

THE  
**Inside Tract**<sup>®</sup>

Canada's Gastrointestinal Disease & Disorder Newsletter

2011 • Issue 178

# the legendary Golf Marathon is back!



Plus information on Crohn's, cancer, IBS, celiac, hep B, & more.



ISSN 1206-6028

Photo: © diego cervo/Fotolia.com

# Spreading the Goodness of Nutrition

## One Click at a Time

HealthCastle.com is the largest online nutrition network run by registered dietitians. The site is accredited by the Health On the Net Foundation (HON), an international organization in Special Consultative Status with the Economic and Social Council of the United Nations. With a primary focus on preventative health, HealthCastle.com contains practical diet tips, online diet calculators, interactive tools for information on packaged foods, printable nutrition guides, audio podcasts, videos, and more.



Gloria Tsang, a registered dietitian, founded HealthCastle.com in 1997 after her father developed cancer. While in the waiting room during her father's radiation therapy, family members of other patients asked Gloria repeatedly for diet advice for their loved ones undergoing cancer treatment. This sparked

her idea to start a website about nutrition relating to cancer so families everywhere would have access to this valuable information. At first, HealthCastle.com was a hobby site, but it quickly grew to offer fun and practical nutrition advice for the entire population and, in 2010, had 7.5 million readers!

A major part of managing any digestive disease or disorder is to lead the healthiest possible lifestyle, which includes making smart food choices. HealthCastle.com contains a plethora of articles that take the confusion out of grocery shopping, meal planning, cooking at home, or selecting supplements. It also has sections dedicated to a healthy gut and eating gluten-free, which is helpful if you have celiac disease or gluten intolerance.

## Go unDiet

### 50 Small Actions for Lasting Weight Loss

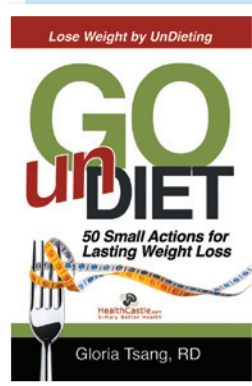
Written by Gloria Tsang, a registered dietitian and founder of HealthCastle.com, *Go unDiet: 50 Small Actions for Lasting Weight Loss* clears up the most common misconceptions surrounding nutrition and outlines the real reasons why so many Canadians are overweight. This new book stresses the importance of common sense when making food choices, recognizing that restrictive meal plans and diet rules may show promising results for weight loss in the short-term but are not practical to abide by for the long-term.



The book has easy-to-read chapters such as:

- Re-learn Your Fats
- Don't Be Fooled by a High-Fibre Claim
- Look Beyond Calories
- You Don't Need to be a Vegan to Eat Healthy

Tsang clarifies many media misconceptions surrounding each topic, setting the record straight on which health food claims are true and which are simply media hype. She also offers suggestions on ways to incorporate healthy foods into your meal plan while minimizing other, not so healthy foods. Throughout the book are 50 *Go unDiet* Action Tips, which nicely summarize the take-home messages. Tsang recommends incorporating one Action Tip per week, stressing that only by adopting life-long habits will you obtain long-term results.



This 196-page book is an enjoyable read, especially for individuals who feel overwhelmed or confused by the bombardment of mixed messages concerning what is truly a healthy diet. Whether you are looking to lose weight, eat healthier, or simply be more knowledgeable about nutrition, this book will serve as a valuable resource to have on hand.

*Go Undiet: 50 Small Actions for Lasting Weight Loss* is available at Amazon.ca and Chapters.Indigo.ca, where it is offered at a discount off the retail price of \$25.95. [ISBN 9780983216797] For more information, see [www.healthcastle.com/goundietbook/](http://www.healthcastle.com/goundietbook/).