

# For Each One Teach One . . .

The 51 homemakers who attended the nutrition workshop at Chatham were asked to take the message of good nutrition back to their friends and organizations by Beverley Brook, food nutrition specialist from Toronto and Kathryn Biondi, home economist Chatham.

Both were conducting the workshop for the Ontario Ministry of Agriculture and Food which has taken steps in educating the Canadian public better eating habits as a result of the Nutrition Canada survey completed more than a year ago.

"Nothing has really been done about it (the nutrition survey) and its findings so the Ministry of agriculture and food and the Women's Institutes decided people should be made aware of its results. One way is to educate the public.

And she was doing that with illustrated lectures, games of food bingo and quizzes, simulated shopping trips, songs and studies of food labels. It was the first workshop for Essex County of the series begun this year and Mrs. Brook reported it was the largest of any previous ones.

The most serious problem found in this survey was overweight. Of adults between the ages of 20 and 39 were found to be 40% overweight, of those from 40 to 65, 60% were overweight, and for those over 65 the chances of being overweight are 4 out of 5, Mrs. Brook reported.

The women were made aware of food habits and were shown how they could identify their shortcomings and what to do about them.

"We're not starving to death but we fall short in some major nutrients such as iron, calcium, vitamin D, thiamin, and folic acid which roughly translates that we aren't eating enough fruits and vegetables, milk, and while grain cereals. Canadians of all ages showed shortages of iron and folic acid. Calcium and vitamin D deficiencies most affected infants, children and teens. Thiamin shortages were most severe among adults, especially men. In addition there were shortages of vitamin C; pregnant women and children under 5 showed deficiencies of pro-



**BUILDING BLOCKS OF HEALTH** — Nutrition Specialist Beverley Brook illustrates the food value of meat to homemakers who attended a nutrition workshop, in Cottam, which was sponsored by the Ministry of Agriculture. Each member was asked to take the message of eating for better health to their own organizations.

tein," Mrs. Brook reported.

According to Mrs. Biondi's report there is sufficiently thorough investigation by the government laboratories to eliminate any worry about harmful effects of food additives.

"We have them because you want them" she told the homemakers. "You want food to be consistent in appearance, color, taste and freshness each time you buy it so you can rely on it."

She reported there will be some changes in food laws by March of 1976 when all products must show a full list of ingredients and the date of the end of their durable shelf life.

Her advice on so called wonder foods like rose hips was that no one food is a wonder food.

Keeping food free from poisonous bacteria once it has been brought home was stressed by Mrs. Biondi.

"One single cell can produce one million bacteria in five hours at room temperatures," she said and warned that the danger temperatures are between 40° Fahrenheit and 140°.

The nutrition survey looked closely at how many Canadians are suffering diseases caused by too much food and too much of the wrong kind of food. This study will be used for education legislation and research. The Ontario Blue Cross is bolstering the governments efforts by circulating booklets on better nutrition, eating habits and how to break those that are undesirable.

A service to the public is offered by telephone, known as Dial-a-Dietitian. Questions about nutrition will be answered professionally and any further information is available at the local branch of the ministry of agriculture and food in Essex.

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