

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS012

November 2016



Brain Waves Program - Learning About Taste Buds

Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

National Child Day

National Child Day has been celebrated across Canada on November 20th since 1993 to commemorate the United Nations' adoption of two documents centered on children's rights. Canada made a commitment to ensure that all children are treated with dignity and respect. This commitment includes the opportunity for children to have a voice, be protected from harm and be provided with their basic needs and every opportunity to reach their full potential.

Celebrating National Child Day is about celebrating children as active participants in their own lives and in communities, as active citizens who can and should meaningfully contribute to decision-making.

If you have stories, updates, events or information you'd like included in the next monthly issue please contact: Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

Joke of the Month

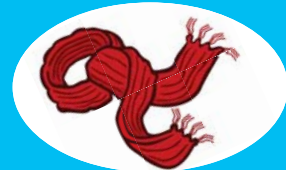
Why do cows lie down in the rain?

To keep each udder dry.

Dene Word of the Month

k'óchedhi

Scarf



Trivia of the Month

What country does karaoke come from?

Karaoke, a Japanese term meaning "empty orchestra," is from Japan. In that country, karaoke bars are for both pleasure and business. Taking a client to a bar and singing for them can mean the difference between getting a contract or not; through karaoke you sing for your supper, literally.

In this issue:



AHA has new hours! The facilities are now open from 9:00am to 5:30pm.



November is a time to come together to raise diabetes awareness!



Check out our new safety section on pg.12

Q.I. Corner



“Quality Improvement (QI) is a range of tools and strategies used to make something better. It's looking for opportunities for improvement, trying new approaches, and adopting them if they work. **Quality** healthcare is often defined as care that is safe, effective, efficient, timely, client and family-centred, and equitable.”

What is Patient-and Family-Centered Care?

The Institute for Patient-and Family-Centered Care describes patient-and family-centered care (PFCC) as “an approach to the planning, delivery, and evaluation of health care that is grounded in mutually beneficial partnerships among health care providers, patients, and families. It redefines the relationships in health care.” PFCC is a philosophy based in respect, dignity, collaboration, information sharing, and meaningful participation. The philosophy of PFCC and the adoption of best practices – such as engaging patients and families as advisors and including them must be woven throughout the health system in order for a culture of PFCC to be fully realized.

How is Saskatchewan's health system incorporating PFCC?

In 2009, the results of the province's Patient First Review were released. The first of 16 recommendations was: “That the health system makes patient- and family-centered care the foundation and principal aim of the Saskatchewan health system. Developed in collaboration with patients, families, providers, and health system leaders, this policy framework should serve as an overarching guide for health care organizations, professional groups, and others to make the Patient First philosophy a reality in all work places.”

With that directive, Saskatchewan's health system started a journey towards creating a culture of patient- and family-centered care and since then a lot has been achieved. In 2016, all Saskatchewan health regions adopted an Open Family Presence policy which did away with formal visiting hours in health care facilities. In addition, almost every health region has established a PFCC steering committee comprised of patients, families and staff. In AHA we are committed to creating a culture that is truly patient, client, resident and family first and we need your help if we are to accomplish this important task.



What is a patient and family advisor?

A patient and family advisor is a person who has had a recent experience being a patient or the family member of a patient. Advisors partner with staff and doctors to provide direct input into policies, programs, and practices that affect patient care and services. Patient and family advisors help shape the future of health care in the community. We want to continuously improve care and services by working closely with patients and families. To that end, patients and families serve as advisors on many committees, councils, research projects, and improvement events.

What does a patient and family advisor do?

As a patient and family advisor, you may be invited to attend meetings, improvement events, webinars, or focus groups. At these events, you will participate as an equal member of the group, which may also include administrators, managers, and providers. You are encouraged to share stories from your experience that illustrate how care went well or how things could have been better.

Patient and family advisors are to learn alongside other members of the team. This may include learning new terms or about best practices used in other care settings or organizations. While organizers will do their best to keep you informed, you should speak up when you don't understand words or topics.

Examples

- Tell your experience story;
- Work on a Quality Improvement project team;
- Sit on an advisory council; or,
- Survey other patients and families about their experience



Patients and families are asked to

- partner with staff to help develop a system where every patient receives care that is patient and family centered;
- encourage and support staff and the health system to put the patient and family first;
- build partnerships with staff, physicians, and volunteers that are based on mutual respect and open communication;
- encourage and challenge the health system to use evidence-based best practices for care and service delivery;
- participate in facility and program design, quality improvement, research, and staff, and physician education; and, present alongside staff to educate other advisors, staff, or doctors.

Expectations

As a patient and family advisor, you can expect to

- have processes and terms explained to you as needed for clarification and understanding;
- be listened to and respected for your insights and suggestions;
- be assigned a staff person to address any questions or concerns; and,
- attend an orientation meeting; receive training relevant to the role, or both.

As a patient and family advisor, you are expected to

- attend meetings as scheduled and advise organizers when you're not able to participate;
- come to the session prepared to contribute;
- respect the collaborative process and understand that final decisions about care delivery and process improvements are the responsibility of health care administrators; and,
- respect the confidentiality of materials about patients and organizations.

Successful advisors are

- respectful of others and their perspectives;
- comfortable speaking in a group and working with others;
- good listeners;
- able to use their personal experiences constructively;
- able to see beyond their own experience;
- non-judgmental;
- able to work collaboratively with other families and health care providers;
- interested in expanding their knowledge and skills; and,
- committed to helping bring about meaningful change.



Examples of advisor roles include

- participation in a Rapid Process Improvement Workshop;
- membership on a patient and family advisory council;
- membership on a community advisory council;
- membership on a steering committee or quality committee;
- sharing your story at a conference or board meeting; and,
- participation in a patient-oriented research project

Depending on how you get involved, and the role you pursue, you may be required to complete one or more of the following

- expression of interest or registration form;
- confidentiality form;
- photo consent form;
- volunteer criminal record check;
- honorarium form; or,
- orientation session

Who Can I Contact?

For more information or to get involved you can contact Taylor with Quality Improvement:

Phone (306) 439-2604,
Cell or Text: (306) 261-5290 or Email
tbassingthwaite@athabascahealth.ca

As a patient and family advisor in Saskatchewan, you are eligible to receive an honorarium, in recognition of your contributions.

Diabetes and Oral Health

What is Diabetes?

Diabetes is a disease of the pancreas that leads to an elevation of blood sugar. There are two types of diabetes. They are:

Type 1:

usually occurs in people younger than 30

- no insulin is produced
- this person needs daily insulin injections
- it cannot be prevented

Type 2:

- not enough insulin is produced or the body cannot use insulin properly
- risk of diabetes increases with age, inactivity and increased body weight
- can be controlled by diet and/or drug intervention and physical activity
- it may be delayed or prevented by a healthy lifestyle

Is there a link between diabetes and oral health?

It is known that diabetes can damage and affect your eyes, nerves, kidneys, heart and other important systems in the body. People with diabetes have a higher risk of developing gum diseases and oral infections.

How does gum disease develop?

When plaque grows along the gum line and it is not removed on a daily basis, the gums become red and inflamed. The gums may bleed easily when brushing, flossing or eating. These are signs of gingivitis. If gingivitis is left untreated, it can develop into periodontal (gum) disease.

Periodontal disease affects the gums as well as the surrounding bone. When plaque builds up and hardens under the gum line, it is called calculus (tartar). When calculus is not removed, the gums pull away from the teeth forming 'pockets' of infection. This infection leads to bone loss and if enough bone is lost, the tooth can become loose and fall out. Diabetes causes the blood vessels to thicken, slowing the flow of nutrients and the removal of harmful wastes. This can weaken the resistance of the gum and bone tissue to infection. Daily oral hygiene is essential for anyone diagnosed with type 1 or type 2 diabetes.

What are other mouth problems for people with diabetes?

Thrush - Thrush is a fungal infection that occurs in the mouth. People with diabetes may be more likely to get thrush because a high sugar level in the saliva encourages the fungus to grow. Good diabetic control, no tobacco use (smoking, spit tobacco), daily oral hygiene and removal of and cleaning of dentures daily can help prevent thrush.

Dry Mouth - Dry mouth is often a symptom of undetected and untreated diabetes and can cause an uncomfortable feeling in the mouth. When there is not enough moisture in the mouth, ulcers, infections, soreness, increased plaque and tooth decay could result. An artificial saliva product may help the mouth feel moist.

Infections - Oral infections of any kind can be serious as they make it difficult to control blood sugar levels. Oral infections may make chewing painful and difficult causing a person with diabetes to select foods that are easier to chew, but not nutritionally appropriate.

How should people with diabetes care for their teeth and gums?

Daily brushing and flossing are required to help the mouth stay healthy. Use fluoridated toothpaste and a soft bristled toothbrush. It is important for people with diabetes to preserve their healthy natural teeth and gums.

What about denture care?

People with diabetes may have a lowered resistance to infection and delayed healing. It is important for people wearing dentures to make sure that dentures fit well. If the dentures do not fit well or if your gums are sore, an oral health professional should be contacted.

Protection for teeth and gums

Good blood sugar control is the best way to prevent gum disease and oral infections. Regular dental checkups are necessary to find problems early when treatment can be most effective. People with diabetes should have dental checkups every six months or as recommended by their oral health professional.

For further information, contact the oral health professional in your area.

Black Lake

Health Centre Clinic: 284-0038

Stony Rapids

School Clinic: 439-2668

Fond Du Lac

Health Centre Clinic: 686-4816

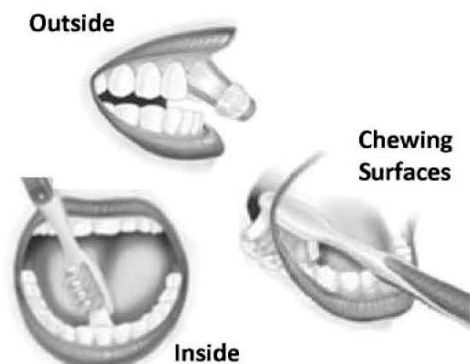
School Clinic: 686-4828

Uranium City

Call Health Centre for next visit

Brushing

Angle brush towards gums. Gently brush back and forth with short vibrating strokes on all sides of your teeth.



Flossing

Wrap floss around middle fingers (use about ½ meter). Gently floss between the teeth and under the gums. Move up and down, then move to the next tooth.



world diabetes day
14 November

Diet and exercise prevent the incidence of diabetes by about 60%.

American Diabetes Association

>> Resource: <http://www.pocketyoga.com/>

YOGA POSE OF THE MONTH:



Awkward - Utkatāsana

utkaṭa = fierce āsana = posture

Difficulty: Beginner

Description: From a standing position the heels come up and the arms are extended forward and parallel to the earth. The fingers are together and the palms are facing down. The knees are bent. The pelvis is contracted under, the rib cage is lifted up and the chin is gently tucked toward the sternum. The gaze is to the front.

Benefits: Improves overall body strength. Opens pelvis. Strengthens and tones the leg muscles. Relieves menstrual cramping. Reduces fat pocket under the buttocks. Aligns the skeletal system. Good for arthritis conditions. Improves digestion. Relieves joint pain. Relieves sciatica. Improves flexibility in the toes and the ankles.

Free Yoga Classes at the Integrated Health Facility - **Monday** Nights at **7:30pm**

Open to everyone, come out & give it a try!



A Fond Farewell

This month we said goodbye to Melissa Findlay, one of our yoga instructors. Some of you may have met her at the Women's Wellness Day in Black Lake on October 21st. Outside of being an instructor, she is a pilot & has accepted a position out of Winnipeg. She will be missed but we wish her all the best! Heather Tomson will continue to teach our Monday classes. And we may introduce a new instructor as well!

Can't Make It To Class?

We hope that you'll come out to practice with us on Mondays. But if you can't, there are a number of yoga apps available to try on your phone!

Pocket Yoga



Yoga Academy



Yoga Studio



5 minute Yoga



Daily Yoga



Simply Yoga



Down Dog



SHARE A MOMENT NOT THE FLU



Protect yourself and those around you:

- + Get the flu vaccine every year
- + Clean your hands often
- + Keep your hands away from your face
- + Cough and sneeze into your arm
- + Keep shared surfaces and objects clean
- + Avoid contact with others when you are sick
- + See a healthcare provider if your symptoms worsen

**Flu vaccines are
now available at
your local health
centre!**

TO LEARN MORE, VISIT **CANADA.CA/FLU**



DIABETES

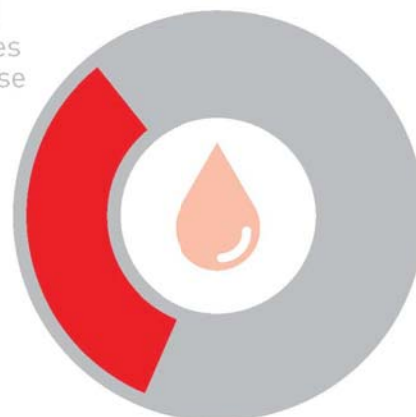
DIABETES IS
ON THE RISE



422 MILLION
adults have diabetes

3.7 MILLION
deaths due to diabetes
and high blood glucose

1.5 MILLION
deaths caused
by diabetes



THAT'S **1** PERSON IN **11**



Main types of diabetes



TYPE 1 DIABETES

Body does not produce
enough insulin



TYPE 2 DIABETES

Body produces insulin
but can't use it well



GESTATIONAL DIABETES

A temporary condition in
pregnancy

Consequences

Diabetes can lead to complications in many parts of
the body and increase the risk of dying prematurely.

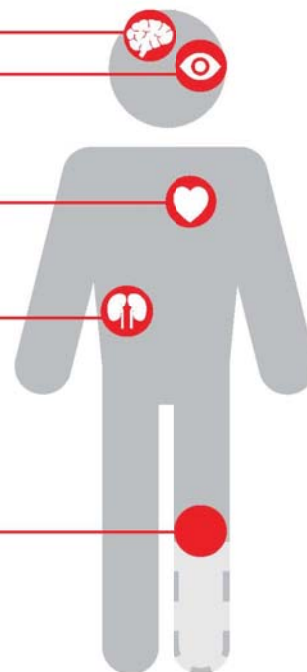
Stroke

Blindness

Heart attack

Kidney failure

Amputation



Risk factors for type 2 diabetes

Genetics, age and family history of diabetes can increase the likelihood of becoming diabetic and cannot be changed. But some behaviours that increase risk can:



Unhealthy diet



1 in 3 is overweight



Physical inactivity



1 in 10 is obese

KEY ACTIONS

FOR EVERYONE



Eat healthily



Be physically active



Avoid excessive weight gain



Check blood glucose if in doubt



Follow medical advice

FOR GOVERNMENTS



Healthy Environments

ENSURE



Better Diagnosis & Treatment



Better Data



Opportunity!

If you think you could build something like this, then let our Health Promotions Manager, Pamela Huerto know!

306-439-2647 or phuerto@athabascahealth.ca

We need three built, you can be as creative as you like, and you will be paid! Plus, you'll be helping spread literacy in your community.

Please let her know before December 31st, 2016.

News Flash

Team Updates



Philis Atta,
Home Care
Registered Nurse

Started: Oct 7, 2016



Charles Huerto
Occupational Health
& Safety Consultant

Started: Oct 18, 2016

Independent
Contractor



Doris MacDonald

Education Leave (8 months)

Home Care Worker /
Community Health Educator

Last Day: Sept 9, 2016



**Lena May
Seegerts**

Human Resources
Manager

Started: Oct 17, 2016



Liz Dorion

Family Violence
Consultant

Started: Oct 3, 2016

Independent
Contractor

Brain Waves Program

From October 24-26th the students at Stony Rapids School & Father Porte School learned a lot about how their brain & the five senses work!

A big thank you to Jennie Knudsen for visiting the basin to bring this program to the students!



Women's Wellness Day

On October 21st we held our first Women's Wellness Day in Black Lake! Important health topics were discussed, great chili was served, and there was a fun yoga class too!

Thank you to Dr. Holmes, Sarah Nixon-Jackle, Dr. Dungevall, Melissa Findlay, the organizing team & all who came out!

Chomp Your Way To Health Tour

A dental and nutrition team toured with Dr. Gerry Uswak to talk about oral health and nutrition in our northern communities this October. We learned how important it is to eat good food & to take care of your teeth!



Happy Halloween

We hope you had a safe & fun Halloween!

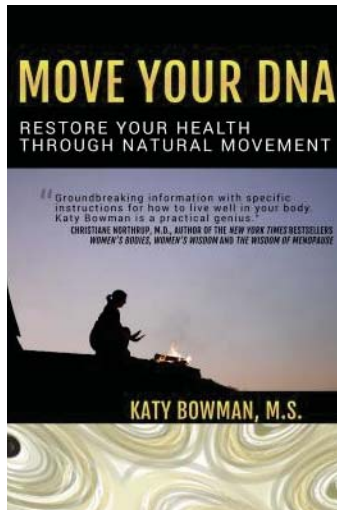
The staff at AHA also got festive for October 31st.



Look in a Book

“Books change us. Books save us. I know this because it happened to me.”
-Elif Shafak

Non-Fiction



Move Your DNA Restore Your Health Through Natural Movement - Katy Bowman

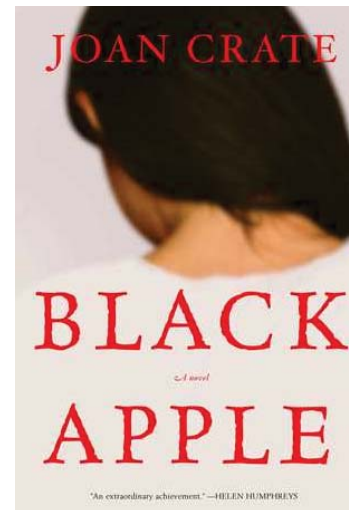
Move Your DNA explains the science behind our need for natural movement - right down to the cellular level. It examines the differences between the movements in a typical hunter - gatherer's life and the movements in our own. It shows the many problems with using exercise like movement vitamins instead of addressing the deeper issue of a poor movement diet. Best of all, Move Your DNA contains the corrective exercises, habit modifications, and simple lifestyle changes we need to make in order to free ourselves from disease and discover our naturally healthy, reflex driven selves. From couch potatoes to professional athletes, new parents to seniors, readers will love Katy's humorous, passionate, and above all science based guide to restoring your body and reclaiming your life.

Young Adults

Black Apple - Joan Crate

A dramatic and lyrical coming-of-age novel about a young Blackfoot girl who grows up in the residential school system on the Canadian prairies.

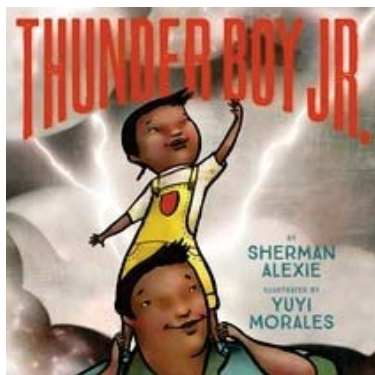
With a poet's eye, Joan Crate creates brilliantly the many shadings of this heartbreaking novel, rendering perfectly the inner voices of Rose Marie and Mother Grace, and exploring the larger themes of belief and belonging, of faith and forgiveness.



About The Author: Joan Crate was born in Yellowknife, Northwest Territories, and was brought up with pride in her Indigenous heritage. She taught literature and creative writing at Red Deer College, Alberta, for over 20 years. She lives with her family in Calgary.

Little Readers

Thunder Boy Jr. - Sherman Alexie



Thunder Boy Jr. is named after his dad, but he wants a name that's all his own. Just because people call his dad Big Thunder doesn't mean he wants to be Little Thunder. He wants a name that celebrates something cool he's done, like Touch the Clouds, Not Afraid of Ten Thousand Teeth, or Full of Wonder.

But just when Thunder Boy Jr. thinks all hope is lost, he and his dad pick the perfect name...a name that is sure to light up the sky.

National Book Award-winner Sherman Alexie's lyrical text and Caldecott Honor-winner Yuyi Morales's striking and beautiful illustrations celebrate the special relationship between father and son.

"Because **Safety Starts With You!**"

Safety Source

Slips, Trips and Falls

With the onset of winter weather, the potential for injuries due to slips, trips and falls increases dramatically. Taking precautions seems to be just using common sense, but sometimes we need reminders.

A slip, trip or fall generally refers to a situation involving a dangerous condition or circumstance. They are extremely common, and can happen in a variety of locations, including homes, workplaces, grocery stores, entertainment events, and on interior and exterior walkways, and stairways.

In Canada over 42,000 workers get injured annually due to fall accidents. This number represents about 17% of the "time-loss injuries" that were accepted by workers' compensation boards or commissions across Canada (based on statistics from Association of Workers' Compensation Boards of Canada, 2011).

What to do to Prevent Slips & Trips?

Both slips and trips result from some a kind of unintended or unexpected change in the contact between the feet and the ground or walking surface. This shows that good housekeeping, quality of walking surfaces (flooring), selection of proper footwear, and appropriate pace of walking are critical for preventing fall accidents.

- Clean all spills immediately & mark wet areas
- Mop or sweep debris from floors (stay off freshly mopped floors)
- Remove obstacles from walkways and always keeping them free of clutter
- Secure (tacking, taping, etc.) or remove mats, rugs and carpets that do not lay flat
- Always keep drawers and cabinet doors closed
- Covering cables that cross walkways
- Ensure adequate lighting both indoors and outdoors
- Keep frequently used items in easily reachable areas
- Wear shoes with good support and slip-resistant soles
- Arrange furniture to provide open walking pathways
- Install handrails on all staircases on both sides
- Remove tripping hazards (paper, boxes, books, clothes, toys, shoes) from stairs and walkways
- If you have young children, install gates at the top and bottom of stairs (unlatch the gate to pass – don't climb over them)
- Remove debris from exterior walkways
- Adjust gutter downspouts to drive water away from pathways
- Periodically check the condition of walkways and steps, and repair damages immediately
- Never stand on a chair, table or other surface on wheels



What to do to Prevent Falling?

You can reduce the risk of slipping on wet flooring by:

- Taking your time and paying attention to where you are going
- Adjusting your stride to a pace that is suitable for the walking surface and the tasks you are doing
- Walking with the feet pointed slightly outward
- Making wide turns at corners

You can reduce the risk of tripping by:

- Keeping walking areas clear from clutter or obstructions
- Keeping flooring in good condition
- Always using installed light sources that provide sufficient light for your tasks
- Using a flashlight if you enter a dark room where there is no light
- Ensuring that things you are carrying do not prevent you from seeing any obstructions, spills, etc.

>> Resources: https://www.ccohs.ca/oshanswers/safety_haz/falls.html
& <http://nbia.ca/slips-trips-falls/>



Sweet Enough? BE SUGAR SMART



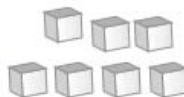
Small flavoured latte
= 16g Sugar



Black coffee - no sugar
= 0g Sugar



Sweet Popcorn
= 28g Sugar



Plain Popcorn
= 0g Sugar



Chocolate Bar
= 31g Sugar



Diet yoghurt
= 6.6g Sugar



4g
of Sugar



=



>> Resource: <https://www.diabetes.ie/are-you-at-risk/get-sugar-smart/>

If you are FEELING SAD or
DISTRESSED and want to talk,
support is a phone call away.



Call the toll-free First Nations and Inuit
Hope for Wellness Help Line at

1-855-242-3310

World Diabetes Day

G O C O D S G T D O
I R D W P W S U I D
D E W M O A G N A H
M B D C S G O N B I
I M D A T C L A E N
C E E R C K B E T S
U V N B A P O E E U
R O D S R U L L S L
E N O T D M U A T I
Y C D T M P S U K N

BLOGS NOVEMBER
BOLUS POSTCARD
CARBS PUMP
CURE SWAG
DIABETES WDD
DOC YCDT
ENDO
INSULIN
LEEANN
MDI



WILD RICE CASSEROLE



INGREDIENTS:

- 1 ¼ cups (300 ml) uncooked wild rice
- 5 cups (1250 ml) water
- ½ cup (125 ml) liquid chicken stock
- 2 cans (284 ml each) cream of mushroom soup
- 1 can (284 ml) mushrooms, drained
- ½ cup (125 ml) each of red, yellow and green pepper, chopped
- 1 onion, chopped
- Salt and pepper to taste
- Cayenne pepper to taste
- ½ cup (125 ml) shredded cheese (optional)

Wild rice is native to North America and is cultivated in the prairies.

Recipe by: Anonymous

This recipe was submitted by an attendee at the Aboriginal Nutrition Network's Revitalizing Connections Gathering in Thunder Bay in May 2014.

Some adaptations have been made to the original recipe.

METHOD:

1. Put the rice and water in a medium sized pot.
2. Bring it up to a boil on high heat.
3. Turn it down to low, cover with a lid and let it simmer for 45 minutes.
4. Once cooked, drain excess water off of rice. Preheat the oven to 350°F.
5. Combine all ingredients in a casserole dish; the cooked rice, chicken stock, mushroom soup, mushrooms, onion, peppers and spices.
6. Cover with lid or aluminum foil. Bake for 1 hour at 350°F.
7. Optional: At the end, sprinkle with shredded cheese and bake uncovered for another 15 minutes.
8. Serve warm.





NOTES FROM THE dietitian

Despite its name, wild rice is actually a semi-aquatic grass and is not part of the rice family at all! It grows in shallow, slow moving water near the shores of lakes, rivers and streams.

Wild rice is native to North America and is cultivated in the prairies. It is higher in protein and fibre than white rice and will help you feel full longer.

This casserole contains ingredients from three food groups: *grain products, fruit and vegetables*, and *milk and alternatives*. Serve it with a food from the *meat and alternatives* group like fish or chicken for a complete meal.

“Wild rice will help you feel full longer.”

This resource was developed through a generous contribution from the Canadian Home Economics Foundation and the Aboriginal Nutrition Network, Dietitians of Canada.

Canadian
Home Economics
Foundation



La Fondation
canadienne
Pour l'Économie familiale



Dietitians of Canada
Les diététistes du Canada



Upcoming Events:

STONY RAPIDS

- Mondays - Yoga Class @ 7:30pm - AHA Multi-Purpose Room
- Thursdays - Rosary Prayer & Gospel Songs @ AHA Facility 6:00pm-8:30pm
- AHA Christmas Party - Dec. 2

BLACK LAKE

- Mondays - AA Meetings 7:00pm-9:00pm
- Thursdays - Women's Domestic Violence H.O.P.E. Group Meetings Health Clinic @ 6:00pm-9:00pm
- Healing Workshop - Nov. 24-26 "Walk With Me Against Suicide"

FOND DU LAC

- Mondays - Women's Group
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom
- Movie Night - Nov 17 6:30pm @ Band Hall
- Karaoke Night - Nov 18 6:30pm

Eat your veggies!

Unscramble each of the clue words.

Copy the letters in the numbered boxes to the boxes below with the same number:



NESBA

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TEBES

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CORLIBCO

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RELCYE

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RONC

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GENRE SEABN

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MOHSURMOS

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SEVLIO

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SAOTOEPT

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SACHIPN

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MASY

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>> Resource: <http://network-health.org/Members/NH-Together/News/Kids-Korner-word-scramble.aspx>

Healthy Cooking on a Budget

Vegetable Frittata

Ingredients:

- 4 eggs (\$1.71)
- 1 tsp dried parsley (\$0.22)
- ½ tsp dried oregano (\$0.10)
- ¼ tsp garlic salt (optional)
- Pinch black pepper
- 2 tsp margarine or butter (\$0.05)
- 2 green onions, chopped (\$0.60)
- ½ cup chopped broccoli or green beans (\$0.67)
- ½ cup chopped celery (\$0.44)

When purchasing a seasoning blend, be sure to check the sodium content. Some contain salt, though it's not always mentioned in the name as it is with garlic salt.

Total cost: \$3.79 Cost per serving (Serves 2): \$1.90

>> Item prices from Stony Rapid store

- 1 In a bowl, whisk together eggs, parsley, oregano, garlic salt (if using), pepper and 1 tbsp water. Set aside.
- 2 In a heavy skillet, melt margarine over medium heat. Sauté green onions, broccoli and celery for 4 to 5 minutes or until tender-crisp.
- 3 Pour egg mixture over vegetable mixture and cook for 30 seconds. Cover and cook for 2 to 3 minutes or until set. Cut frittata in half and slide out of the skillet onto warmed plates.
- 4 Nutrition Information:
Calories 198kcal, Protein 13 g, Carbohydrates 5g, Fat 14g, Fibre 1g, Sodium 313mg (433mg with garlic salt)

Source: <http://www.diabetes.ca/>

