



B4 ★ TORONTO STAR ★ FRIDAY, JANUARY 26, 2007

# Health

## It's the good guys who make Canada a wonderful country

► **Waldman** From B1

essary, take you to a hospital ER. There, a nurse will triage your injuries, an aide might help you into a hospital gown, an ER doc will examine you, a porter will transport you to radiology where a technician will x-ray your injury. A lab technician is available should you need blood work and if surgery is called for, an entire surgical team — surgeon, anesthetist, nurse, cleaning staff — will assemble.

All these people will be working that night — whether it's Christmas, Passover or Canada Day — rather than spending it with their families. According to a policeman I knew, the world is populated by three groups of people: the good guys, the bad guys and civilians. The bad guys are those people that the police are always trying to rein in or arrest. The good guys are all the selfless people mentioned above, and the rest of us are civilians.

Here are some of the characteristics of good guys. They: ► Are used to working days or nights, holidays and weekends. ► Regard coffee as second only to oxygen as necessary for life. ► Take on these responsibilities so that we civilians can enjoy the rights this country provides. ► Tend to hang out together and marry within the ranks of good guys. The reason so many nurses marry cops and social workers marry doctors and firefighters

marry lab techs is not only because they have stuff in common to talk about, but rather that they share the same values. They understand what it means to work nights and weekends. They have common experiences: witnessing death, confronting terrible tragedies often involving children. They feel the incredible elation that comes from rescuing someone from a burning building, or preventing someone from dying from a heart attack. They also know the

crushing feeling of failure when, despite their best efforts, the fire or the blood clot claims a victim. They enjoy their jobs, but many eventually burn out. We civilians usually regard this group with the casual indifference with which we regard all those people who only rarely touch our lives. I would like to remedy that indifference with these suggestions: ► Try to notice the good guys in your world.

► Remember that rights aren't free or paid for only by your taxes. They are a gift from those who are willing to assume the roles and responsibilities of the good guys. **Dr. Murray Waldman**, a Toronto physician for more than 30 years, has been a family doctor, coroner, emergency doctor, administrator and a rehabilitation physician. His areas of interest have always been the human side of medicine and medical ethics.

## Roasted cauliflower a treat



**Susan Sampson**  
Fare Lady

Attention, vegetarians and vegetable lovers: roasted cauliflower doesn't get much better than this. It's a great alternative to those soggy florets covered in gooey, calorific cheese sauce.

### Roasted Cauliflower With Soy-Ginger Sauce

✓ Star Tested  
Adapted from a recipe in *Cook's Illustrated* magazine, famous for its culinary experiments and techniques. This offers a great master recipe for plain, roasted cauliflower, too. Just toss the cauliflower with olive oil instead of the peanut oil, then forgo the sauce. Mirin is a Japanese cooking wine sold mainly in Asian grocery stores.

- CAULIFLOWER:**  
1 cauliflower (about 2 lb/900 g)  
1/4 cup peanut oil  
Kosher salt + freshly ground pepper to taste  
**SAUCE:**  
2 tsp peanut oil  
2 cloves garlic, minced or pressed  
1 tsp pureed or minced ginger  
1/4 cup water  
2 tbsp each: soy sauce, mirin  
1 tsp unseasoned rice vinegar  
1 tsp Asian sesame oil  
**GARNISH:**  
1 green onion (white and light green parts), thinly sliced



Vegetable fans will love the healthy and tasty twist to cauliflower.

**PREPARATION:** For cauliflower, trim leaves and cut stem flush with bottom. Cut head top to bottom into 8 equal wedges, keeping core intact. Place wedges on rimmed baking sheet. Drizzle with 2 tablespoons oil. Sprinkle with salt and pepper. Flip wedges. Drizzle with remaining 2 tablespoons oil. Sprinkle with salt and pepper. Gently rub and turn each wedge to distribute oil and seasonings. Cover baking sheet with foil. Bake in preheated 475F oven, 10 minutes. Remove foil. Roast until bottoms of cauliflower wedges are golden brown, 8 to 10 minutes.

Carefully flip wedges with spatula. Roast until bottoms are golden brown, about 8 minutes. Meanwhile, for sauce, heat oil in small skillet on medium-high until shimmering. Add garlic and ginger. Cook, stirring, until fragrant, 30 to 60 seconds. Reduce heat to medium. Add water, soy, mirin and vinegar. Simmer until slightly syrupy, about 5 minutes. Stir in sesame oil. Remove from heat. Transfer cauliflower to serving platter. Spoon sauce over wedges. Sprinkle green onion over top.

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## DIET DECODER

BY MEGAN OGILVIE

### Switching dinner with breakfast isn't such a tasty idea

**DIET:** *The Reverse Diet: Lose 20, 50, 100 Pounds or More by Eating Dinner for Breakfast and Breakfast for Dinner* (John Wiley & Sons; \$29.99)  
**CREATORS:** Tricia Cunningham and Heidi Skolnik  
**CREDENTIALS:** Cunningham concocted the diet and lost 150 pounds. Skolnik is a nutritionist for the New York Giants and the American School of Ballet.  
**CELEBRITY EDGE:** Ever since New Year's resolutions kicked in, the gimmicky diet has seized the attention of the U.S. media; Cunningham and Skolnik have been featured on *Good Morning America* and *ExtraTV*, for example, and in dozens of daily rags.  
**CLAIM:** Eat dinner for breakfast and breakfast for dinner to lose weight. People should eat the largest meal in the morning when energy is needed most and eat the smallest meal at night when few calories are needed before bedtime.

The authors claim that switching dinner with breakfast will make people eat more sensibly by helping them distribute calories throughout the day. Reverse dieters are told they will lose weight quickly and say good-bye to food cravings. **PROGRAM:** Setting realistic weight goals, such as "freedom from weight cycling" and figuring out how much of the day should be focused on looks and health is the first part of the program. Next, dieters "flip-flop" their day to lose weight; breakfast becomes the largest meal of the day, lunch, often a salad, is slightly smaller and dinner is the smallest meal of all. Once they have reached their goal weight, dieters learn how to incorporate higher-calorie foods into their diet to maintain their "new" weight for life.



TARA WALTON/TORONTO STAR

The "reverse diet" includes small lunches, such as shrimp pasta.

**SIDE NOTES:** Reverse dieters drink lots and lots of Sunshine Tea — that is, hot lemon water. The drink, made with hot water and two or three lemon slices, replaces soft drinks and caffeinated beverages. The authors claim it promotes bowel movements, rejuvenates skin, takes the edge off hunger and is a good source of vitamin C. **ALLOWED:** Skinless chicken and turkey, lean meat, fish, eggs, tofu, unsalted nuts, skim milk, fat-free white cheeses, whole grains, vegetables, fruits, unsweetened cranberry juice. **PROHIBITED:** Fatty meats, canned fruits and vegetables, foods with added salt and sugar, fried foods, fast foods, caffeinated beverages. **EXPERT OPINION:** Many dietitians would recommend the philosophy of eating more in the morning and less at night, says Jennifer Sygo, a registered dietitian at Cleveland Clinic Canada, located in Toronto. "Eat like a king at breakfast, like a prince at lunch and like a pauper at dinner," she says. "This is a concept we do recommend to clients." The authors do a good job of explaining the importance of properly distributing calories throughout the day. You don't

want to fill up before you go to bed, Sygo explains. Instead, you want to consume your calories throughout the day so you burn them as you need them. "Do you need to eat chicken in the morning? I don't think so," she says, pointing out that it's not necessary to eat breakfast for dinner and dinner for breakfast. It's more important to eat the right amount of energy for your needs. "Eating two-thirds of your calories during the day and one-third of your calories at night is a good strategy," she says. Dieters should meet all their nutritional needs on this diet, says Sygo, who also likes the flexibility in food choices. Still, she adds, dieters should be aware that the Reverse Diet is based on a weight-loss plan that worked for one individual — Tricia Cunningham — and realize that it might not work for everyone. **EXPERT VERDICT:** "As a motivational tool, I think this book could work well." **OUR VERDICT:** Nothing new here, folks. Yet another low-calorie diet hiding behind an absurd gimmick.

Megan Ogilvie is a health reporter at the Star. Email health@thestar.ca.

## VICE SQUAD



Doug Cook

### Kellogg's offers high-fibre cereal that's delicious, too

**Product:** Kellogg's All-Bran Guardian cereal  
**Price:** \$4.59 per 305g box  
**Manufacturer:** Kellogg's, kelloggs.ca  
**The Position:** All-Bran Guardian is one of two cereals in Canada that provides 3.5g of psyllium per serving.  
**Ingredients:** Whole oat flour, sugar/glucose-fructose, whole wheat flour, psyllium seed husk, corn meal, wheat bran, fancy molasses, salt and various vitamins and minerals.  
**Nutritional breakdown:** per 250ml, 110 calories; 28g carb (6g fibre, 10g sugar); 1.5g fat (0.3g saturated, 0g trans); 3g protein.  
**Analysis:** Okay, we all know that fibre is good for us. It helps to prevent and relieve constipation, manage irritable bowel syndrome, helps to lower cholesterol, stabilize blood sugar, keeps us feeling full longer which can help in eating less overall, and higher intakes of fibre are associated with less diabetes, stroke and heart disease — can you tell? I love fibre.  
**Enter Kellogg's new kid on the cereal block:** All-Bran Guardian. Kellogg's All-Bran buds and Guardian are the only cereals in Canada with



psyllium fibre, a very high source of soluble fibre, and as I mentioned, is very important to your health. What's great about this cereal is that a 1 cup serving has only 110 calories and 10g sugar (about 2 tsp), which is necessary, trust me. If you've ever tried to eat natural wheat bran you'll know that a little sweetness is necessary to help it go down. That amount of sugar is fine as the fibre more than slows down the digestion of the added sugar. Plus you'll get a

good dose of iron, vitamin B1, B6, and zinc. The best thing about this cereal is that even the most finicky "fibre wimp" (you know who you are) who doesn't like bran cereals will enjoy the mild maple flavour and the new texture — no more having to eat "rabbit food pellets" as many have complained in the past. **Alternative:** You could eat other high-fibre cereals to increase your overall intake but they won't have the psyllium content of All-Bran Guardian, one of the highest sources of soluble fibre. **Take it or leave it:** The only question is — what's stopping you from trying this? Start pouring.

Doug Cook is a registered dietitian at St. Michael's Hospital. Website: wellnessnutrition.ca.



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The Reverse Diet advises eating the largest meal at breakfast.

### The Goods MENU

- Breakfast:**  
Reverse Diet Egg Bake  
Peach  
4 oz skim milk  
Hot lemon water  
**Snack:**  
Celery stalk w/ fat-free sour cream  
**Lunch:**  
1 cup whole wheat pasta w/ olive oil and garlic  
1 cup grilled shrimp  
Small tossed salad w/ 2 tbsp fat-free dressing  
**Dinner:**  
1/2 cup shredded wheat and 1/2 cup oatmeal mixed w/ 4 oz. no-sugar-added cranberry juice  
Hot lemon water

### The Skinny

**DIARY**  
**Day before:** Only took one look at the book cover for skeptic radar to turn on. There HAS to be more to losing weight than switching breakfast with dinner! *Ahh*, book is more about how much you eat during the day than what you eat. That makes more sense. Starting to think there may be something to authors' claims. Still, weight loss menus seem restrictive: hot lemon water, cereal soaked in juice, is this real food?

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