) and particulate matter (fine, ultrafine particles).⁵
- » **The high-dosage levels of nicotine provided by vapour products has possible harmful effects on cardiovascular health.**⁹
- » There have been reports of accidental injury and death from vapour product device malfunction (i.e. explosion).¹⁰ Product labelling and accuracy have also been called into question.¹¹





>>> VAPOUR PRODUCT MARKET

Vapour products are widely available in convenience stores, vape shops and online. Several tobacco companies have invested in the vapour product market. Big Tobacco, since it has existed as an industry, has been bending the truth, faking their science, endorsing other people to lie for them, and countless other questionable practices for the purpose of profiting from a highly addictive product.

New Vapour Products in Ontario

JUUL

- » New to Canada, extremely popular among youth in the U.S.
- » Refills are sealed pods available in 3% and 5% nicotine strength.
- » One 5% strength pod has the equivalent nicotine content of a pack of cigarettes and is cheaper to buy than regular cigarettes.
- » Juul pods contain nicotine salts that produce an intense throat hit similar to regular cigarettes.
- » Devices are small, easy to hide and produce very little vapour, making their use hard to detect.
- » Has its own verb for use: "juuling"
- » Resembles a USB stick and can be charged via a USB port.
- » Comes in various flavours that are appealing to youth, such as mint, mango and vanilla.



Vype

Vype ePEN3

- » Stores are being given incentives to stock Vype across Ontario.
- » Vype ePEN3 pods are made of e-juice that contains various levels of nicotine.
- » Sleek device that comes in various flavours that are appealing to youth, such as dark cherry and infused vanilla.



Vype ePOD

- » Vype's newest product on the market which is designed to compete with Juul.
- » Vype ePod vPro cartridges are available in 5% nicotine strength. They contain nicotine salts that produce an intense hit similar to regular cigarettes.
- » Comes in various flavours that are appealing to youth, such as mango wonder and polar mint.



Vype eStick

- » Very new product from Vype and available for sale in Canada.
- » Cartridges deliver approximately 200 puffs.
- » Comes in various flavours that are appealing to youth, such as toasted tobacco and cool spearmint.



Expecting a Baby?



The months before the birth of your baby are very special.

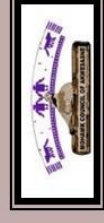
Regular visits to your health care provider is important for your health and your baby's health.

It is also important to know about the programs and services in the community that are also helpful to pregnant women.

The MCA Community Health Program offers the following services just for you:

- Individual or Group sessions to learn "what to expect" and tips for having a healthy pregnancy.
- Individual or Group sessions to prepare for giving birth.
- Scheduled home visits with a nurse to learn about the journey to parenthood and beyond.
- Breastfeeding education sessions.
- Healthy eating ideas from a Registered Dietician
- Healthy Babies Healthy Children home visiting services to learn about newborn care, infant massage and parenting.
- Access to Tahonata 'karita'kie Healthy Arrivals Programs which is prenatal food vouchers to help you access healthy foods.

To access any of the services listed about, please contact MCA Community Health Program at (613) 575-2341 ext 3220.





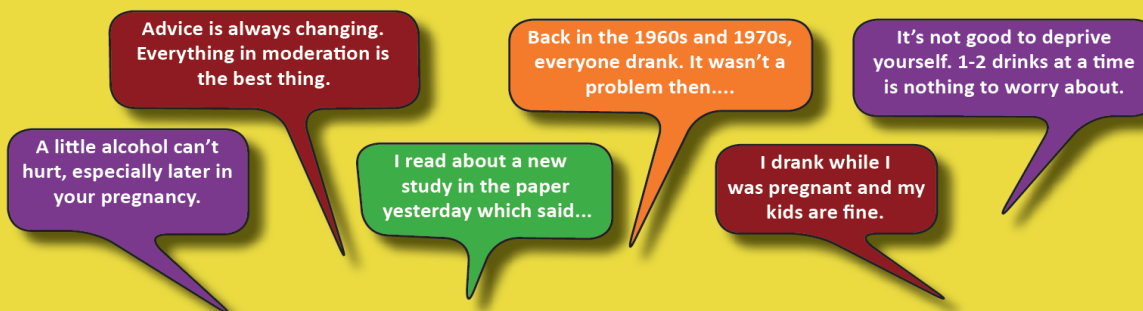
PUBLIC HEALTH OFFICIALS SAY: IT IS SAFEST NOT TO DRINK DURING PREGNANCY.

ALCOHOL & PREGNANCY

the straight up facts



Your doctor, best friend, mother, partner, and random strangers say



Here are the facts:

Common name: Alcohol
Scientific name: Ethanol (C_2H_5OH)
Teratogen: A big, scary word used to describe chemicals and environmental factors that can cause birth defects. Alcohol is a known teratogen. Drinking high levels of alcohol while pregnant causes clear harm to an unborn baby. Scientists believe many of these harms can result from drinking small amounts of alcohol, too (you know, like, on a continuum).

10.8%

Percentage of women who drank alcohol during pregnancy (after they knew they were pregnant)

1.0%

Percentage of people in the Canadian population affected by Fetal Alcohol Spectrum Disorder,* the leading known cause of developmental disability

* Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe the range of permanent physical, behavioral, and cognitive harms that can result from prenatal alcohol exposure.

\$14,342

Average annual costs per child diagnosed with FASD

62.3%

Percentage of women who drank alcohol before pregnancy

50.0%

Approximate number of unintended or unplanned pregnancies in Canada

(TRANSLATION: If you drink alcohol and are having sex, take a closer look at whether your birth control is doing what it's supposed to. If you're thinking about getting pregnant, it's safest to stop drinking right now. If you drank before you knew you were pregnant, don't panic - talk to your doctor to learn more.)

Drinking low amounts of alcohol, such as 1 to 2 drinks at a time, may cause harm to a fetus. Our current research methods might not be able to detect these effects for some time.

Drinking moderate to high amounts of alcohol at any time during pregnancy causes harm to a fetus and can increase a woman's risk of having a miscarriage.

Actual risk for an individual woman is influenced by things like genetics, nutritional health, other substance use, whether the fetus is male or female, and a whole bunch of other things.

Some women have a difficult time stopping drinking alcohol during pregnancy. Addiction can be complicated, but support and care are available.

Sources:

⇒ O'Leary CM and Bower C. (2011). Guidelines for pregnancy: What's an acceptable risk, and how is the evidence (finally) shaping up? Drug and Alcohol Review, early on-line access. DOI: 10.1111/j.1465-3362.2011.00331.x PMID: 21955332
⇒ Poole, N. (2008). Fetal Alcohol Spectrum Disorder (FASD) Prevention: Canadian Perspectives. Ottawa, ON: Public Health Agency of Canada
⇒ Society of Obstetricians and Gynecologists of Canada. (2010). Alcohol Use and Pregnancy: Consensus Clinical Guidelines. Journal of Obstetrics and Gynaecology Canada, 32(8): S1-S32.
⇒ Walker, M., Al-Sahab, B., Islam, F., & Tamim, H. (2011). The epidemiology of alcohol utilization during pregnancy: an analysis of the Canadian Maternity Experiences Survey (MES). BMC Pregnancy and Childbirth, 11(1), 52. doi:10.1186/1471-2393-11-52

This infographic was created by the Canada FASD Network's Action Team on FASD Prevention from a Women's Health Determinants Perspective.
⇒ Website: www.canfasd.ca ⇒ Blog: fasdprevention.wordpress.com



Aboriginal AIDS Awareness Week, which is scheduled every year from December 1 to December 5 beginning on World AIDS Day – December 1, is an opportunity to:

- Increase awareness and knowledge about HIV and AIDS.
- Establish ongoing prevention and education programs in Aboriginal communities.
- Address common attitudes that may interfere with prevention, care and treatment activities.
- Reduce HIV and AIDS related stigma and discrimination.

We cannot pretend HIV doesn't exist in our communities – it does!

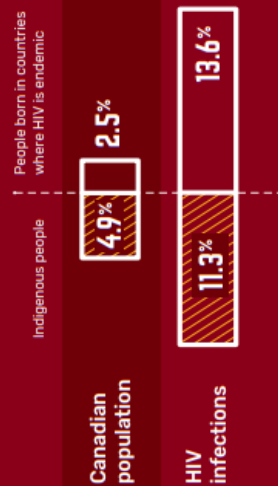
Every First Nation, Inuit and Métis community is affected by HIV and AIDS.

Knowledge and awareness about HIV and AIDS is one way to address and respond to the fear, shame and stigma that contributes to each new infection. It is important to raise awareness about this preventable disease and for all Aboriginal people to have the knowledge to make a difference and be leaders in their own communities.

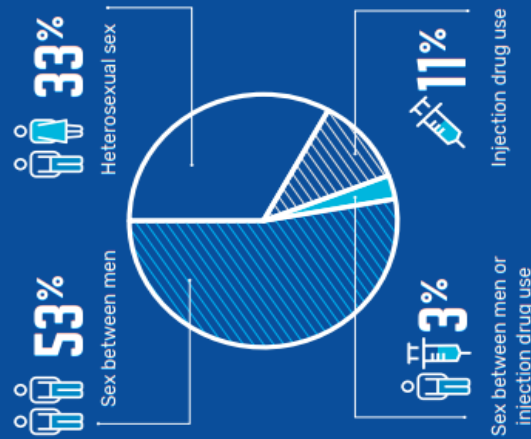
HIV/AIDS IN CANADA

6 CANADIANS
ARE INFECTED
with HIV every day.¹

New HIV infections in Canada occur disproportionately among Indigenous people and people from countries where HIV is endemic.¹



HOW IS HIV CURRENTLY TRANSMITTED IN CANADA?¹



ALMOST 1 IN 4
new HIV infections in Canada are among females.¹

HIGHLY EFFECTIVE HIV PREVENTION



Condoms.²
Pre-exposure prophylaxis (PrEP).²
Undetectable viral load.²
Harm reduction programs.³

EARLY TREATMENT MEANS A LONGER LIFE



Treatment has extended the life expectancy of a young Canadian living with HIV to their early 70s.⁴

YOU CAN'T TREAT THE UNDIAGNOSED



14% of HIV-positive Canadians don't know their status.¹

¹ 2016 estimate from the Public Health Agency of Canada. ² CATIE Statements: www.catie.ca/en/prevention/statements ³ Aspinall E et al. Are needle and syringe programmes associated with a reduction in HIV transmission among people who inject drugs: a systematic review and meta-analysis. *International Journal of Epidemiology*. 2014;43:235-248 ⁴ Patterson S et al. Life expectancy of HIV-positive individuals on combination antiretroviral therapy in Canada. *BMC Infectious Diseases*. 2016;16:274

What You Should Know About Hantavirus



In Canada, only the deer mouse has been identified as a carrier of Hantavirus, however not every mouse is a carrier. Since it is hard to tell if a mouse carries Hantavirus, it is best to avoid all wild mice and to safely clean up any rodent droppings and nests in your home. Dogs and cats that come in contact with rodents cannot give people Hantavirus infections.

People can get sick when they breathe in Hantavirus particles that have become airborne during cleaning activities such as sweeping and vacuuming in rodent infested buildings. Hantavirus causes flu-like symptoms but it may progress into serious lung complications that can be fatal.

To reduce the risks associated with Hantavirus:

- Keep mice out of your home. Block openings that might allow rodents from entering;
- Store human and animal food, water and garbage in containers with tightly fitted lids;
- Keep your yard clean and store woodpiles above the ground;
- When cleaning your home or community, be aware of mouse droppings and nesting materials. If you find any, clean them up safely.

How to clean up mouse droppings:


- Wear rubber or plastic gloves.
- Spray droppings with a general purpose household disinfectant or a mixture of bleach and water (1 part bleach, 9 parts water).
- Make sure you get the droppings very wet. Let the area soak for five minutes.
- Use a paper towel to wipe up the droppings. Dispose of the paper towel immediately.
- Wash gloves in disinfectant and hot soapy water before removing them from your hands, and wash your hands and face before eating and drinking.
- In confined spaces or where it is impossible to avoid stirring-up dust, open windows to provide plenty of ventilation before doing any cleaning. Consider wearing a high efficiency particulate air (HEPA) filtered respirator.

Clean-up tip:

Do not sweep or vacuum up mouse droppings or nests. Sweeping and vacuuming can move virus particles into the air, where they can be breathed in.

For more information, please contact Akwesasne Community Health program at
613-575-2341

December 2019 MCA Community Health Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Sit and Be Fit@Isilon 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snyx Rec</p> <p>Yoga 6-7 pm @ Snyx Recreation</p>	<p>3 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snyx Recreation</p> <p>Total Fitness Workout 6-7 @ Arena Fitness Room</p>	<p>4 Core Strength 5-6 pm @Snyx Rec</p>	<p>5 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @ Snyx Rec</p> <p>Total Fitness Workout 6-7 @ Arena Fitness Room</p>	<p>6 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p>
<p>9 Sit and Be Fit@Isilon 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snyx Rec</p> <p>Yoga 6-7 pm @ Snyx Recreation</p>	<p>10 Walk Strong 10– 10:45am @Tri District Elder Fitness</p> <p>Dumbbell Strength 5-6 pm @ Snyx Recreation</p> <p>Total Fitness Workout 6-7 @ Arena Fitness Room</p>	<p>11 Core Strength 5-6 pm @Snyx Rec</p>	<p>12 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @ Snyx Rec</p> <p>Total Fitness Workout 6-7 @ Arena Fitness Room</p>	<p>13 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p>
<p>16 Sit and Be Fit@Isilon 930am</p> <p>Cardio Blast 5-6 pm @ Snyx Rec</p> <p>Yoga 6-7 pm @ Snyx Recreation</p>	<p>17 Dumbbell Strength 5-6 pm @ Snyx Recreation</p> <p>Total Fitness Workout 6-7 @ Arena Fitness Room</p>	<p>18 Core Strength 5-6 pm @Snyx Rec</p>	<p>19 Circuit Training 5-6pm @Snyx Rec</p> <p>Total Fitness Workout 6-7 @ Arena Fitness Room</p>	20
23	24	25	26	27
		CHRISTMAS	BOXING	Closed
<div></div> <div>MCA COMMUNITY HEALTH PROGRAM 613-575-2341 EXT. 3220</div>				
30	31	Closed		

10 Ways to Squeeze in Physical Activity During the Holidays

Park Far Away

Parking lots are notoriously crowded during the holiday season. You could turn that congested parking lot into an opportunity to get in some physical activity. If you're headed to the mall to do some holiday shopping, avoid those fiercely fought over prime parking spots and park far away from the entrance.

Lap the Mall

Before you head directly to the store where you always buy a sweater for your uncle, take a quickly paced, full lap around the mall. In addition to beating the cold temperatures outside, you'll get in some extra physical activity and window shop while you're at it. You might even spot an alternative to that boring holiday sweater you usually purchase.

Play with the Kids

During the holiday season, you're likely to be around more small children than usual. Take advantage of having the little ones around, and try to feed off of their holiday excitement. Instead of being burdened by the extra responsibilities of having tiny tots around, play with your nieces and nephews. You can chase the active toddlers around the house or take the older kids on a stroll around the neighborhood to check out holiday decorations. You'll be squeezing in physical activity during the manic holiday season, and it's likely that the kids will put you in the holiday spirit.

Being Active Indoors

Physical activity can be difficult during the holidays for people who like to be active outdoors. Taking a walk or going for a run might be challenging in freezing temperatures. Things you can do to be active in your home include: Climb up and down the stairs in your house, do weight training, Pilates, yoga or invest in some fitness videos to stay active during the holiday season. You could even put some of these items on your gift wish list.

Winter Sports

Some sports were made for the holiday season. A perfect way to bond with family and get a workout could be a trip to the ice rink. Ice skating is an excellent form of physical activity for people of all ages; the kids will love sliding around on the ice, and older people will appreciate skating's low impact on the joints. Along with these health benefits, bundling up in the crisp winter air to take to the ice is sure to put you in the holiday spirit.

Set Goals

The holidays can get so busy and hectic that an important activity such as physical activity might simply fall to the wayside. To avoid forgetting about being active, make physical activity appointments on your calendar, and keep these appointments just as you would any other. Be realistic with your physical activity goals, and be consistent. For example, if you're having trouble getting motivated, commit to at least 10 minutes of physical activity per day. A 10-minute commitment may not seem like much, but it will help you start a routine. You also could

commit to walking 1 mile (1.6 kilometers) or being active for 10 minutes for every \$10 you spend on holiday shopping.

Being Active with the Family

Although it might seem difficult to take time to be active while you're surrounded by family, take advantage of having the whole gang around and plan some holiday-related physical activities. For example, take your family on a walk through a park decked out in holiday lights and decorations. Or go on walk and sing carols through the neighborhood. If you have a more adventurous crew, go sledding or skiing. You'll not only spend quality time with your family but also physically exert yourself during what could be a sedentary holiday gathering.

Track Your Steps

It's important to keep track of how active you are during the holidays. Chances are that when it's chilly and dark outside as you're leaving the office, you're going to be less active than when it's warm and sunny when you head home from work. To make sure you're staying active during the winter season, wear a pedometer to keep track of how much you're moving around. A general rule of thumb is that you should walk about 10,000 steps daily — about 5 miles (8 kilometers) — to maintain a good level of fitness. By wearing a pedometer, you'll be able to check if you're maintaining your baseline of fitness and adjust if you're not. If you find you're falling behind, take the stairs at the office instead of riding the elevator or park a few blocks away from the restaurant if you're meeting your friends for a holiday meal.

Sign up for a Race

Many towns and cities host annual holiday events such as Turkey Trots or Jingle Bell Runs. These “fun run” races are usually family-oriented and not too intense but still very good ways to stay active during the holiday season. Sign up for these events well in advance so that you can stay committed to being active in order to prepare for the event. You can incorporate physical activity into your everyday holiday season routine. Holiday-themed races are the perfect way for the whole family to stay in shape and anticipate the season.

Stay Active while Traveling

If you're traveling out of town to visit friends and family during the holidays, it might be difficult to maintain your usual physical activity schedule. There are some things you can do, however, to squeeze in activity on the go. In the airport, walk around the terminals in between flights. When booking a hotel, check out if they have a pool, fitness center or in-room exercise equipment. You can also ask if your gym membership extends to other gyms in your family's town. Additionally, let your family know that you intend to be active during your visit. They'll hold you accountable for your goals.

Sweeteners that **INCREASE** blood sugar levels

Sweetener	Forms & uses	Other things you should know...
Sugars (Some examples)		
<ul style="list-style-type: none"> • Agave syrup • Barley malt • Brown rice syrup • Brown sugar • Corn syrup • Dextrose • Fructose • Fruit juice concentrates • Glucose • High fructose corn syrup • Honey • Icing sugar • Invert sugar • Lactose • Maltodextrins • Maltose • Maple syrup • Molasses • Sucrose • White sugar 	<ul style="list-style-type: none"> • Used to sweeten foods and beverages • May be found in medications 	<ul style="list-style-type: none"> • Sugars are carbohydrates that can affect your blood sugar (glucose), weight and blood fats. • There is no advantage to those with diabetes in using one type of sugar over another. • Sugars may be eaten in moderation by people with diabetes. Up to 10% of the days calories can come from added sugar. Their effect on blood sugar levels will vary. Talk to your dietitian about how to fit sugars into your meal plan.

Sweeteners that **DON'T INCREASE** blood sugar levels

Sweetener	Forms & uses	Other things you should know...
Sugar Alcohols		
<ul style="list-style-type: none"> • Hydrogenated starch hydrolysates (HSH) • Isomalt • Lactitol • Maltitol • Mannitol • Palatinit • Polydextrose • Polyol syrups • Polyols • Sorbitol • Xylitol 	<ul style="list-style-type: none"> • Used to sweeten foods labelled "sugar free" or "no added sugar" • May be found in cough and cold syrups and other liquid medications (e.g. antacids) 	<ul style="list-style-type: none"> • Sugar alcohols are neither sugars nor alcohols. Small amounts are found naturally in fruits and vegetables. They can also be manufactured. • They are only partly absorbed by your body, have fewer calories than sugar and have no major effect on blood sugar. • Check product labels for the number of grams of sugar alcohols per serving. If you eat more than 10 grams of sugar alcohols a day, you may experience side effects such as gas, bloating or diarrhea. • Talk to your dietitian if you are carbohydrate counting and want to use foods sweetened with sugar alcohols.

Health Canada has approved the following sweeteners as safe if taken in amounts up to the Acceptable Daily Intake (ADI). These sweeteners may also be used in medications. Please read the label. Ingredients may change. New products may be available.

Sweetener	Common/ Brand name	Forms & uses	Other things you should know...
Acesulfame Potassium (Ace-K)	Not available for purchase as a single ingredient	<ul style="list-style-type: none"> Added to packaged foods and beverages only by food manufacturers 	<ul style="list-style-type: none"> Safe in pregnancy* ADI=15 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 750 mg of Ace-K per day. One can of diet pop contains about 42 mg of Ace-K.
Aspartame	<ul style="list-style-type: none"> Equal® NutraSweet® Private label brand 	<ul style="list-style-type: none"> Available in packets, tablets or granulated form Added to drinks, yogurts, cereals, low calorie desserts, chewing gum and many other foods Flavour may change when heated 	<ul style="list-style-type: none"> Safe in pregnancy* ADI=40 mg/kg body weight per day For example, a 50 kg (110 lb) person could safely have 2000 mg of aspartame per day. One can of diet pop may contain up to 200 mg of aspartame.
Cyclamate	<ul style="list-style-type: none"> Sucaryl® Sugar Twin® Sweet'N Low® Private label brand 	<ul style="list-style-type: none"> Available in packets, tablets, liquid and granulated form Not allowed to be added to packaged foods and beverages Flavour may change when heated 	<ul style="list-style-type: none"> Safe in pregnancy* (Be cautious of exceeding the ADI) ADI=11 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 550 mg of cyclamate per day. One packet of Sugar Twin® contains 264 mg of cyclamate.
Saccharin	<ul style="list-style-type: none"> Hermesetas® 	<ul style="list-style-type: none"> Available as tablets Not allowed to be added to packaged foods and beverages 	<ul style="list-style-type: none"> Safe in pregnancy* ADI=5 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 250 mg of saccharin per day. One tablet of Hermesetas® contains 12 mg of saccharin. Available only in pharmacies
Sucralose	<ul style="list-style-type: none"> Splenda® 	<ul style="list-style-type: none"> Available in packets or granulated form. Added to packaged foods and beverages Can be used for cooking and baking 	<ul style="list-style-type: none"> Safe in pregnancy* ADI=9 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 450 mg of sucralose per day. One packet of Splenda® contains 12 mg of sucralose; one cup (250 mL) contains about 250 mg of sucralose.
Steviol glycosides	Stevia-based sweeteners such as: <ul style="list-style-type: none"> Stevia Truvia Krisda Pure Via 	<ul style="list-style-type: none"> Table top sweeteners Added to drinks, breakfast cereals, yogurt, fillings, gum, spreads, baked products, snack foods 	<ul style="list-style-type: none"> Safe in pregnancy* ADI= 4mg /kg body weight per day For example a 50kg (110 lb) person could have 200mg of Stevia per day. A 30g portion of breakfast cereal may contain 11mg of steviol glycosides

*For nutritional reasons, pregnant women should not consume excessive products containing artificial sweeteners, since such foods could replace more nutritious foods.



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Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

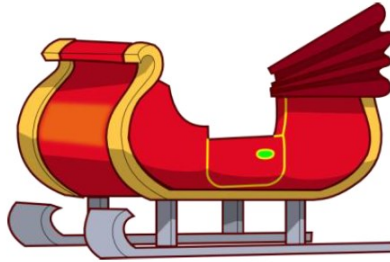
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Tsi Rotón:ni Nikahá:wi

Christmas Time



Shakotihsníé:nons



lakohonwi'seréhta



Teiona'karowá:nens



Teiotenen'takwe'nón:ni



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Wa'onkháhrhahse



Sante Kras



Oneréhra