

Vegetarian club hosts health fair

By PAULINE STUCKEY
Special to The Independent/Free Press

The Halton Vegetarian Association will be presenting a Good Food, Good Health Fair on Saturday, May 11 at the Milton Memorial Arena.

Included in the event will be displays, presentations, vegetarian food and cooking demonstrations. There will be a wealth of information for both the vegetarian and non-vegetarian, so feel free to come out and enjoy the event this spring.

Vegetarianism is a way of living based on a diet which eliminates every form of animal flesh. A vegetarian is someone who lives on a diet free of meat, fish and fowl,

with or without the addition of eggs or dairy. A vegans (total vegetarian) consumes no animal products whatsoever, including eggs and dairy. A healthier lifestyle, a concern for the well-being of all animals, and a cleaner environment all contribute to the motives of a vegetarian.

On average, vegetarians live six years longer than non-vegetarians. A proper vegetarian diet provides a great deal more nutrition than meat.


Vegetarians are at a much lower risk for cancer, diabetes, high blood pressure, heart disease, stroke, food poisoning, hypertension and obesity. The human body is actually suited to an assorted diet of vegetables, fruits, grains, nuts and legumes. All

of these foods contain a healthy variety of nutrients such as protein, iron, calcium, and zinc.

If you are interested in learning more about a vegetarian lifestyle, or if you have any questions, contact Kari Galasso at the Halton Vegetarian Association (HVA) at 876-0563.

HVA members receive a quarterly newsletter containing recipes and other health and environmental information, and discounts at a variety of local stores.

The HVA Food Fair will be taking place at the Milton Memorial Arena (located at Thompson Road, S.) 11 a.m. to 3 p.m. Admission is \$2 for non-members and free for HVA members and children.



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