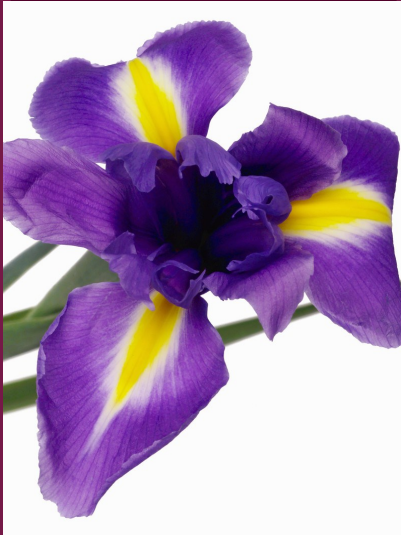


# NUTRITION MANAGEMENT TODAY

SUMMER 2013



## HIGHLIGHTS

Message from the  
President

CE: Diet App's

Conference Update

CE: Confidence

*H*appy Summer! I hope you are enjoying your summer as much as I am; it certainly was long over due in getting started and here we are half way through it already. Since our last newsletter your SSNM Board of Directors has been busy working for you, the member. As you may recall, we were unable to secure anyone to the President and President-Elect roles; this left the board in an uncomfortable position following the April 26, 2013 Annual General Meeting. After several meetings we, the current board, decided to ask Tennille Corbett to continue for one more term as the Past President in order to mentor me, Leanne Kolbe, as the new President.

It has been a quick learning curve for me in the President's role, especially considering I am still acting as the Communications Chairperson. We were able to divide up a few duties of the Communications Chair in the interim as we continue to seek someone to fulfil this role.

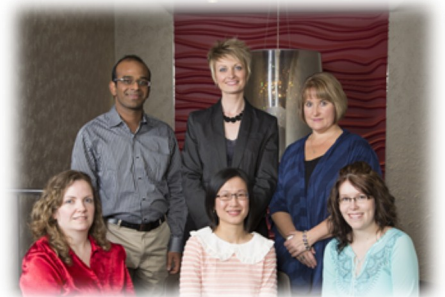


Being on the SSNM Board is very rewarding and certainly comes with some great benefits. If you have ever considered taking on a volunteer board position, now is the time to step forward. As was discussed at the AGM this spring, if we cannot fill all of our board positions during this current term we will have to look at folding our chapter and handing the reigns over to the CSNM moving forward. Given the work that so many of our life and honorary members contributed over the past years, this would certainly be a sad occurrence, however is a potential reality.

If you have any questions regarding volunteering to be on the executive, please send a message to [info@ssnm.ca](mailto:info@ssnm.ca)

Enjoy the rest of your summer!

*Leanne Kolbe* SSNM President



### **Diet Apps : Submitted by Vinoth Kumar**

Can you imagine a day without using an app on a smartphone?

Most of us would say no, there is an app for everything from a simple reminder to complex banking apps. Diet is no exception. We do have multiple apps for dieting, the key is finding the right app for your goals and needs. We will see about the features of five different diet apps.

#### **My Fitness Pal**

My Fitness Pal is the prominent app for both iPhone and Android users. When you add your personal information like height, age, sex, target weight and so on the app will workout how many calories you can consume each day to achieve your target in the time frame you specify. You record what you eat each day and your activity then the app will count your calories

#### **Super foods**

When we walk around the produce aisle at a grocery store we do see fruits like Mangoostan, how many of us know how to include Mangoostan in our diet and how much to include?. Superfood app is a handy app which has a series of mini articles like ground-breaking Superfood antioxidants. This app gives you the facts and knowledge to make the most out of the Super foods revolution.

#### **Nutrino**

If you like an app which will build a personalized menu and a shopping list for that menu Nutrino is the app for you. When you enter your vital stats it will show you how much you should ideally weigh and workout a long term goal for you. You can share your progress meal plan via social media straight from Nutrino.

#### **Low fat recipe**

If you need inspiration for your low fat diet ,the low fat app recipe is for you .This app gives you complete nutritional information. There are array of choices for every diet requirement from gluten free, diabetic diet to gourmet .This app is like a cook book.

#### **Lose it**

Lose it features a free barcode scanner, a recipe builder and a comprehensive database for food and activities users can add food to the data base and track nutrients like protein, carbohydrates and fat with diet app.

No more complex manual calorie counting and recording for diets, et your app do the work for you and you just follow it.

#### **References**

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## Conference Update

Another successful SSNM Conference and Education Day is behind us. We held our 2012-2013 conference on Friday April 26<sup>th</sup>, 2013 at the Ramada Hotel.

We had 48 attendees at the conference which focused on Refueling our Body, Mind and Spirits. We had three sessions which included Al Scholz speaking on Food Sustainability, Anita Chakavarti with a presentation on Mindfulness as well as an introduction to yoga with Dena Webb Listwin and Cindy Placatka.

It was a great day which we received positive feedback on from our evaluations.

Another thank you goes out to our sponsors Sysco, Pratt's, Weston's, Saputo, Campbell's, Complete Purchasing, WT Lynch and CSNM. I enjoyed my first year as your SSNM Conference chair and want to say another thank you to my conference co-chairs Shelley Dobrowalsky and Kim Fendelet.

In looking forward to next year's conference I am very excited to be joining forces with CSNM as the national conference next year will be held in Regina. I feel we will work very well together to provide an excellent conference for SSNM as well as CSNM members.

At this point we have not made too many final decisions but are looking at May or early June for a conference date. The committee spent a day in Regina at the end of June touring possible venues and off site activities. Thank you to Conventions Regina for their hospitality during our visit.

We will be planning a conference call very shortly to secure a date and a venue for the 2013-2014 CSNM conference. Watch your SSNM email and upcoming SSNM newsletters for details as they unfold!

I am looking forward to my upcoming year in the role of your SSNM conference chair.

Stacey Rowe

SSNM Conference Chair



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### Developing Confidence Submitted by Vinoth Kumar

People, groups and companies can get swept up in fortunate and unfortunate cycles of wins and losses. Confidence is often what causes these swings to rise and fall. Confidence is the bridge between expectation and performance. Positive cycles or winning streaks create, positive momentum and increase confidence. People who believe they will win are more likely to put in the effort to ensure victory. Their halo effect makes it easier to attract the best talent and the investments to the perpetual victory. Losing cycles also feed on themselves, destroying confidence along the way. Losing has a repellent effect that makes it harder for a team to bond and to attract new talent and easier to fall behind. Confidence is the balance between arrogance - the failure to see any flaws and despair. It is human nature to seek patterns and trends even in random events. But in non-random activities where effort and skill makes a difference, success and failure becomes a self-fulfilling prophecies.

We all speak of confidence as something essential to life quality but few people really know what it is. Confidence is also hard to quantify, and equally hard to describe in detail, but it is real enough. It is determined by three basic elements: our achievement, our sense of belonging and our level of self-esteem. These aspects which form a highly personal triangle, are closely interwoven and each one affects the other two. Most important, our achievement and sense of belonging absolutely control the level of our esteem. Without both aspects being fulfilled we will always believe there is something missing from our lives and suffer a sense of inadequacy.

A simple definition of confidence could be: Self-confidence is an attitude which engenders a positive and realistic perception of one's self and abilities. It is shown by high self-belief, optimism, enthusiasm, assertiveness, pride, independence, trust, the ability to handle criticism and above all, emotional maturity.

To explain how confidence is displayed I would like to mention the distinctions between Winners & Whiners.

Distinction	Winners	Whiners
1	Create Positive meanings	Create Negative meanings
2	Focus minded	Scatterbrained
3	Think big	Think small
4	Build friendships	Destroy friendship
5	Enjoy life's journeys	Put their joy in the destinations
6	Listen twice as much they talk	Talk twice as much they listen
7	Brighten a room by entering	Brighten a room by leaving
8	Finds way	Finds excuses
9	Can have what they want	Want what they cannot have
10	Take responsibility	Play the victim



People who have confidence are winners, so they will have basic qualities like a winner and they show their confidence by above said attributes but certainly not limited to what's said above.

### **Strategies to develop confidence**

#### **Strength**

The power within, is what you can call upon when the chips are down and you are considering cashing in.

Using inner resources to pull yourself up by your bootstraps will give you the sense that you can deal with anything life throws at you.

#### **Enlightenment**

The ability to know that you know keeps you solid in your choices and decisions. Your thoughts can change with the wind, but your inner knowledge is unshakable.

#### **Love of self**

We can be harder on ourselves than any other person .consciously giving yourself a break and not falling into the trap of self denigration will allow you to save your energy for important parts.

#### **Fulfilment**

It isn't about not having any more room for additional emotions , but rather its about being open and looking for feeling that will add to our well being.

#### **Energy**

In the form of positive feeling and deeds ,feeds our mind and heart .when you don't have energy you cant feel good about yourself or anything else and the best way to get energy is to do some physical activities .



#### **Selflessness**

Quality of putting others before yourself is a great way to build your self esteem and to contribute to those who need you, at the same time.



## Trust

Trust must first be given to yourself . Believe that you are here for the right reasons and that your participation in life is valuable to those around you .

## Effectiveness

The ability to influence the world in a positive way can be incredibly empowering.

## Motivation

That inner cheer leader is what propels you to the next level in life. Wanting to have a positive impact on those around you is a great way to motivate yourself.

To be successful in your professional and personal life confidence is important. Confidence can be built; being humble is the first step in developing confidence.

*"Confidence is the weapon in war of life" with confidence we can conquer a lot and be successful.*



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