

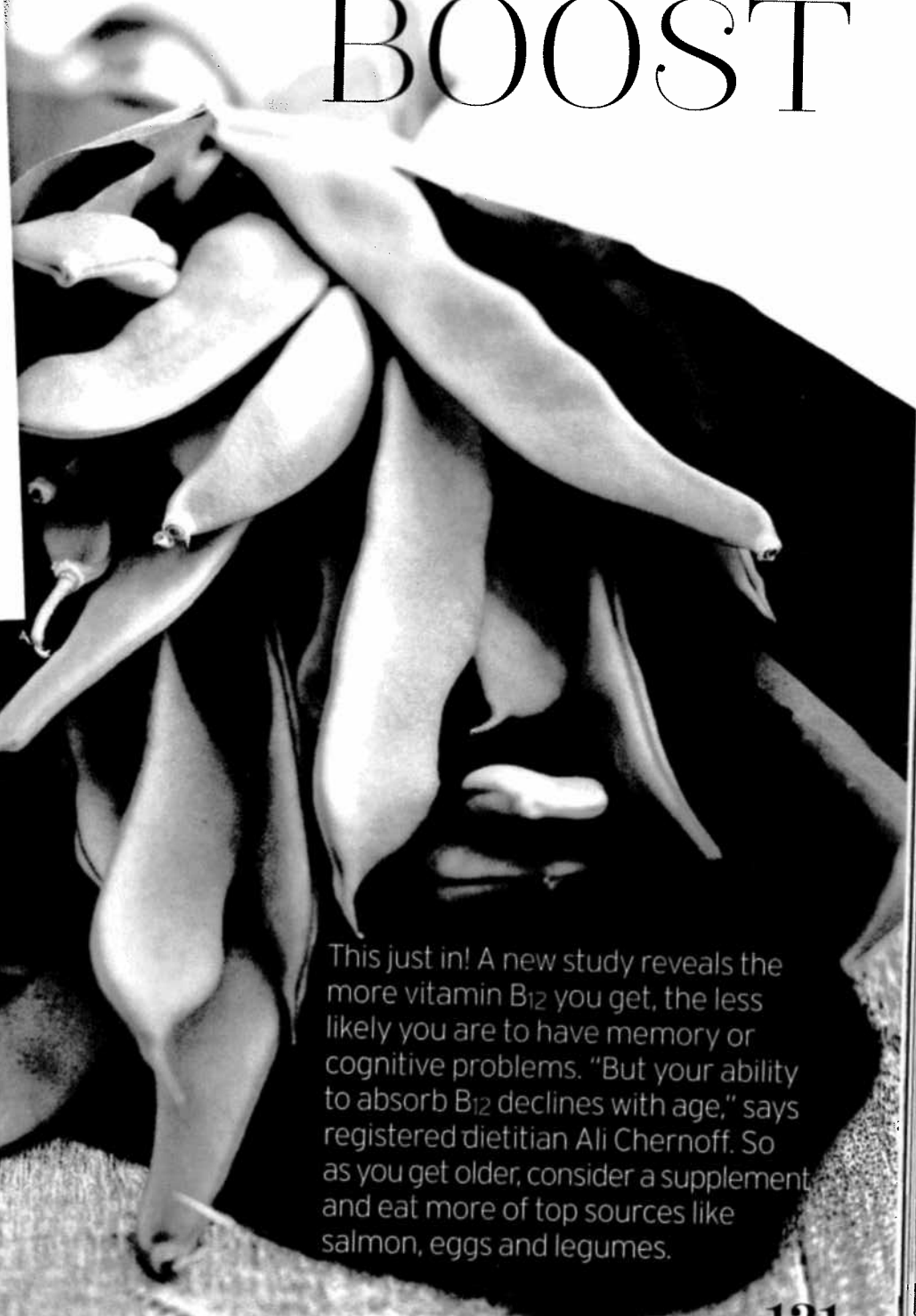
from the **health desk**

## MY DIET TRICK

I made one food resolution this year – and it's been such a game changer for me that I can't help but share it. Without fail, at every meal and snack for the past six months, I've made sure to eat some protein. I realize this may not seem that "Wow," but I've noticed surprising – dare I say outstanding? – results. I have more energy, I feel full longer with fewer cravings and, yes, I even dropped a few pounds without giving up my favourite indulgences (like red wine, burgers and creamy pasta). So for an easy diet solution to help you get ready for summer, try the power of protein. Happy eating!

*Laurie*

# brain BOOST



This just in! A new study reveals the more vitamin B<sub>12</sub> you get, the less likely you are to have memory or cognitive problems. "But your ability to absorb B<sub>12</sub> declines with age," says registered dietitian Ali Chernoff. So as you get older, consider a supplement and eat more of top sources like salmon, eggs and legumes.