

INDEPENDENT / FREE PRESS

# Health & Fitness

## Celebrate the pleasures of healthy eating

Chances are you want to follow a healthy eating pattern or establish one for your family but many be concerned that "healthy eating" is likely to be boring and light on taste.

In actual fact, healthy eating tastes great.

Today, many Canadians are concerned about nutrition and their health. Unfortunately, there seems to be a misconception that healthy eating is bland and boring. Nothing could be further from the truth - the challenge is how to enhance the flavour of our food so that the good taste is brought out.

With a little planning, all foods can fit into a health diet. If you eliminate foods that you think are "bad" or always buy the lowest fat products because they are "good", you're likely to feel guilty about what you are eating. If you want to enjoy a sweet once in a while, go ahead, there's room in a healthy diet for all foods.

Here are some tips for maximizing the flavour of a healthy diet:

- increase the variety of foods you eat from Canada's Food Guide to Health Eating: grain products;

vegetables and fruit; milk products; and meat alternatives.

- vegetables and fruit are important sources of vitamins and fibre, and are naturally low in fat. As a simple rule of thumb, choose dark green and orange vegetables and orange fruit more often.

- herbs and spices can help create meals that are bursting with flavour and are a good substitute for salt in recipes. With different herbs and spices, you can prepare dishes that reflect cuisines from around the world.

- use cooking techniques that emphasize aroma, colour, flavour and texture, and that use less fat. Try stir frying (any skillet or saute pan will do if you don't have a wok), microwave cooking, broiling, grilling and steaming foods. Use the minimum amount of fat when sauteeing and avoid deep fat frying.

- Make meals that include plenty of vegetables and grain products such as rice, pasta, couscous, lentils and dried beans. Not only will this provide more carbohydrates, it will also help the pocket book!

- It's all a matter of balance. If you indulge with a higher fat dessert, cut out the cream sauce in

your main course or the fat you might add at the table.

Health Notes is a monthly column prepared by staff of the Halton Regional Health Department.



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### Tooth Chatter by ALEX TRENTON

#### "DENTURE MISHAPS"

"Denture Mishaps" just wouldn't be complete without the ever popular "pet problems"! One man must surely regret eating that tunafish sandwich, before taking a nap and removing his denture and laying it on the nightstand. He awoke to find his tabby cat batting his dentures from baseboard to baseboard, playfully pouncing on the "fishy" smelling denture. Two replacement teeth and extensive cat hair removal later, and the denture was again fit for chewing. (Not tunafish of course!) It could have been worse; it could have been buried in the kitty litter!

While some pets prefer playing with dentures, some do favour the more possessive burying. Like the black lab who buried his masters lower dentures in the backyard. They were eventually recovered six weeks later, fully intact with not a scratch on them, however covered with dirt! The man had already purchased a new denture, as he had searched high and low without success. Oh well, at least he can keep it as a spare!

Some guys have all the luck, unlike another fellow who's dog wasn't so gentle. This pooch must have been drooling over one too many dog chow commercials when he spied his masters dentures perched irresistibly on the arm of an easy chair. Five chomps later, all that was left were a few fractured teeth and some pink plastic bits covered in doggy drool. I'm certain old Rover spent a few nights in the dog house for that one! Man's best friend!?

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## On the Tee

### The Club and the Flight of the Ball

After all of the practice, preparation, and careful thought about how to hit the next shot, the results ultimately ride on what happens during that split-second of impact between your club and that little white ball. How it flies and where it goes depends on what happens during that instant.

The clubface is actually in contact with the ball for a period of only 5 ten-thousandths of a second (that's .0005 second)! In that time, the ball is compressed against the club and then rebounds off the clubface with all of its flight characteristics already set. While the club and the ball are in contact, they travel together for a distance of about 3/4 of an inch but in that short trip, the club imparts energy to the ball which influences how far it will go and also gives it the spin and direction that determine where it will end up.

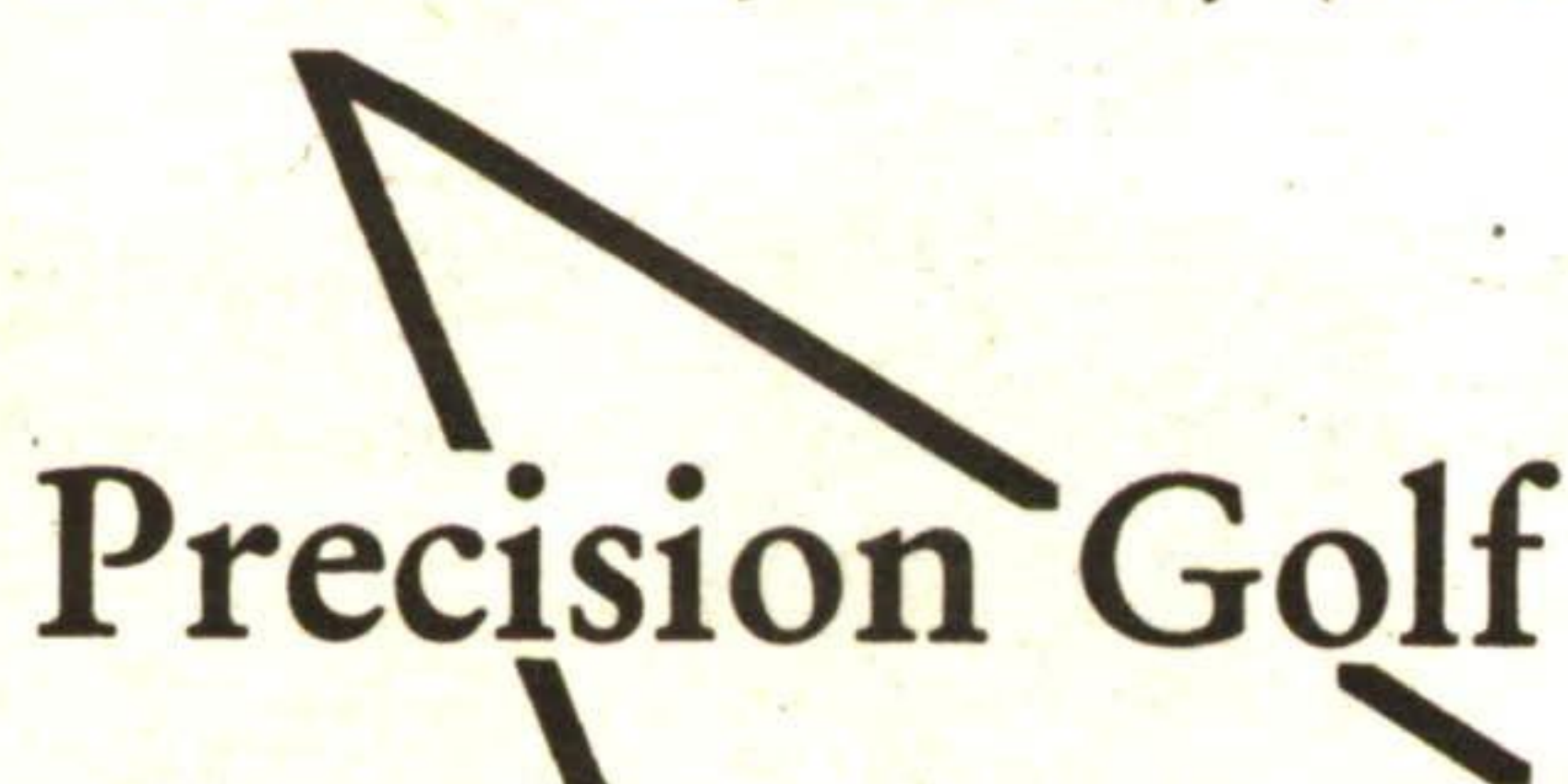
If the club is travelling along the intended line of flight and the face is square at impact, the ball will leave with backspin. Although this is usually thought of as a good thing on approach shots, it is also essential on drives and longer shots. Backspin gives the ball lift in flight which helps to keep it airborne. Generally speaking, the longer the ball stays in the air, the farther it will fly.

If you are really interested in learning about the club and the flight of the ball, read "The Search for the Perfect Swing" by Cochran and Stobbs.

Next Time: Swingweight

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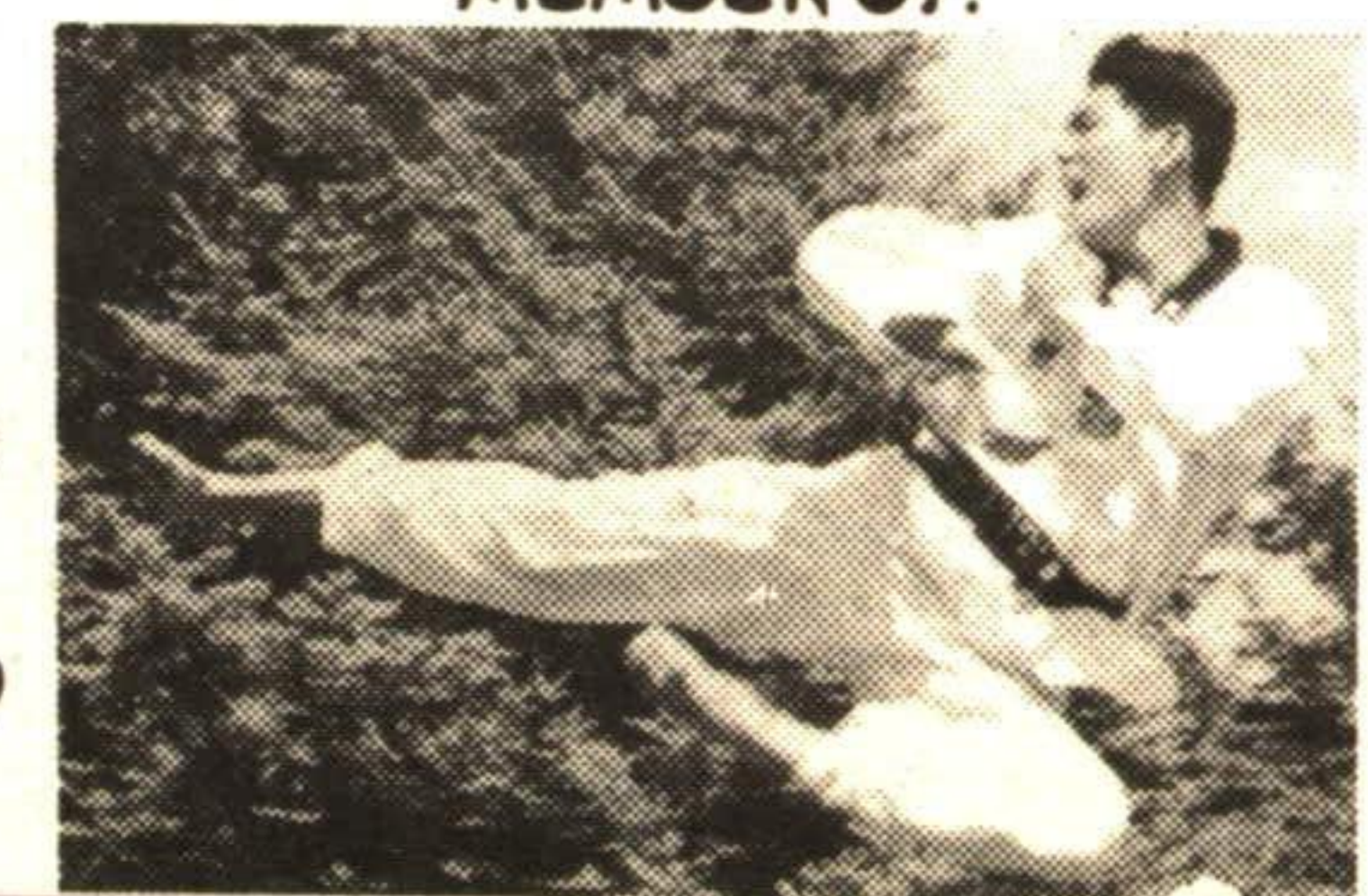
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