

## WORLD VISION Global 6K for Water

*Did you know that 780 million people around the world are without access to clean water?*

**In May 2019, Magna came together to support the World Vision Global 6K for Water. This initiative raises money to bring clean drinking water to communities in need. It involves running or walking 6km, which is the average distance an individual in the developing world must walk daily to get clean drinking water. Unfortunately, this “clean” drinking water is often dirty and contaminated, putting those who drink it at risk of illness and infection.**



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Did you Know?

The Global 6K for Water event raises money that goes towards constructing wells with water treatment and distribution systems, establishing water management committees, and constructing washrooms and hand-washing stations in schools. For every \$50 raised, one child or adult receives access to sustainable, clean drinking water for life.

This year a total of 121 Magna divisions participated globally in this event, including divisions in Austria, Canada, China, Czech Republic, France, Germany, Italy, Mexico, Poland, Romania, Russia, Spain, Thailand, Turkey, UK, and USA. With the outstanding efforts of 5,521 Magna employees worldwide, we were able to raise \$467,947 to support clean water initiatives in 2019. This amount is equivalent to bringing clean water to 9,359 people!

2019 was Magna’s third year supporting the Global 6K for Water. Over the last 3 years, Magna has helped raise \$892,751 for World Vision through the Global 6K for Water event. This initiative was first

introduced to Magna in 2017 by Ryan Dwornik, a Manufacturing Manager from Magna Exteriors. At the time, the Global 6K included employees from Magna Exteriors in the United States. The event has now expanded to include all Magna divisions worldwide. Over the years Ryan has been involved in a number of World Vision initiatives and events and he has a passion for continuing to bring clean water to as many people as possible. Ryan explains the impact of the Global 6K event as “more than bringing awareness and changing the world on a global scale. It has also impacted Magna internally by changing the culture and bringing employees together. It is changing us too.”

*If you are interested in participating in this event in 2020, check out the Magna Wellness website where registration information will be posted in early January.*



USA



CHINA



TURKEY



MEXICO



SHANGHAI



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# NUTRITION for Life!

As we move through various stages of life, our bodies' nutritional needs change.

With the transition from childhood to adolescence, and from adulthood to our senior years, our bodies change. As a result, it is important to be aware that the vitamins and minerals required to function optimally change as well.

Nutritional needs for different age groups are usually generalized recommendations. Specific individual needs should account for gender, height, weight, activity level, and life stage (for example pregnancy).

## CHILDHOOD:

3–11 years



The Acceptable Macronutrient Distribution Ranges (AMDR) are a useful tool that helps to ensure a child is consuming an adequate amount of calories. According to the AMDR the percentage of fat from calories for children 4–8 years old should be 25–35%, carbohydrates 45–65% and protein intake should be 10–30%.

Growth charts are another useful tool that can be used to ensure that a child is growing at the expected rate.

**IRON:** Approximately 10 mg of iron is needed per day to ensure adequate stores and prevent problems such as anemia.

**VITAMIN D:** Recommended requirements for healthy children are 600–1000 IU/day (500 mg–800mg/day) to ensure essential bone mass growth. Vitamin D is also required to help the body absorb calcium.

**FIBRE:** The majority of fibre should be from whole grains, fruits and vegetables, as this will provide adequate intake values for a child. Fibre supplements are not typically recommended for children, as this can lead to an overload of fibre and cause stomach aches or diarrhea.

## ADOLESCENCE:

12–19 years



As the adolescent body develops, a higher caloric intake is needed to help meet new vitamin level requirements.

Adolescent females need approximately 2100–2400 calories per day, and males require about 2200–3150 calories per day depending on activity levels. Poor food choices and low intake of fruits and vegetables can put adolescents at risk of nutrient deficiency.

**IRON:** Iron is needed in higher amounts to support the increase in blood volume and muscle mass in growing teenagers. Iron is particularly important for adolescent females, as they lose blood monthly through menstruation.

**VITAMIN D & CALCIUM:** Teenagers are particularly deficient in these two vitamins. These vitamins are needed in higher amounts during adolescence years, compared to adults to help support the final stages of bone growth.

**VITAMIN A & C:** These vitamins play important roles in functions such as supporting a healthy immune system. There is a high risk of deficiency in these vitamins as there can be a low intake of healthy foods such as fruits and vegetables.

**ZINC:** There is an increased need for zinc to support an increase in muscle mass and the growth of organs. Mild deficiencies of zinc can impact the teen by affecting growth, the immune system and interfering with the metabolism of Vitamin A.

## ADULTHOOD:

20–50 years



During adulthood, energy requirements typically decline due to a decrease in energy expenditure (ie: a decrease in exercise). As a result, adults require less calories compared to growing adolescents. Despite needing less calories, protein, fats and carbohydrate requirements remain the same. The required vitamin intakes are similar to the recommendations for teenagers.

## OLDER ADULTS:

50 + years



Older adults are particularly at risk for deficiencies as they tend to have a lower caloric intake and decreased nutrient metabolism due to factors such as illness and medication. Vitamins such as calcium, vitamin D, C, E and zinc are usually at high risk for deficiency.

**VITAMIN D, B6, B12 & CALCIUM:** These vitamins are needed in higher amounts to maintain optimal functioning of the body. Supplements are recommended due to a decreased intake of these nutrients and decreased intestinal absorption.

**FOLATE:** Folate intake is needed in the same amount as adults, however deficiency is a concern for older adults because it can contribute to anemia and can increase the risk of cardiovascular disease.

**FIBRE:** Lower amounts of fibre are recommended compared to younger adults. Fibre needs are based on energy intake and older adults require less caloric consumption. However, fibre intake is still important in the diet to help prevent constipation.

\*SEE CHART ON THE RIGHT PAGE TO FIND COMMON FOOD SOURCES FOR VITAMIN AND MINERALS THAT ARE NEEDED THROUGHOUT LIFE STAGES.

## Childhood Obesity: A GLOBAL EPIDEMIC

Childhood obesity has become one of the most serious public health challenges of the 21st century.

It is currently estimated that two-thirds of children are inadequately active, and almost one-third of children are overweight and obese, putting their long-term health at risk. This rising issue has become so common that it is being called a worldwide epidemic, now termed 'Globesity.' When children are overweight, and their weight gain is unequal to their change in height, it can have negative immediate and long-term effects on their physical health. As they grow up, this may lead to an increase in the risk of developing chronic health problems such as heart disease, diabetes, breathing problems, sleep disorders, and certain cancers. It also has a negative impact on their social and emotional health by increasing the risk of social isolation and mental health disorders like depression.

The increasing rate of childhood obesity is a major concern since children who are overweight are more likely to remain overweight into adulthood. Therefore, prevention and treatment of childhood obesity needs to be a high priority to improve the current and future health of this generation!

The increasing rate of childhood obesity is connected to a variety of factors including biological, behavioural, social, environmental, economical, and cultural. One of the main contributors to childhood weight gain is the change in societal trends, which now directly and indirectly encourage an unhealthy lifestyle that includes unhealthy eating, poor sleep, and decreased physical activity levels. Altered eating habits can partially be attributed to the convenience of fast food, increased portion sizes, increased intake of sugary and processed foods, and an increased accessibility to enticing treats. Television use has also been associated with unhealthy eating habits and physical inactivity. More hours spent watching television is associated with a higher intake of calories, fat, and sugar, and a lower intake of fruits and vegetables. Advertisements seen on television promote fast food restaurants, with estimates of about 4–5 food and beverage advertisements seen per hour! Around 90% of these

advertisements are showing foods that are high in calories, salt, fat, and/or sugar. The accessibility of these foods and highlighting them with catchy, appealing commercials facilitate cues to eat food, despite not being hungry. Activity levels are also not being met by children, as it is estimated that 75–85% of children are not engaging in the recommended 60 minutes of daily activity. With less physical activity and more unhealthy eating, obesity is on the rise, and the health of this generation is of great concern.

According to the World Health Organization (WHO), if these unhealthy trends continue, the number of overweight and obese children will continue to increase. If this trend in childhood obesity is not resolved, the children will age with their unhealthy habits and by 2040 approximately 70% of adults will be overweight and obese. This may cause major health consequences for these individuals and the health care systems of the countries in which they live. To prevent this, treating and preventing childhood obesity must include changes from individuals, families, governments, and society as a whole. There are some simple strategies that we can start with to change and reverse this trend. First, we can try to incorporate healthy eating habits and more physical



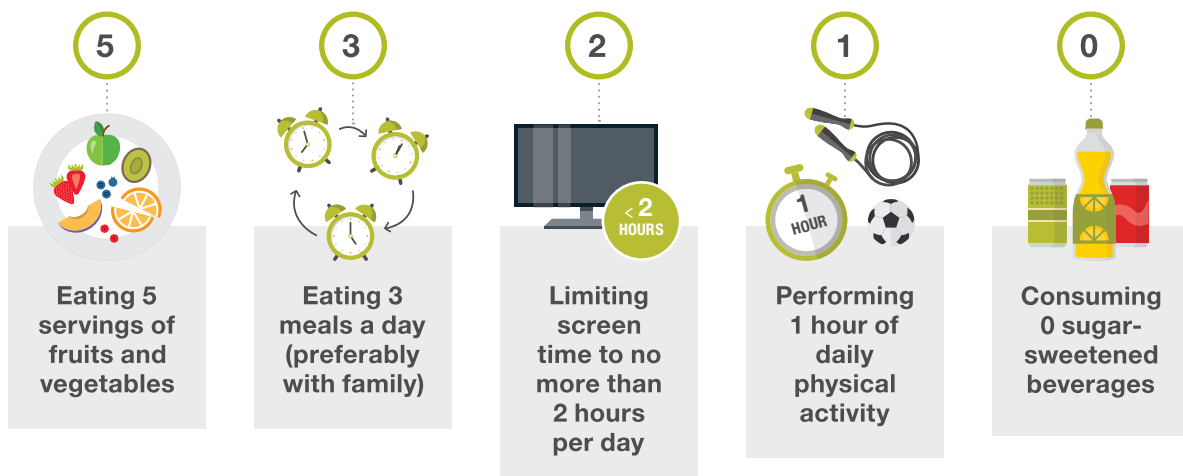
	FOOD SOURCE	SERVING SIZE	AMOUNT PER SERVING	RECOMMENDED REQUIREMENTS			
<b>VITAMIN A</b>	Sweet Potato	1 large baked with skin on	1,403mcg	<b>Childhood:</b> 300mcg—600mcg	<b>Adolescent:</b> 600mcg—700mcg	<b>Adult &amp; Older Adult:</b> 900mcg (Males) 700mcg (Females)	
<b>VITAMIN B6</b>	Chick Peas	1 cup canned	1.1mg	<b>Childhood:</b> 0.5mg—1.0 mg	<b>Adolescent:</b> 1.0mg—1.2mg	<b>Adult:</b> 1.3mg	<b>Older Adult:</b> 1.7mg (Males) 1.5mg (Females)
<b>VITAMIN B12</b>	Salmon	3 ounces cooked	4.8mcg	<b>Childhood:</b> 0.9mcg—1.8mcg	<b>Adolescent:</b> 1.8mcg	<b>Adult and Older Adult:</b> 2.4mcg	
	Tuna	Canned light	2.5mcg				
<b>VITAMIN C</b>	Oranges	1 medium	70 mg	<b>Childhood:</b> 25mg—45mg	<b>Adolescent:</b> 75mg (Males) 65mg (Females)	<b>Adult and Older Adult:</b> 90 mg (Male) 75 mg (Female)	
	Strawberries	½ cup sliced	49 mg				
<b>VITAMIN D</b>	Cod Liver Oil	1 teaspoon	1,360 IU	<b>Childhood:</b> 600 IU (700mg—1,000mg)	<b>Adolescent:</b> 600 IU (1,300mg)	<b>Adult:</b> 600 IU (1,000mg)	<b>Older Adult:</b> 800 IU / 1,000mg (Males) 1,200mg (Females)
	Fortified Beverages, eg. Orange Juice	1 cup	137 IU				
<b>VITAMIN E</b>	Sunflower Seeds	1 ounce dry roasted	7.4mg	<b>Childhood:</b> 7mg—11mg	<b>Adolescent:</b> 11mg—15mg	<b>Adult and Older Adult:</b> 15mg	
	Almonds	1 ounce dry roasted	6.8mg				
<b>FOLATE</b>	Spinach	½ cup boiled	131mcg	<b>Childhood:</b> 200mcg—300mcg	<b>Adolescent:</b> 300mcg—400mcg	<b>Adult and Older Adult:</b> 400mcg	
	Asparagus	4 spears	80mcg				
<b>FIBER</b>	Steel cut oats	¼ cup raw	5g	<b>Childhood:</b> 19g—31g (Males) 19g—26g (Females)	<b>Adolescent:</b> 31g—38g (Males) 26g (Females)	<b>Adult:</b> 38g (Males) 25g (Females)	<b>Older Adult:</b> 30g (Males) 21g (Females)
	Pear	1 medium size	6g				
<b>IRON</b>	White beans	1 cup	8mg	<b>Childhood:</b> 7mg—10mg	<b>Adolescent:</b> 11mg (Males) 15mg (Females)	<b>Adult and Older Adult:</b> 8mg (Males) 18mg (Females)	
	Lentils	1 cup cooked	3mg				
<b>CALCIUM</b>	Plain Non-Fat yogurt	8 ounces	493mg	<b>Childhood:</b> 1,000mg—1,300mg	<b>Adolescent:</b> 1,300mg	<b>Adult:</b> 1,000mg	<b>Older Adult:</b> 1,000mg (Males) 1,200mg (Females)
	Milk 2%	8 ounces	293mg				
<b>ZINC</b>	Baked Beans	¾ of a cup cooked	4.3mg	<b>Childhood:</b> 5mg—8mg	<b>Adolescent:</b> 8mg	<b>Adult and Older Adult:</b> 11mg (Males) 9mg (Females)	
	Chicken Breast	2 ½ ounces cooked	2.2mg				



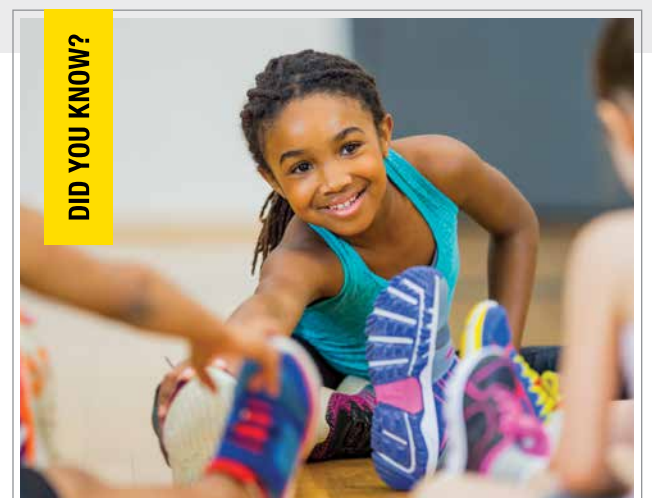
activity to develop and maintain a healthy weight. Second, parent involvement has a huge influence in these changes as children often mimic their parents' behaviours. Parents can help their children find sources of gratification other than food,

as children also overeat for comfort, self-reward and boredom. Lastly, a method for changing one's lifestyle and promoting healthy behaviour in children is the **5-3-2-1-0 RULE**.

*This rule involves:*



This method can be a simple first-step towards creating healthy lifestyle behaviours and reducing the incidence of childhood obesity!



**DID YOU KNOW?**

### Childhood Activity!

Did you know that children aged 5–17 are recommended to have at least 60 minutes of moderate to vigorous physical activity per day?

**DAILY ACTIVITY HELPS CHILDREN:**

- Improve their health, fitness, and strength
- Maintain a healthy body weight
- Achieve better in school
- Have fun playing with friends
- Improve their mood
- Improves their self-confidence



## GRANOLA Cups

*This simple and healthy recipe is great for breakfast or a quick snack that the whole family will enjoy!*

TOTAL TIME	YIELDS	CALORIES PER CUP
25 min.	12 cups	166

### INGREDIENTS

1½ CUPS	old-fashioned rolled oats
½ CUP	unsweetened shredded coconut
2 TBSP	chia seeds
1 TSP	ground cinnamon
¼ CUP + 1 TBSP	coconut oil, melted and slightly cooled
¼ CUP	natural maple syrup

### DIRECTIONS

- Preheat oven to 350 degrees and lightly coat the inside of a muffin tin with non-stick cooking spray.
- In a large bowl, mix together oats, shredded coconut, chia seeds and ground cinnamon.
- Add coconut oil and maple syrup and mix well.
- Scoop about 3 tablespoons of the mixture into each of the 12 cups.
- Press the oats into the bottom of the muffin tin. The more compressed the oats are, the crisper the cups will turn out.
- Bake for approximately 15 minutes or until the oats are starting to brown around the top edge.
- Remove from oven and cool completely.
- Once the granola cups have cooled, lift them out of the muffin tin.
- Fill granola cups with yogurt of your choice and top with fruit and nuts!

## Chocolate Review: GET YOUR CHOCOLATE FIX!



Everyone knows that opting for a chocolate bar instead of fresh veggies and fruits may not be the best dietary choice, but occasionally treating yourself can satisfy that sweet tooth craving!

Healthy choices can be made even when indulging, but it is important to be aware of the options and identify those that are better.

While nearly all chocolate is delicious, not all chocolate is created equal. The nutrition facts can vary significantly between chocolates, whether it is the amount of calories or sugar and fat content.

Kit Kat, Reese's Peanut Butter Cups, and Hershey's Cookies 'N' Crème are ranked the best for having the lowest sugar and calorie content per serving. The Almond Joy bar has similar calories and sugar content, but also has trans-fat which contributes to bad cholesterol and decreases your good blood cholesterol levels. This can in turn affect cardiovascular health. A better alternative is a serving of Brookside Dark Chocolate pieces, as it contains a lower number of calories and sugar with added nutrients and antioxidants in the dark cocoa and the fruit-filled center.

The unhealthiest choices on the list are the chocolates with the highest amount of saturated fat and trans-fat content such as the Coffee Crisp, Almond Joy, and the AERO Milk Chocolate bars. The 'air bubbles' in this chocolate are definitely deceiving as it is not air that makes up the contents of this bar. The AERO bar contains a considerable number of calories and sugar along with trans-fats. If AERO is your favourite choice of chocolate bar, it would be healthier to switch to the AERO Dark Chocolate bar, as it contains only 10g of sugar and 0 trans-fat per serving! Less than half the sugar content compared to a whopping 24g of the original AERO Milk Chocolate per serving.

Another way to cut down on calories is to eat smaller portions of the chocolate bar rather than consuming the entire bar at one sitting. Many chocolate bars are processed in ways that are easy to portion such as, Kit Kat and Hershey bars. Even some Smarties boxes are now packaged with three separate compartments to help facilitate portion control!

Regardless of the chocolate bar you choose, it is important to remember that treats like these can be enjoyed if they are occasional and part of a balanced diet.

**So, indulge—in moderation!**

ITEM	SERVING SIZE	CALORIES	SUGAR	FAT	SAT. FAT	TRANS FAT	CARBS
<b>AERO (Dark Chocolate)</b>	32g	180	10g	13g	7g	○	16g
<b>Hershey's Cookies 'n' Crème</b>	43g	220	19g	11g	7g	○	27g
<b>Almond Joy</b>	45g	220	20g	14g	8g	●	29g
<b>Kit Kat</b>	42g	210	21g	11g	7g	○	27g
<b>Reese's Peanut Butter Cups</b>	42g	210	21g	13g	4.5g	○	34g
<b>Brookside Dark Chocolate</b>	40g	170	23g	8g	5g	○	28g
<b>Twix Caramel</b>	53g	250	24g	12g	7g	○	34g
<b>AERO (Milk Chocolate)</b>	41g	220	24g	12g	7g	●	26g
<b>Coffee Crisp</b>	50g	260	25g	13g	7g	●	33g
<b>Crunchie</b>	40g	186	26g	6.9g	4g	○	30g
<b>Oh Henry</b>	57g	263	26g	13g	5.5g	●	37g
<b>Snickers</b>	52.7g	250	27g	12g	4.5g	●	33g
<b>Mars Bar</b>	53g	244	30g	9.1	4.4g	●	37.6g
<b>M&amp;M's</b>	47.9g	230	30g	10g	6g	○	34g
<b>Smarties</b>	45g	210	33g	6g	4.5g	○	36g
<b>3 Musketeers</b>	54.4g	240	36g	7g	5g	●	42g

### DID YOU KNOW: GENETICS VS. LIFESTYLE!

Did you know that children with a family history of obesity are 2-3 times more likely to be overweight or obese? However, despite being predisposed to obesity, an individual's weight is determined by the balance between their genes and their lifestyle choices. This means that an individual who is predisposed to obesity through their genes, may never actually become overweight or obese if they make the right lifestyle choices!

FOR MORE articles, employee stories, quizzes, and recipes, please visit [magnawellness.ca](http://magnawellness.ca)

### WE WOULD LOVE TO HEAR FROM YOU!

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