

Food

Make smart food choices

Making smart food choices just got easier. After an in-depth review of the relationship between diet and health, Canadian nutrition experts have agreed on what makes a diet healthy. Their advice is summarized in Canada's Guidelines for Healthy Eating.

There is no doubt that what you eat has a role in maintaining and improving your health. The scientific review process identified diet as having an influence on the prevention of many chronic diseases, including cardiovascular disease and cancer.

Modifying your food choices and meal patterns to match the new guidelines will enable you to meet the recommended levels of the essential nutrients while reducing the risk of chronic disease. Everyone over the age of two is encouraged to adopt Canada's Guidelines for Healthy Eating. (Children under two years of age have different nutritional needs due to their rapid growth and development).

The scientists agree that there are no "magic bullets" which reduce the risk of chronic diseases. The new guidelines reinforce the importance of the whole diet rather than individual vitamins. As a result, Canada's Food Guide will be redesigned using the total diet approach. A wider range of foods and an increased number of servings will be included. The revised Food Guide should be available sometime in 1991. But don't wait until then to make changes in your food choices. Here's how to get started.

1. Enjoy a variety of foods - The best way to ensure that your diet provides all the essential nutrients, is to consume a wide range of foods. No one food provides all the vitamins and minerals your body needs. However, by eating a variety of foods, you can create winning combinations. Vitamin and mineral supplements cannot correct faulty eating patterns. Remember, it's the whole diet, not individual nutrients, which influence health.

2. Emphasize carbohydrate foods - Foods such as cereals, breads, other grain products, vegetables, and fruits all provide complex carbohydrates. There are a number of reasons to choose these foods more often. Diets high in complex carbohydrate have been associated with a lower incidence of heart disease and cancer.

Dietary fibre can have many positive effects. It slows down food absorption helping you feel satisfied longer. Fibre improves

bowel function and prevents constipation. It also improves blood sugar and may help lower blood cholesterol.

3. Choose low-fat dairy products, lean meats, and foods prepared with little or no fat - The high level of fat in the present Canadian diet increases our risk of heart disease and possibly other diseases including cancer. All people over 2 years of age are encouraged to cut back on all types of fat in their diet. The goal established by the scientific experts is to reduce fat to 33g/1000 Calories (30% of total energy intake). By cutting back on all types of fat, you will certainly reduce the amount of saturated fat and cholesterol in your diet. Choose milk, yogurt and other dairy products containing less than 2% milk fat. Select smaller servings of meat. Be wary of salad bars. Although they contain many low fat items, most of the toppings are high in fat. Select calorie-reduced salad dressings and use smaller amounts.



Kasual Katering

by Geri & Lori Keatner

TOASTED PUMPKIN SEEDS

Seeds of 1 pumpkin
2 tablespoons vegetable oil
Salt, to taste.

METHOD:

1. Rinse the seeds to remove strings and pump and pat dry with paper towels. Spread the seeds on a baking sheet and let stand for several hours to dry.
2. Preheat oven to 350 F.
3. Toss the seeds with the oil and salt to taste. Toast the seeds in the oven, stirring every 5 minutes or so, until golden brown, about 25 minutes. Let cool completely. Taste and add more salt if needed.

WITCHES BREW

8 cups (2 litres) apple cider
4 cups (1 litre) orange juice
2 cups sugar
6 cinamon sticks
12 whole cloves
1/4 tsp. Allspice powder
1/4 tsp. Ginger powder
Apples, oranges

METHOD:

1. Combine all ingredients except apples and oranges in a large pot.
2. Bring to a boil and boil for 10 minutes
3. Strain to remove whole spices
4. Float slices of apples and oranges on top. Serve hot. Serves 10.

Pumpkin Cheesecake

1 1/2 cups graham wafer crumbs
6 tbsp. melted butter
1/4 cup sugar

Combine above ingredients and press into a spring form pan.

2 1/2 lbs. cream cheese
1 cup sugar
4 lightly beaten large eggs
3 lightly beaten egg yolks
3 tbsp. flour
2 tsp. cinnamon
1 tsp. ginger
1 tsp. cloves
1 cup whipping cream
1 tsp. vanilla

1 lb. cooked fresh (or canned) mashed pumpkin

Method:

Beat cream cheese, sugar, eggs, and yolks. Add flour, cinnamon, cloves and ginger. Beat in cream and vanilla. Add pumpkin and beat with mixer until just mixed. Pour into crust and bake 15 minutes and reduce heat to 275 degrees and bake 1 hour.

Turn off heat and leave cheesecake 1 hour more.

Pumpkin Muffins

2 1/4 cups cooking oil
3 cups white sugar
6 eggs
3 1/2 cups pumpkin (a 28 oz. can)

Add:

4 1/2 cups flour
3 tsp. baking powder
2 tsp. soda
1 1/2 tsp. salt
3 tsp. cinnamon

Bake for 20 minutes at 375 degrees. Also may be used for pumpkin loaves. The addition of raisins is a nice touch.

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