

August NEWSLETTER

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questhpvstudy@cfri.ca

1.866.502.2424

Currently enrolled:

4523 GIRLS

Our target:

8666 GIRLS

Join our Facebook page!

Just add **QUEST Hpv Study** on Facebook!

Stay Connected

If your address or contact details have changed, please let us know!

questhpvstudy@cfri.ca

Refer a friend!

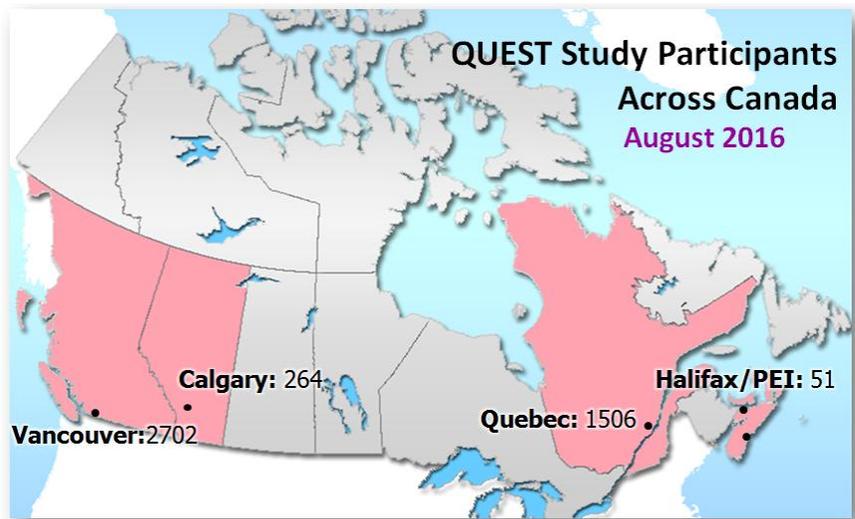
Do you have a friend that would be interested in joining the QUEST study?

Refer them to our [website](#) and you could have a chance to win a gift card!

[Click here to learn more.](#)

Breaking News!

GOOD LUCK in the upcoming school year! For those or you moving away to university, we wish you all the best with the exciting



All locations are currently recruiting.

Refer-A-Friend Contest Winner:

Megan told her friends about the QUEST study and one of them joined! To thank her for helping us spread the word, she will be getting a \$10 Starbucks gift certificate!

Food Labels

By Claire Pitcher, Registered Nurse

Do you sometimes find food labels confusing? If so, You're not alone! Although these labels are supposed to help us better understand our food, they can sometimes lead to more questions than answers! As many of you will be stocking up on healthy lunches and snacks when you head back to school next month, we're going to answer a few food label questions!

I've heard of nutrition/ingredient labels, but what are they?

year ahead!

We want to make sure that your swab package makes it to you! If you need to update your address or email address with us, just send us a quick email! We can also adjust your swab schedule so you receive your kit to your parents house when you are home during winter and summer break. Let us know what works best for you! ☺

HPV vaccine available now for boys and girls

Aug 9, 2016

“It is thrilling to be living in an era where we can prevent cancer with immunizations, Starting next month many more people in Peterborough can take advantage of free HPV vaccine to protect them from life threatening cancers.”

Read More: [Article](#)

Contact Info

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Packaged foods (eg. pasta, cheese, crackers, etc.) will almost always have a label on the outside. This label tells you things like what the food is made of (ingredients) and what kinds of nutrients it contains (sugar, sodium, iron, etc.) Did you know there are strict rules in Canada about which foods need to be labeled and what information needs to be included? Labels are meant to help you better understand your food.

So, the label is there... but why should I read it?

These labels can help you to better understand what is in your food which can in turn help you make more informed food choices! Pre-packaged, pre-made foods can have a lot of healthy AND less healthy ingredients. Knowing how to read food labels can also help people avoid certain ingredients if they have an allergy (eg. to peanuts) or choose not to eat certain foods (eg. vegetarians).

Nutrition labels just look like a bunch of numbers! What does it all mean?

Nutrition labels often include a few key pieces of information that you can focus on. These include:

- **Serving Size:** This isn't necessarily how much you should eat. This just means that the numbers provided on the rest of the label (eg. amount of sodium) are based on eating a specific amount of the food (eg. half the container, or ¼ of the package). This can be tricky because sometimes the 'serving size' will be much smaller than how much a person would usually eat. This can make it seem like a healthier food than it really is. For example, the 'serving size' of a small chocolate bar may be listed as only half of the bar; if a person just quickly glances at the nutrition label, they may end up getting twice as much sodium and sugar as they expected if they eat the whole bar!
- **Calories, Fat, Sodium, etc:** These numbers show how much of each of these components is in the food (eg. how many calories per serving, how much sodium per serving, etc.). While it can be helpful to understand these numbers, they are just one piece of overall healthy eating! One of the best overall resources for healthy eating tips is the Canada's Food Guide available here: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- **%Daily Value:** Nutrition labels will often include percentages. On a box of crackers, for example, it might say that 10 crackers contains 50% of your daily sodium. This can be important to think about because eating too much or too little of any one nutrient may be hard on your body. It's also important to remember that these percentages are often based on an average adult 2000 calorie per day diet. Your nutrition needs are unique to you depending on things how old you are, how physically active you are, if you have chronic health conditions, etc!

In general, healthier eating can help your body stay strong and healthy! But we also recognize that the idea of 'healthy eating' can sometimes feel confusing (and even overwhelming!). Sometimes, people can feel like they're struggling with what or how they're eating. If you have questions about food, it can be really helpful to speak with someone you trust

British Columbia

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(parents, doctor, nurse, or dietician – a health care provider who is specialized in healthy eating!). You can also visit this website for more information on food labeling:

<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/resources-ressources/index-eng.php>

Contest of the Month

Nutrition Facts

Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
%	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 90g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Read this nutrition label!

**a) What is the serving size?
b) What is the % Daily Value of Iron?**

Email us (questhpvstudy@cfri.ca) with your answers by September 12th. All entries will be entered into a draw to win a \$10 gift card!

July Newsletter Contest Winner:

Aimee won a \$10 Starbucks gift card for being the winner of last month's contest! Congratulations!

* A random number generator will be used to randomly select the winner. Winners contacted by email.



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