

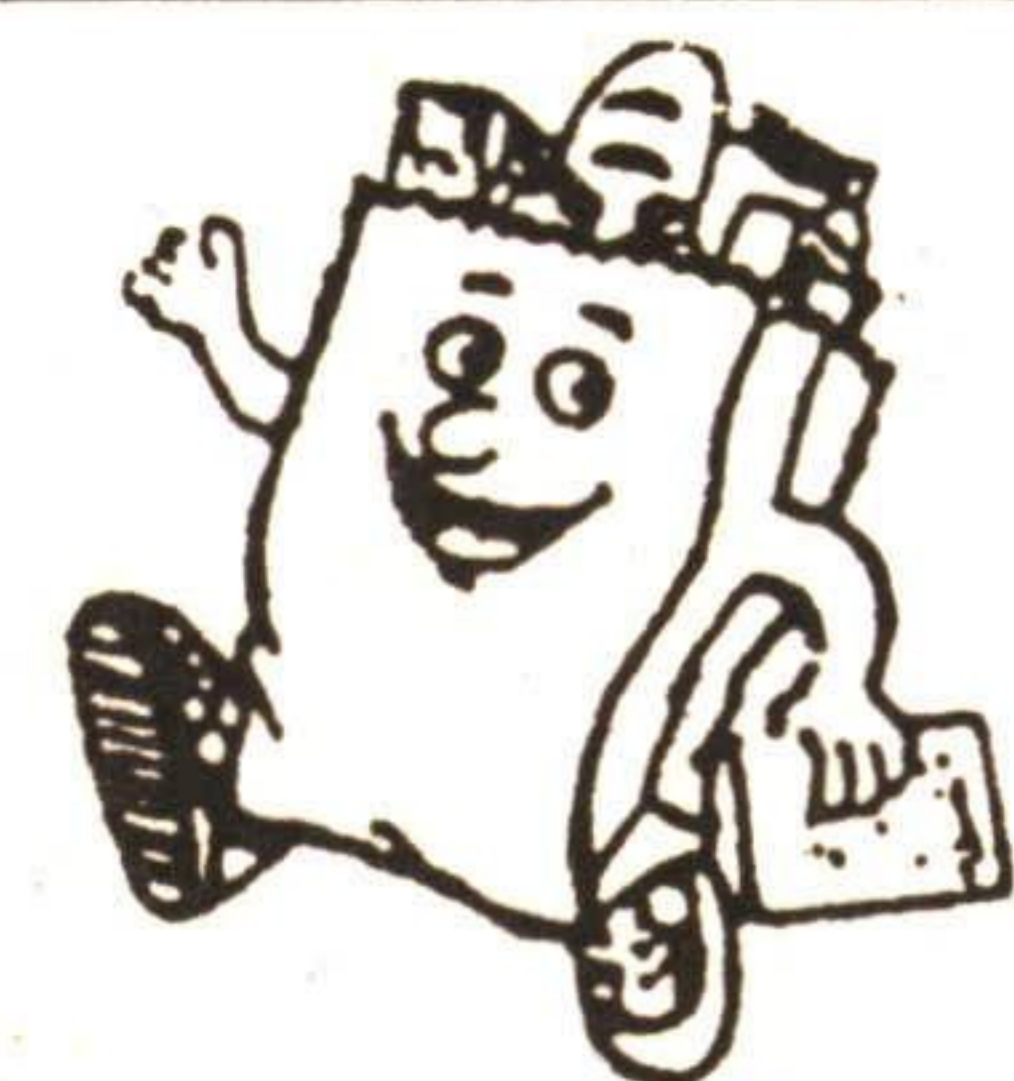
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is the message for March, Nutrition Month in Halton. This annual campaign is led by the Dietitians of Canada and supported by several sponsors, to promote healthy eating and active living to Canadians.

Today's dietitians offer a new perspective on healthy eating called the total diet approach. There are no "good" or "bad" foods. All foods can have a place in a healthy lifestyle. Here's some food for thought!

1. Enjoy a variety of foods
 - Take advantage of the wide selection of local, regional and ethnic foods that Canada has to offer.
 - Introduce healthy, convenient and inexpensive foods from other cultures into your regular diet.
2. Emphasize cereals, breads, other grain products, vegetables and fruit
 - Buy locally grown fruit and vegetables while they are still in season or buy them in frozen, canned or juice form - all are equally nutritious.
 - Look for the words "whole grain," "enriched" and "fibre" on any breads, pastas and cereals that you buy.
3. Choose lower fat dairy products, leaner meats and food with little or no fat
 - Try using lower-fat dairy products such as skim, 1% or 2% milk or lower-fat yogourts and fat reduced cheese more often.
 - Try using yogurt on a baked potato, raw vegetables or a fruit tart.
 - Bake, broil or microwave meat, poultry and fish and serve with a light broth or fresh herbs.
4. Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
 - Regular physical activity balanced with healthy eating habits is important in healthy living and fundamental to feeling and looking good. Enjoy a variety of foods!
5. Limit salt, alcohol and caffeine
 - Moderation is the key to making all foods a part of your healthy eating pattern by addressing how much and how often.

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Regular physical activity balanced with healthy eating habits is important in healthy living and fundamental to feeling and looking good. Enjoy a variety of foods!

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