

# Healthy foods can be tasty

Eating right and maintaining a healthy lifestyle is a goal for many of us. In fact, in a recent Ipsos-Reid survey, 46 per cent of Canadians said they want to make the switch to healthier food options in the next six months. However, most Canadians are not getting enough essential nutrients in their diet, including omega-3. So where do we start? Try the dairy case, where new omega-3 food options are making it tastier and easier than ever before to enjoy the health benefits of this essential nutrient.

Research has shown that omega-3 helps in the prevention and treatment of cardiovascular disease, and is vital to normal growth and development. According to Gina Sunderland, Registered Dietitian, "Omega-3 is like a vitamin important for overall good health. Our bodies don't produce it, so we need to get it from the foods we eat. Since omega-3 food options have been so difficult and inconvenient to incorporate into our diets, most of us are getting less than one-third of what we need to reap the health benefits of omega-3."

**New ways to get omega-3**  
Until now, omega-3 foods options have been very limited. For example, salmon which is commonly known to be a source of omega-3, is difficult for most Canadians to regularly include in their diets. The introduction of omega-3 rich dairy products, including cheese, milk, yogourt and margarine, are the perfect way to help us get our omega-3.

"Taste and convenience are important to Canadians," says Sunderland. "Cooking cold-water fish three times a week is not appealing to most of us and difficult for busy families. This is why it is great to see new, delicious products in the dairy case that make it easy to incorporate omega-3 into our diets."

**Easy as one, two, omega-3**  
Most of us already enjoy dairy products every day. So instead of reaching for regular milk, margarine, yogourt or cheese, try making a switch to ones that are enriched with omega-3.

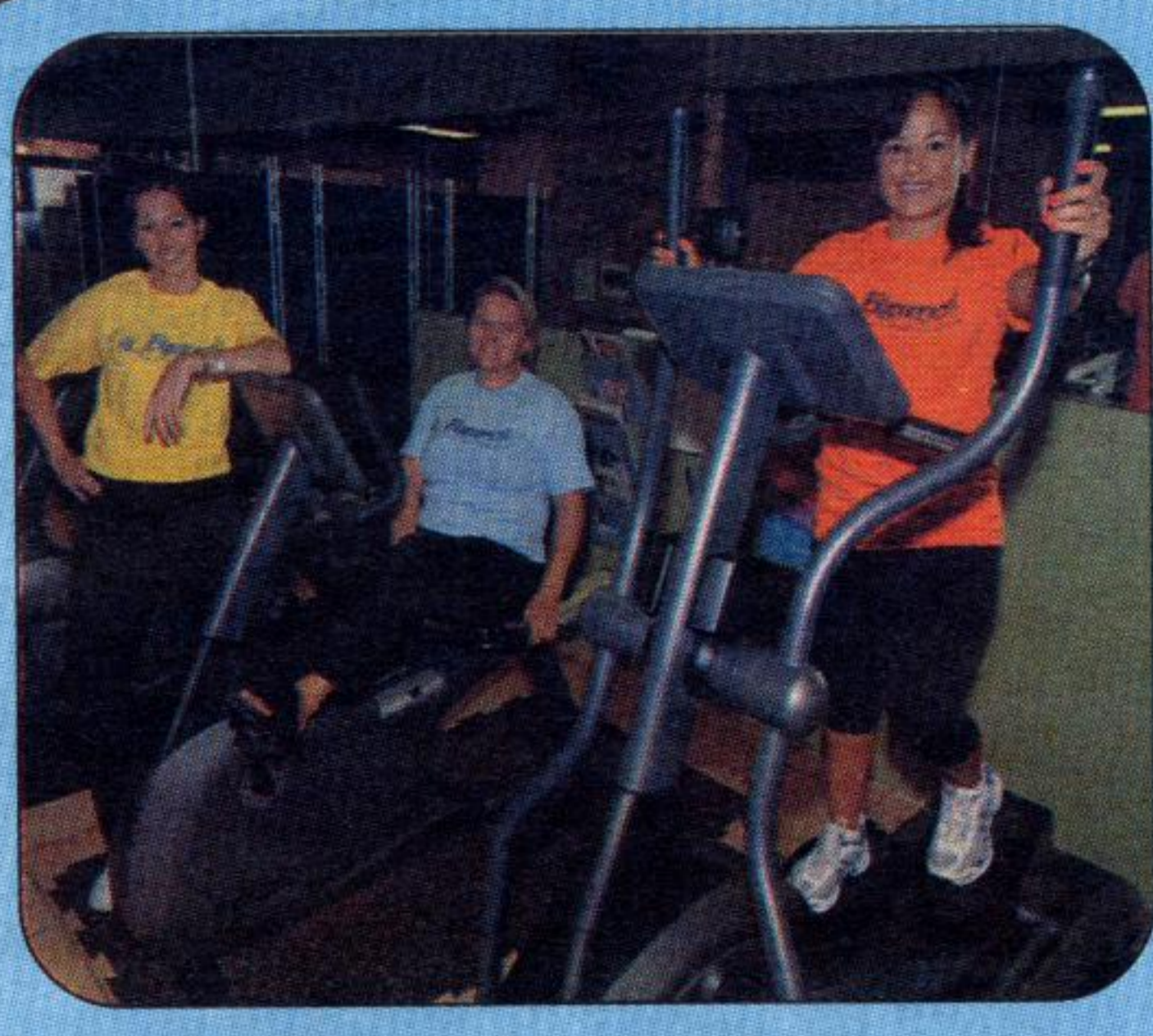
"Fruit smoothies are a favourite in my home," says Sunderland. "By making the smoothie with omega-3 milk and yogourt, my family gets even more nutritional value from an already healthy snack, and it tastes fantastic and is quick to prepare."

Sunderland also encourages other simple ways to get your omega-3. Try adding omega-3 milk to your morning coffee and cereal. Use omega-3 cheese in a casserole or add it to grilled cheese sandwiches. Bake cookies using omega-3 margarine. For an on-the-go snack, grab an omega-3 yogourt with a granola bar and you're ready to hit the road.

"Eating right, even on-the-go, just keeps getting easier and tasting better — just visit the dairy case," says Sunderland.

For more information on omega-3 products, visit [parmalat.ca](http://parmalat.ca).

—News Canada



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## Join Willow Park Ecology Centre to Celebrate: INTERNATIONAL MIGRATORY BIRD DAY Sat. October 1st, 11 am - 2 pm - Rain or Shine

View and learn about birds, winter-feeding and migration!

**Program:**

- Live Bird Displays
- Bird Scavenger Hunt
- Become a Citizen Scientist
- Sample Shade-grown Coffee
- Games and Crafts



**Featuring:** Mountsberg Wildlife Centre Birds of Prey  
Get up-close & personal with raptors!

**Learn About**

Project Feeder Watch, Important Bird Areas, Fatal Light Awareness Program (FLAP), Operation Migration, Ways to help Protect Wild Birds and their Habitat

**Ask a Birder!**

Ask an Ontario Field Ornithologist questions about birding!

**Enjoy**

A Bird Safari in Willow Park, Crafts for kids, Shade-grown Coffee sampling, and other fun activities for all ages.

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\*Silvercreek Espresso Bar \*Creature Comforts



**Where the Action Is:** Willow Park, Hwy #7, Norval. North on Mary St. at Lucy Maud Garden. Park at ball diamond and follow the path. From Hwy #401; North on Winston Churchill to left at Hwy #7, right at Mary St.  
**Contact:** [wpec@sympatico.ca](mailto:wpec@sympatico.ca); 905-702-9055

### International Migratory Bird Day: Bird Search Entry

Can you find the birds hiding below?

- |              |               |                   |
|--------------|---------------|-------------------|
| Blue Jay     | Robin         | Redwing Blackbird |
| Flicker      | Mourning Dove | Chickadee         |
| Cardinal     | Grackle       | Downy Woodpecker  |
| Canada Goose | Song Sparrow  | Oriole            |



A	E	R	Z	M	Y	L	T	N	F	A	B	U	G	O	Z
N	P	L	D	E	S	O	O	G	A	D	A	N	A	C	A
X	I	S	O	N	G	S	P	A	R	R	O	W	X	B	P
K	V	Q	W	M	E	T	U	E	O	T	F	S	H	M	I
B	B	C	N	D	Z	G	V	I	W	A	E	P	F	O	S
D	N	K	Y	G	M	H	F	Y	I	L	J	L	O	U	Q
R	E	D	W	I	N	G	B	L	A	C	K	B	I	R	D
W	J	S	O	L	R	X	S	N	I	Q	G	P	Q	N	J
F	C	P	O	T	M	U	I	V	W	C	X	Y	Y	I	A
O	W	V	D	A	Z	D	G	R	A	C	K	L	E	N	B
A	I	Y	P	G	R	X	D	F	T	A	Z	E	X	G	L
J	O	D	E	A	F	Z	H	X	I	D	H	E	R	D	R
I	A	B	C	H	I	C	K	A	D	E	E	C	Z	O	R
B	H	U	K	H	M	O	C	R	J	M	U	L	A	V	B
Y	A	J	E	U	L	B	L	F	O	R	I	O	L	E	K
N	P	G	R	O	B	I	N	E	T	A	C	D	K	Q	S

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Tear off and submit entries to: International Migratory Bird Day on Oct 1<sup>st</sup> 11-2 pm at Willow Park Ecology Centre, or mail to 115 Main St. S., Georgetown, L7G 3E5. All submissions go in a DRAW for Backyard Birds: an Introduction, autographed by Robert Bateman. Inquiries: [wpec@sympatico.ca](mailto:wpec@sympatico.ca) or 905-702-9055.