

The North Halton District Council -- Scouts Canada recently held their annual meeting at the Optimist Hall. The new Executive for the 1992-93 year are (front row, left to right) Secretary Madeline Osatchuk, Treasurer Barb Durham, D.C. Elaine Hannah. (back row) Regional Commissioner Ted Cooper, District Council President Karl Klein, Vice President Bryan Osatchuk, past President Dennis White and Regional Commissioner Mike Thomas. Photo submitted



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This 3 bedroom townhouse has been freshly decorated in haunting colours and includes a finished basement. Located in Acton, backing onto cemetery. RM282-92

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Learn from diabetic lifestyle

Ever since insulin was discovered by Frederick Banting and Charles Best 70 years ago, Canadians have had a special place in their hearts and minds for those who live with diabetes. Because insulin is a treatment, not a cure, many Canadians know people with diabetes must monitor carefully the

foods they eat and maintain healthy eating habits. During November, Diabetes Month in Canada, we can all learn a lot from the lifestyle recommended to help control diabetes.

"The Canadian Diabetes Association advises that eating a variety of healthy foods combined with regular exercise, is important

for a healthy body and diabetes control," said Marie Ludwick, area director of Weight Watchers for Southern Ontario and the Maritimes. "Not surprisingly, these recommendations are quite similar to those contained in the current Weight Watchers program." Ludwick suggests that following the Canadian Diabetes Association's guidelines is a good idea for adults interested in their health or weight and recommends the following tips for a healthy lifestyle.

Vary your menus: Choosing foods from Canada's Food Guide is recommended by both the Canadian Diabetes Association and Weight Watchers. Meat, cereals, fruits, vegetables and dairy products can be part of any balanced diet. Choose a variety of healthy foods to ensure you get all the vitamins, minerals and other nutrients your body needs for optimum health.

Be careful about your weight: Extra body fat can lead to health problems such as diabetes and heart disease. To cut down on fat in your diet, use skim, 1% or 2% milk, low fat yogurt and cheeses, choose lean cuts of meat and avoid fried foods. Substitute fruit and other low-calories snacks for rich desserts.

Maintain regular meal times: Skipping meals is not a healthy habit as it upsets the body's natural rhythms.

This is particularly important for people with insulin dependent diabetes. Many people find that eating small, healthy snacks helps control their appetite and prevents overeating.

Exercise regularly: This will strengthen your heart as well as help burn off excess calories and keep your body trim and toned. Plan a regular exercise program of activities you enjoy doing.

Increase fibre and decrease salt: Fibre, found in a wide variety of fruits, vegetables and grains, is part of healthy eating. Salt, although necessary in small quantities, has been shown to lead to hypertension and heart disease when used in excess.

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