



# Let's Talk

Halton Hills



Join the Town of Halton Hills for the  
**Southeast Georgetown Secondary Plan Virtual Open House**  
 September 14, from 6 to 7:30 p.m.

The Town is developing a comprehensive Secondary Plan for Southeast Georgetown and work has begun to develop appropriate land use designations and policies for the area. Join us for a presentation on two land use alternatives and an opportunity to provide input that will help inform the development of the preferred land use plan.

**Register for the Virtual Open House and access more information about the project by visiting the Southeast Georgetown Secondary Plan project page on [letstalkhaltonhills.ca](http://letstalkhaltonhills.ca)**

Participants can provide questions related to the Secondary Plan process to Town staff in advance by email or phone or via the Q&A tool during the Virtual Open House. Contact us at [planning@haltonhills.ca](mailto:planning@haltonhills.ca) or 905-873-2600, ext. 2900 with questions or for direction on how to access the event.

**Need alternate consultation materials and engagement options?**  
 Contact us by calling 905-873-2600, ext. 2900.

## OPINION

# THE FUNDAMENTALS OF EATING HEALTHY

STARTING WITH SMALL STEPS CAN HELP LEAD TO SUCCESS, WRITES DR. NADIA ALAM



**DR. NADIA ALAM**  
 Column

Here's the secret to eating healthy and looking and feeling good.

What you put in your mouth matters, not just for weight management and performance, but sleep, stress, the appearance of your skin, muscle and hair and, finally, the mental function needed to carry out activities. Food fuels human activity.

**HERE ARE 10 FUNDAMENTALS TO CONSIDER:**

- Understand and address the reasons you eat the way you do.
- Don't skip portion control. Half your dinner plate should be fruits and vegetables, a quarter should be some sort of protein source (plant- or animal-based) and the final quarter should be some sort of whole grain.
- Eat more fruits and vegetables.

- Prioritize plant-based proteins, white meat and fish over red meat.
  - Avoid processed food, trans fats and high levels of salt.
  - Avoid excess sugar.
  - Include beans, nuts and seeds as well as healthy oils such as olive oil.
  - Choose whole grains (brown rice, whole-grain cereal, oatmeal) instead of refined grains (white bread, white rice, sweetened cereals). If grains are avoided, then get 15-35 grams of fibre daily from other sources.
  - If dairy is avoided, then calcium, vitamin D and potassium must come from other sources.
  - Educate yourself. There is a lot of misinformation out there.
- Trendy diets that come and go often stress the hu-

man body so that maintaining adequate nutrition and even achieving weight loss — their advertised benefit — become harder over time.

Tying beauty to a thin body type has led to a culture obsessed with quick-fix diets for weight loss and a distorted sense of self-worth.

People manipulate food for reasons other than fuelling their bodies. Establishing control, stress management, weight loss, distorted body images, trauma as a child or adult — all can drive people toward unhealthy eating patterns.

You cannot sustain a healthy lifestyle without addressing these underlying issues.

Overeating and under-eating both have health consequences, including heart disease and stroke, arrhythmias causing sudden death, diabetes, cancer, osteoporosis, muscle wasting, cognitive impairment and premature death.

Make one significant change every two-to-three days. A healthy diet takes time, but is well worth the effort.

*Nadia Alam is a Halton physician and past president of the Ontario Medical Association. Her columns also appear on [www.drna-diaalam.com](http://www.drna-diaalam.com). She can be reached through her website.*

**Halton Hills WANTS TO HEAR FROM YOU!**

Halton Hills is developing a **Cultural Heritage Master Plan (CHMP)** to provide the tools to identify, protect, and celebrate Halton Hills' rich and diverse cultural heritage resources. **This project is a community-integrated process, shaped by input from YOU!**

If you require alternative accommodation to participate, please contact us at 905-873-2600 Ext. 2900

[letstalkhaltonhills.ca/CHMP](http://letstalkhaltonhills.ca/CHMP)