

RESEARCH UPDATE

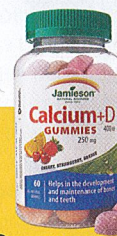
LINK BETWEEN LOW VITAMIN D & DEMENTIA RISK

In the largest study of its kind, researchers looked at blood levels of vitamin D in more than 1,600 people over the age of 65. They discovered that those with low vitamin D had a 53 percent increased risk of developing dementia. To boost your levels, eat foods high in the sunshine vitamin (salmon, eggs and vitamin-D-fortified milk and yogurt). Aim for 4,000 IU of vitamin D a day.



GO GIRL

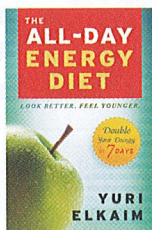
New market research shows women are 17 percent more likely than men to eat homemade meals and 27 percent more likely to eat fruit and vegetables at least once a day.



Chew ON THIS!

Tasty vitamins aren't just for kids — they come in all shapes, sizes and flavours for grown-ups too. Choose vitamins that contain natural sugars, and pass on the gum, water and candy that claim to contain vitamins. "They're full of artificial sweeteners, artificial colours, glazes, waxes," says naturopathic doctor Penny Kendall-Reed. "Liquids, chewables and gummies have all been shown to work, as long as the starting raw material is from natural sources — not synthetic vitamins and minerals, artificial sweeteners and waxy binders."

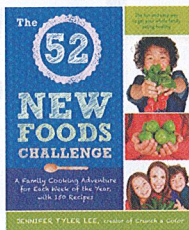
Try Jamieson Calcium+D Gummies, \$18.



THE ALL-DAY ENERGY DIET: LOOK BETTER, FEEL YOUNGER

Yuri Elkaim,
\$26 (Hay House)

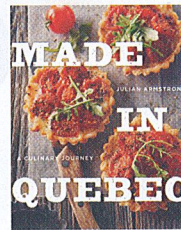
Even little changes to your diet could help if you feel low on energy. Elkaim explores why so many of us constantly feel tired and which foods will help put a spring back in your step (hint: green vegetables). Although some suggestions aren't surprising, the sheer amount of information on what we eat and how it affects us is.



THE 52 NEW FOODS CHALLENGE

Jennifer Tyler Lee,
\$23 (Penguin Random House)

This book was inspired by a situation many parents face: Tyler Lee was struggling to get her kids to eat healthy foods. She discovered the answer was to make it fun and let her kids pick a new food every week for a year. The result was the 52 New Foods Challenge. The book includes more than 150 recipes organized by the produce you can find in season, plus tips to inspire kids to try new foods.



MADE IN QUEBEC

Julian Armstrong,
\$40 (HarperCollins)

Take a journey through Quebec without leaving your kitchen. A long-time food writer for the Montreal Gazette, Armstrong shares the passion and knowledge Quebecers have about food. There are plenty of recipes, sure, but the profiles and stories of everyone from farmers and foragers to chefs and home cooks are what makes this book even more special.