

A MEETING IDEA

March — Nutrition Month, has been set aside by national and provincial Dietetic Associations, to alert and inform the public about good eating habits.

EATING ON THE RUN is the theme chosen by the Association members.

Women's Institute members could very easily pick up this theme and get into stride in March and run through 1982 on the road to understanding more about the food we eat.

The objectives of the Canadian Dietetic Association:

- know where to find appropriate sources of nutrition information, and
- be able to choose well balanced nutritious meals while eating in a hurry.

HOLD MEETING ON NUTRITION

Sounds dull! It's up to you to make it interesting. Remember, you've only one life to live, make it a healthy one.

BOOKS AVAILABLE ON NUTRITION

Mary Cocivera, Information Services, University of Guelph says, "look for inconsistencies. Many popular nutrition books push "natural" foods on the premise that processed foods are devoid of nutrients and polluted with additives. Some of these same books, however, prescribe megadoses of vitamins and minerals. .

ASK FOR HELP

Nutritionists increasingly work on health-care teams with doctors, nurses, physiotherapists and psychiatrists. Nutrition counselling is now covered under the Ontario Provincial Health Plan if it is prescribed by a physician, and the community nutritionist in the **District Health Unit can answer questions** and provide individuals and groups with accurate, reliable, up-to-date nutrition information.

START BY AVOIDING CRASH DIETS

The only sensible approach to losing weight, and keeping it off is to adjust your eating patterns. Cut down on your intake of calories but still maintain a balanced intake of nutrients. Eliminate non-essentials like cream, sugar and rich desserts. If total energy intake is lower than energy expenditure, you will lose weight.

NUTRITION FACTS OR FALLACIES?

You will not endanger your health, if you believe:

- That margarine is less fattening than butter
- That gelatin strengthens your fingernails but your health will suffer
- If you rely on garlic to lower high blood pressure
- If you accept obesity as unavoidable
- If you depend on a diet to cure a hyperactive child.

"Burger and Fries to Go!"

"Deluxe Pizza — hold the Anchovies!"

"Hot Dog with the Works!"

Sound familiar? These are the types of food we eat on the run.

Fast Food is a terminology, and refers to fast service rather than food.

THE BEGINNING

Different communities reflect various life-styles and specialize in unique food dishes known only to that certain community. This draws people from across the province to share in a heritage pioneered years ago.

However, since World War II, the Fast Food Industry has crossed barriers and become a part of every community in the country.

There was a time when most meals were consumed at home, and the mother was mainly responsible for the meal planning and nutritional balance of food consumed by her family.

Food habits have experienced a change, because of the greater mobility of society. Eating out no longer is a special treat.

Pioneers in the industry saw a need for change and introduced the "quick service." To-day, the fast food outlets have caught on and are available throughout the country.

EATING ON THE RUN is not recommended as a daily habit. However, with the change in life-styles it cannot be emphasized too strongly that it is all up to YOU. What type of restaurant you choose, will depend on the food you eat.

PROS AND CONS OF FAST FOOD OUTLETS

Do the available foods fit into the "Fast Food Four" (meat and alternates, bread and cereals, fruits and vegetables, milk and milk products.)

THE MEAL: Hamburgers, hot dogs, deep fried fish or chicken, and pizza are typical selections which make up the main part of a fast meal. They do give you the nutrients found in two of the Fast Food Four (meat and alternates, and bread and cereals). BUT, they are high in fat and calories.

THE BEVERAGE: Soft drinks, shakes and coffee seem to be the most popular drinks. Remember, soft drinks and coffee are extras, i.e., they do not contribute any nutrients to your diet. And, all "shakes" are much higher in calories and sugar than plain milk.

SO WHAT'S MISSING? You are usually hard-pressed to find a variety of fruits and vegetables in fast food places. And the choices that are available are not always the best. French Fries are very high in fat and lower in nutrients than the original potato. Burger "fixings" such as tomato, lettuce and onion are too skimpy to provide a complete serving.

You will also have to search for whole grain products. The rolls, bread and pizza crust are usually made from white flour — enriched, but lacking in fiber and some other nutrients.

WAIST WATCHERS. Can you ever eat in a fast food restaurant? Did you know that a cheeseburger, an order of french fries and a chocolate shake provides nearly 1000 calories, half of these from fat and sugar? Changing the order to a burger, cole slaw and milk, will reduce the calories to about 600 and increase the supply of nutrients.

THE ANSWER TO GOOD EATING HABITS, is proper food choices. The Bottom Line — Cut down on your intake of calories, but still maintain a balanced intake of nutrients.

The kids consider it a blast

To go for food that's fast

But in a life that's go-go-go

I like mine candlelit, and slow.

Jeanne Westerdale.