



INSIGHTS

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ISSUED QUARTERLY

IN THIS ISSUE...

Upcoming Revisions to Canada's Food Guide

- New recommendations are expected to specify plant-based foods as the preferred source of protein and to call for the regular consumption of fruit, vegetables, whole grains and other vegan foods.

Administrative Reminders

- Effective Date of Coverage
- Termination of Coverage
- Reporting Inactive Employees

How to Save a Life

- Organ Donation

Upcoming Revisions to Canada's Food Guide

No one piece of advice, no matter how well intended, should be followed until you have all of the facts. Of course, getting the facts, and determining how they may or may not impact you will determine the path you should follow.

I recently read an article by Heather Moore. She is the senior writer for the People for the Ethical Treatment of Animals (PETA) Foundation. Her article is below:

"Know what would really make America great? If we followed in Canada's footsteps and revised our national food guidelines to favour plant-based over animal-based protein. Our neighbour to the north's new dietary recommendations, which will likely be issued by Health Canada next year, are expected to specify plant-based foods as the preferred source of protein and to call for the regular consumption of fruit, vegetables, whole grains and other vegan foods. At least one news outlet has speculated that because Canada is so culturally diverse, much like the U.S., and because many ethnic groups can't digest cow's milk – dairy products won't be included in the new recommendations at all.

While it remains to be seen if the Canadian government will officially urge citizens to eat beans, not beef, many media outlets have already reported on one anticipated, and sensible, guideline: Don't eat foods that contain mostly saturated fat (i.e. meat, eggs, and dairy products) and opt instead for healthy plant-based foods, which also tend to be more environmentally friendly.

That's sound, science-based advice, not industry-

pandering. Canada is one of the world's largest beef producers, and ranchers and feedlot operators likely didn't break into a chorus of "O Canada" when they heard that government officials were planning to promote plant-based foods. But it's the right

thing to do, and hopefully Health Canada will hold firm to its mission.

I also hope the U.S. Dietary Guidelines Advisory Committee will implement strong guidelines favouring plant-based foods. America's fruited plains and amber waves of grain are overrun with animal factories and slaughterhouses, and we'll all be healthier if we stop eating animal based foods.

We know this. The Academy

of Nutrition and Dietetics in Chicago, the world's largest organization of food and nutrition professionals, has pointed out that people who eat mostly plant-based foods are less likely to suffer from obesity, heart disease, type 2 diabetes, high blood pressure and cancer. A 2016 position statement by the Academy revealed that people can reduce their risk of developing diabetes by 62 per cent, suffering from heart disease by 29 per cent, and succumbing to any form of cancer by 18 per cent, just by going vegan. Vegan men reduce their likelihood of developing prostate cancer by 35 per cent.

The U.S. advisory committee has acknowledged that a diet high in plant-based foods is 'more health promoting and is associated with lesser environmental impact.' But meat industry groups spent hundreds of thousands of dollars fighting to keep "eat less meat" from appearing in the 2015-



New dietary guidelines are expected to specify plant-based foods as the preferred source of protein.

...continued on reverse

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ADMINISTRATIVE REMINDERS

Please note that RWAM's billing system accounts for full-month time periods, therefore...

Effective Date of Coverage

If an employee's coverage is effective during the month, they receive this part-month of coverage at NO cost. They will be billed effective the first day of the following month.

Termination of Coverage

Coverage terminates at midnight of the employee's last day of employment. It does NOT continue until the end of the month. If termination occurs during the month, RWAM does not issue a part-month credit.

Reporting Inactive Employees

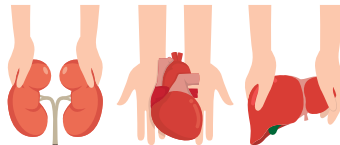
Short Term Disability and Long Term Disability benefits, if applicable, must be terminated if an employee is absent from work because of a temporary lay-off or leave-of-absence. Please notify our office in writing of an employee's last day worked and their expected return date. Remaining coverage may be continued upon RWAM's approval, for up to three months - provided premiums are paid and there is a firm commitment to return to work. An extension past three months may be considered by RWAM with a maximum total leave of six months.

All coverages may be continued for employees on maternity or parental leave upon RWAM's approval and in conjunction with Employment Standards Legislation, provided premiums are paid.

The above topics are detailed in your Administration Manual. Please call RWAM Group Administration if you have any questions.

How to Save a Life

One donor can save up to 8 lives through organ donation and enhance the lives of up to 75 more through the gift of tissue. And that donation could affect the lives of so many more.



In Ontario alone, over 1,500 people are waiting for a lifesaving organ transplant. This is their only treatment option, and every 3 days someone will die because they did not get their transplant in time.

When you register your consent for organ and tissue donation, you let those waiting know that you will help them if you can.

ORGAN AND TISSUE DONATION FACTS

- As our population ages, the need for organ and tissue donation will increase.
- Age alone does not disqualify someone from becoming a donor. The oldest organ donor was over 90 and the oldest tissue donor was over 100. There's always potential to be a donor; it shouldn't stop you from registering.
- Your current or past medical history does not prevent you from registering to be a donor. Individuals with serious illnesses can, sometimes, be organ and/or tissue donors. Each potential donor is evaluated on a case-by-case basis.
- All major religions support organ and tissue donation, or respect an individual's choice.
- Organ and tissue donation does not impact funeral plans. An open casket funeral is possible.
- One can easily change or withdraw their donor registration at any time.

Donor registration gives families clear evidence of their loved one's donation decision. It relieves families of the burden of making a donation decision on their loved one's behalf at a difficult time. In most cases, families honour their loved one's decision to donate if they have evidence that it's what they wanted.

Register your consent for organ and tissue donation and talk to your family about your wishes; one day this act could save a life.

Visit: <https://www.canada.ca/en/services/health/diseases-conditions.html>

to find out more about organ donation and how to register in your province or territory.

Canada's Food Guide ... continued from reverse

2020 Dietary Guidelines for Americans. That's why they allow fatty, cholesterol-laden animal-based foods.

Other countries have already taken steps to promote more nutritious, vegan foods. Last year, for example, the Netherlands began advising people to eat a lot less meat, no more than two servings per week, and to replace it with plant foods. The United Kingdom also encourages residents to cut back on animal protein. Brazil puts an emphasis on native plants and minimally processed foods."

Everything in moderation, and not one size fits all should be our slogans. New research from McGill University suggests that those over 60 should eat protein at all three daily meals to help stave off age-related muscle decline. Participants who consumed protein more evenly throughout the day appeared to retain greater muscle strength, although not greater mobility, than those who consumed most of their protein late in the day at dinner. The Vegan Society also advocates taking vitamin B12 supplementation.

Both vegan and non-vegan diets can benefit from Health Canada's proposed recommendations to limit the amount of processed or prepared foods high in sodium, sugar or saturated fats, and to avoid prepared beverages high in sugars.

It doesn't have to be one versus another. It can be about balance. Your body will tell you what it needs. Just stop, and listen.

Until next time...

Source: Hamilton Spectator 07.17