

# Health and Fitness

## We're still eating too much fat

How are we eating in Halton?

Most of us believe that our health will improve if we change our eating habits. But, did you know that Halton residents are still eating too much fat, and too little carbohydrates (starch) and fibre?

According to the Ontario Health Survey (OHS) conducted in 1990 to measure the health status of the population:

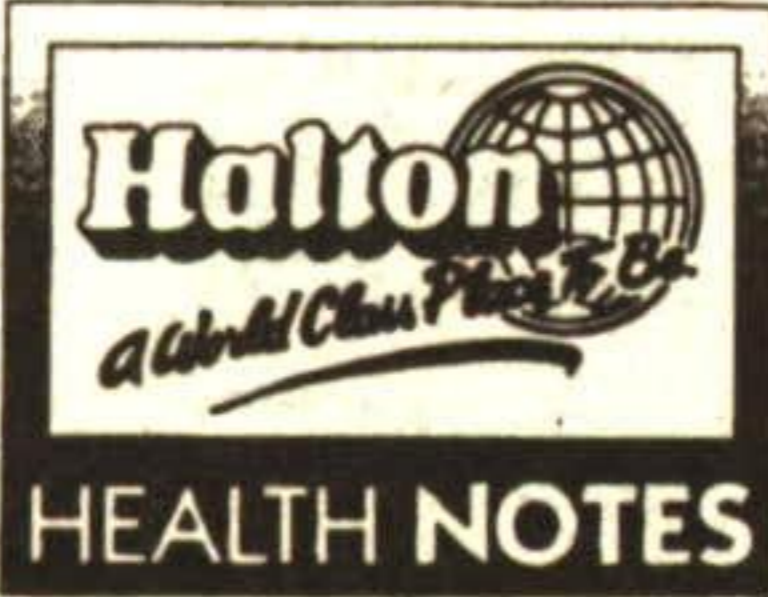
- The average person (over 15 years of age) in Halton ate 37 per cent of their calories from fat. We still have a long way to go to achieve the goal of less than 30 per cent of calories from fat.

- The average person ate 49 per cent of calories from carbohydrates. The goal is to get at least 55 per cent of calories from carbohydrates mostly from starchy and fibre-containing foods. • Sweets and

sugars contributed 21 per cent of the total carbohydrates eaten but provide little fibre. Only 23 per cent of the carbohydrates came from lower fat, higher fibre grain products such as breads, cereals, pasta and rice.

- Vegetables and fruits are a major source of carbohydrate and fibre. More than half of Halton residents ate fewer than five servings of vegetables and fruit. Canada's Food Guide to Healthy Eating recommends five to ten servings daily of vegetables and fruit.

Why should we be concerned about our eating habits? Because food and the nutrients it provides are fundamental to good health. They are also important in the prevention of major chronic diseases such as heart disease, high blood



pressure, cancer and osteoporosis. Changing your eating habits can improve our chances against these conditions.

- What can you do?
- Eat more whole grain products.
  - Eat more vegetables and fruit.
  - Use less added fats like cooking oils, butter, margarine and salad dressing.
  - Choose lower fat milk and cheese and leaner meats.
  - Eat beans, peas and lentils more often.
  - Teach your children how to prepare healthy foods.

If you would like further nutrition information or a free copy of Canada's Food Guide to Healthy Eating, contact Nutrition Services, Halton Regional Health Department, 825-6060, ext. 7801.

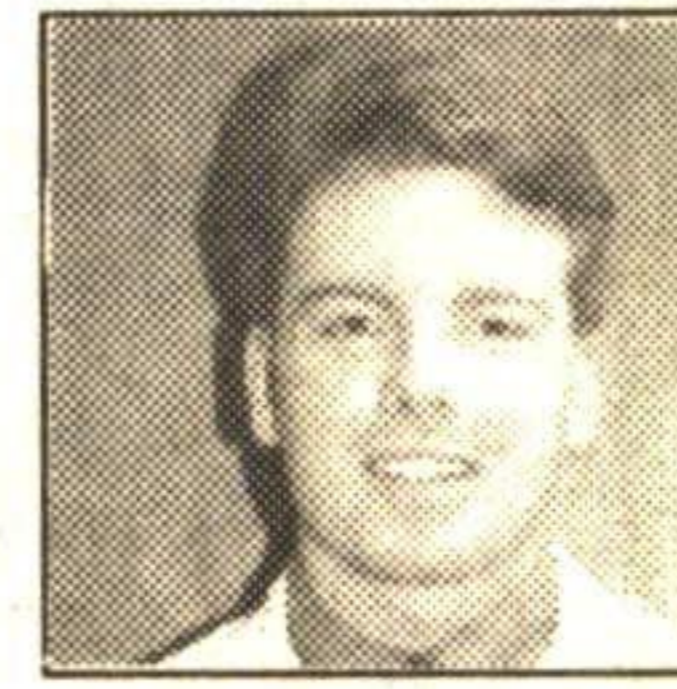
Health Notes is prepared by the staff of the Halton Regional Health Department

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Foot Specialist



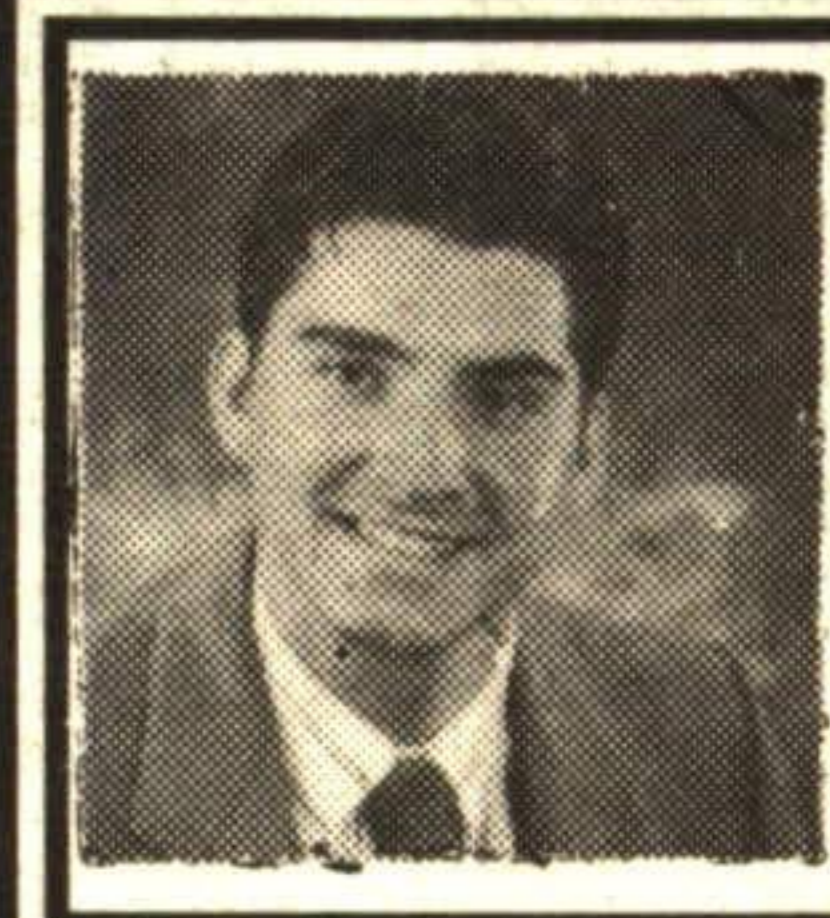
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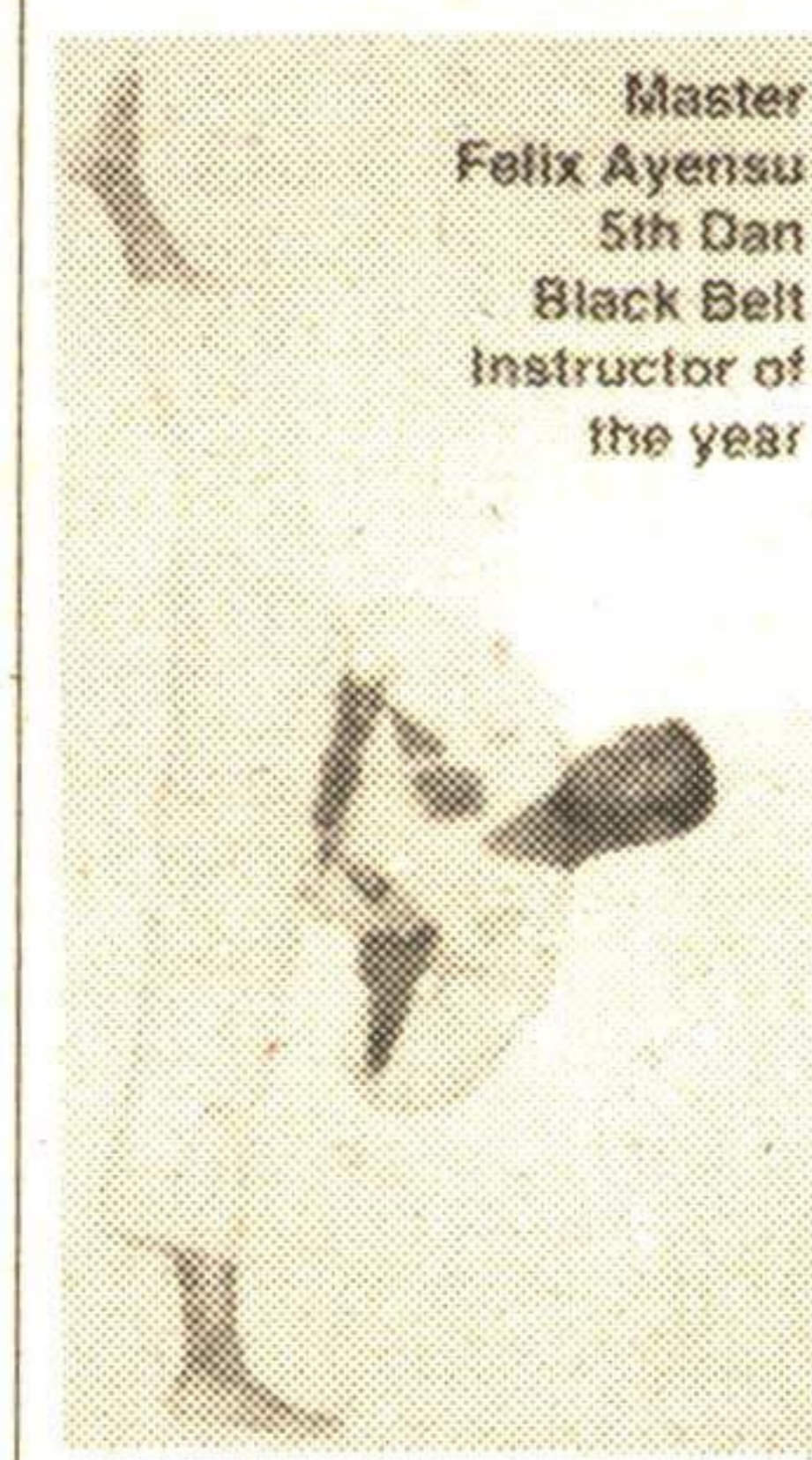
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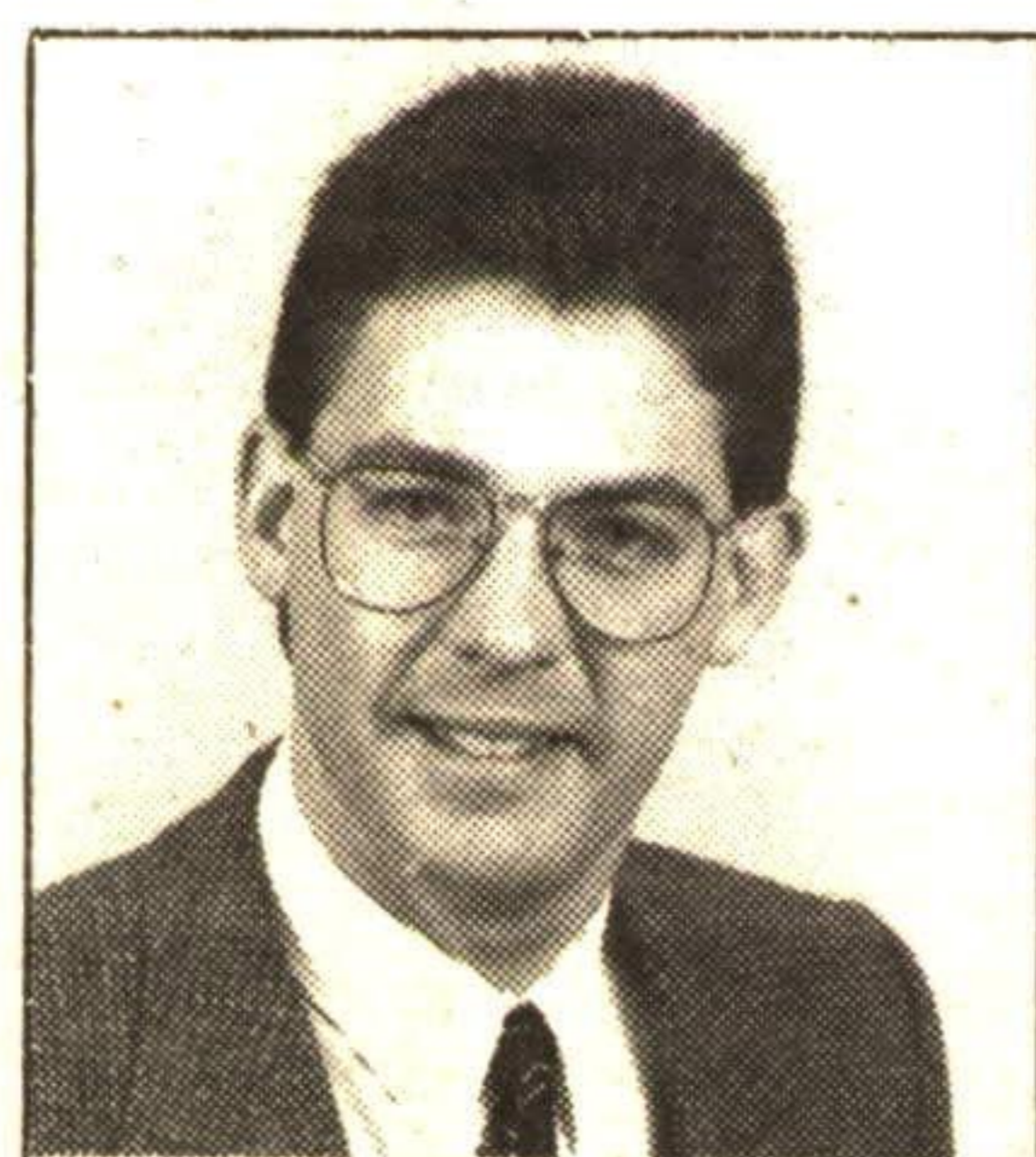
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Dr. Robert Jones, A.S., D.C.  
Chiropractor

### Tooth Chatter

by  
ALEX  
TRENTON  
DENTURIST



#### NEW BREAK THROUGH FOR LOWER DENTURES

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Alex W. Trenton, D.D., F.C.A.D. (A)  
Denturist

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