

# Latest trend: Eat a rainbow of foods

Gerry is writing today

A couple of months ago, Lori wrote about some of her adventures with trying to change some eating habits. I've been looking into the same issue and wanted to share a little of what I've learned.

What to eat—what not to eat?! We certainly are bombarded today with contradictory opinions from the diet, food, health and exercise experts as to what our daily diet should consist of.

The whole "no carbs" thing seems to be blasé as we make room for newfound information.

**Lori  
Gysel  
&  
Gerry  
Kentner**



Seems we shouldn't eat anything white—no white rice, no white breads or white flour or white starch. A sweet potato is better for you than

a white potato and don't even think about white sugar!

We're also supposed to watch the fat content of everything, including our dairy products. Even the dairy products themselves are a genuine area for concern, with so many more people with a lactose intolerance. Alternative non-dairy products or substitutes are prevalent on the grocery shelves—something relatively unseen a few short years ago.

A recent wave is coming that says we should eat a rainbow of foods every day. Yes, a rainbow—red and yellow and pink and green, purple and orange and blue (remember the song?). It's not only good for your health but what eye appeal!

First we eat with our eyes, then our nose, then with our mouths. This theory sure sounds better than a brown hamburger and bun with brown French fries, brown onion rings and a brown coke! Not that difficult to accomplish, but all these changes take time and motivation.

I recently heard a health expert say that we shouldn't eat anything that comes from a jar or a can and nothing that had a label. Now, that is a stretch for the average person, but boy, would your meals ever be fresh!

All of these opinions have some merit. The idea is to find what works for your lifestyle, budget, tastes and beliefs. Everything in moderation is the key, I'm told. Whatever you choose to eat, make sure you have fun and keep cooking!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))

## Italian Bread Salad

### Ingredients

- 1/2 green pepper
- 1/2 red pepper
- 1/2 yellow pepper
- 1 zucchini or half an English cucumber
- 1 large tomato
- 1/2 red onion
- 1/2 baguette or crusty Italian bread
- 1/4 cup olive oil (for frying)
- 2 tbsp capers
- 2 tsp Dijon mustard
- 3 tbsp white wine vinegar
- 1 tsp sugar (optional)
- 1/4 cup olive oil (for dressing)
- 2 cloves garlic, minced



together the Dijon, vinegar, garlic. Then drizzle olive oil in and continue to whisk as the oil is added. Set aside.

4. Chop the baguette into bite-sized pieces. Heat the oil to medium heat and add bread. Toss in the pan to coat all sides. Cook until crisp and golden, tossing occasionally.

5. Assemble salad by adding the warm croutons to the vegetables, then mix in the dressing.

6. Serve immediately.

### Method

1. Chop the peppers, zucchini and tomato into bite-sized chunks.
2. Slice the onion into thin half rings and add to salad. Toss in the capers.
3. Prepare salad dressing by whisking

## Community Calendar

Continued from pg. 12

**Monday, July 16**

**Blood donor clinic:** Canadian Blood Services holds a blood donor clinic, 2-8 p.m. at Maple Avenue Baptist Church. Call 1 888 2 DONATE (1 888 236-6283) for eligibility information or to schedule an appointment. All blood types needed.

**Registration for Vacation Bible School:** at St. Alban, 10 a.m. to noon at the Parish Hall, 537 Main St. Glen Williams. Cost: \$10 per child. "The Great Bible Reef" will be held 9-11:30 a.m. starting Monday, July 30 to Friday, August 3. All children, ages to 10, welcome. Games, crafts, music and snacks.

**Bridge anyone?:** Georgetown Bridge Club offers games for players of all levels. Info: Tom, 905-877-7486.

**TOPS-Acton:** meets Mondays at St. Joseph's Church, Church St. E. Weigh-in: 6-7 p.m. Meetings follow until 8 p.m. Info: Ena, 519-853-1526.

**Tuesday, July 17**

**Business After Hours:** Ormac Inc. and Andrews Scenic Acres hosts Chamber's networking event at 9365 10 Sideroad (between Third and Fourth Lines), 5-7 p.m. Registration required: Mary, 905-877-7119. Bring your business cards.

**TOPS-Georgetown:** meets at St. Andrew's Church, Tuesdays; weigh-in 6:30 p.m. and get together, 7:30 p.m.

**Wednesday, July 18**

**Evening Euchre:** hosted by the Acton Seniors Centre, will be held at the Acton Arena & Community Centre, starting at 7:15 p.m. Everyone welcome, price includes prizes and light lunch.

**Summer play:** *Situation Comedy*, July 18-28 at Century Church Theatre, Hillsburgh. Thursday, Friday and Saturday evenings at 8 p.m. Wednesday, Thursday and Saturday matinees at 2:30 p.m. Free pre-show reception Thursday, July 18. Box Office 519-855-4586, [www.centurychurchtheatre.com](http://www.centurychurchtheatre.com)

**WPEC garden help:** Willow Park Ecology Stewardship team leaders will be at the park on Wednesdays, 9-11 a.m. tending the Butterfly Habitat Gardens and 6-8 p.m. engaging in specific projects. Drop in and draw from the task jar! Info: 905-702-9055.

**Crafternoons:** at both branches of the Halton Hills Public Library. This is a drop-in program 2-4 p.m. every Wednesday afternoon from July 4 to August 22.

**Sleepytime Stories:** Drop in to either branch of the Halton Hills Public Library, 7 p.m. on Wednesday nights beginning July 4 in Georgetown and July 11 in Acton.

**Bruce Trail hike:** 5 km. hike on the local Bruce Trail. Depart 9:30 a.m. from the parking lot between Zellers and the Sinclair medical building. Bring water/snack. Finish around noon and go for lunch. Leader: Maureen, 905-873-9757, [mosmith@cogeco.ca](mailto:mosmith@cogeco.ca).

# SERVICE DIRECTORY

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