

Make wise food choices wherever you go

March 2006 marks the 25th anniversary of the Dietitians of Canada's Nutrition Month campaign. This year's theme, "make wise food choices wherever you go," reinforces the importance of healthy eating whether you're at work, making choices at the grocery store, or dining out.

Nutrition, health and convenience are among the most important factors influencing people's food choices today. However, despite the interest and willingness to make healthy food choices, mixed messages about healthy eating and busy lifestyles brought on by juggling the demands of both work and home can sometimes make healthy eating difficult to do.

As Canadians are now eating out more than ever, it is important to try and incorporate healthy choices into meal selections. Consider the following tips:

- Get to know healthy cooking methods and cooking terms. Look for entrees that are steamed, broiled, braised, poached or grilled and skip sautéed, pan fried or deep-fried items

- Don't hesitate to ask your server questions. Inquire about healthy substitutions or a nutrient breakdown of menu items. Check out the nutrition breakdown of restaurant menu items on-line in advance if

possible, and look for healthy choices on the kids' menu too.

- Designer drinks in the coffee shop can add up! Many drinks rival rich desserts in the amount of calories they contain. Large drinks with added syrups and toppings can sometimes total over 500 calories. Choose regular, de-caffeinated coffee, latte or café au lait made with lower-fat milk.

- Pizza Pointers: Make your pizza a healthy one by choosing toppings like roasted vegetables or grilled chicken. Steer away from higher fat toppings such as pepperoni, sausage or bacon. For a healthy change choose a whole grain crust.

- Downsize it: Super-sized portions usually cost only a little extra, but can bring a nutritional blow.

Research shows the larger the serving, the more we

tend to eat.

If you can't bear to pass on a deal, consider splitting a large portion with someone else. Smaller serving sizes are especially important for young children.

- Watch those "extras": Those little extras like salad dressings, mayo, spreads and gravy can add a lot of fat, sodium and calories to your meal. Choose the following instead:

- Veggies as a tasty garnish for sandwiches
- Lower-fat condiments like ketchup, mustards and relish

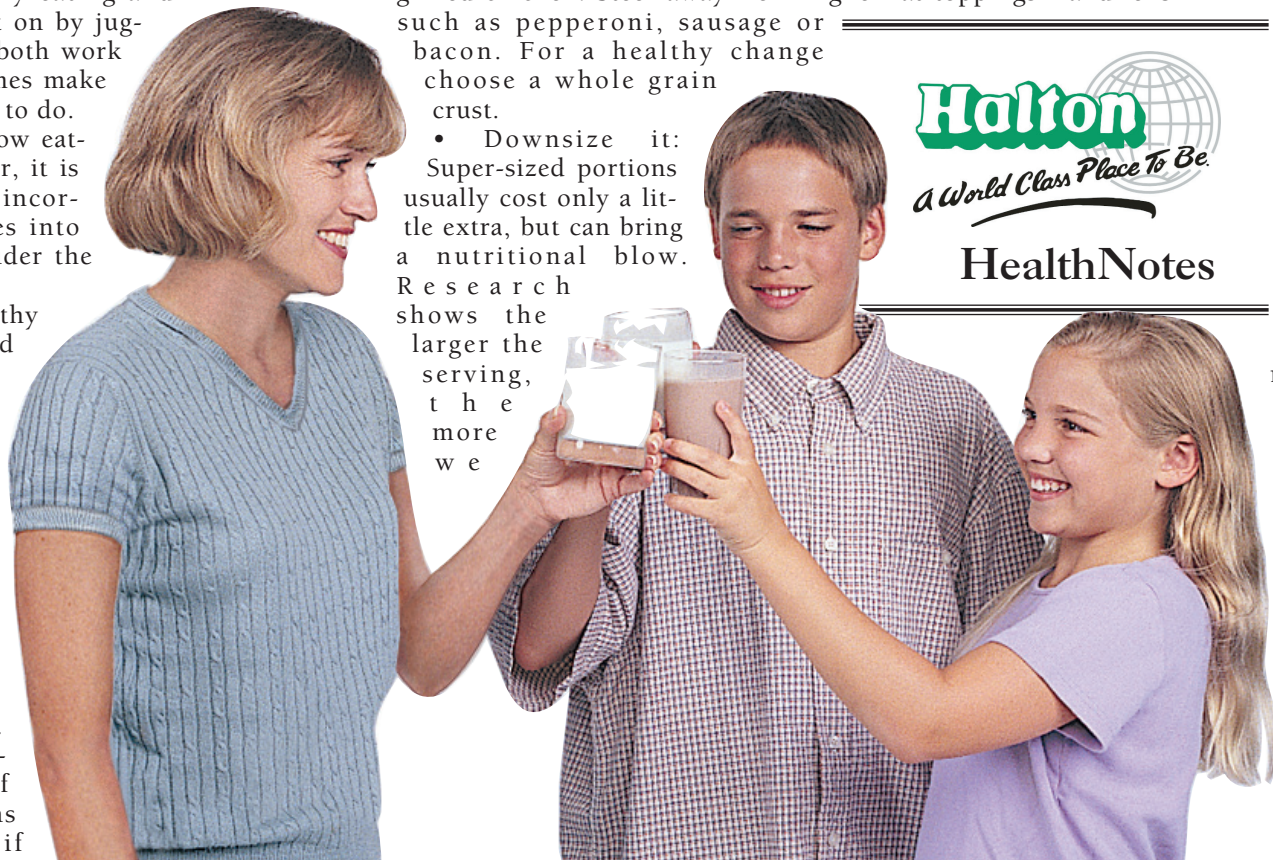
- Lower-fat salad dressings and use only a small amount

Salad Savvy: Not all salads are created equal. Dressings and toppings can make some salads extra high in fat and calories. For example, a chicken Caesar salad with dressing can have as many calories and as much fat as a deep-fried chicken sandwich.

Let common sense prevail— if you are eating out only once or twice a month, your meal plan can probably withstand the splurge! But if you are eating out frequently, use these tips to help you make wise food choices wherever you go.

For more information about healthy eating, call the Halton Region Health Department at 905-825-6000, toll free 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833, www.halton.ca or visit the Dietitians of Canada website at www.dietitians.ca/eatwell.

Health Notes is prepared by staff of the Halton Region Health Department.



HealthNotes



GEORGETOWN CREATIVE ARTS SUMMER SPORTS CAMP

1161 Trafalgar Rd., Georgetown (North of Maple Ave.)
905-877-6542 / 877-4376

Offering enriched programs for school age children 5 - 11 years. Camp runs from July 3 to September 1, 2006

Arts & Crafts, Games, Baking,
Active Sports,
Drama, Science and Mini Trips,
Weekly Themes

• Qualified Staff • Subsidy Available

Fees: Monday-Friday (7 a.m.-6 p.m.) \$150 per week
or daily \$35.00 - Limited Space Available

Registration: Call or Pick Up at
479 Guelph Street, Norval
Georgetown Child Care Centre 905-877-4376




OPEN HOUSE & REGISTRATION



WED. APRIL 12 7:00 - 8:30 p.m.

Georgetown Before & After School Program

~ Limited Spaces for Sept. 2006 ~

- *Across from Pineview School in Hillcrest United Church
- *Now offering licensed before and after school care
- *For children ages 5-12 years
- *Qualified Staff
- *Bus Drop off and pick-up at Pineview School
- *Alternate day & half-day kindergarten
- *Christmas break/March break/Summer camp
- *Homework opportunities
- *Nutritious snacks
- *Active sports
- *Indoor/outdoor games
- *Drama
- *Science
- *Subsidies available
- *Hours 7 am - 6 pm

MEET THE STAFF - SEE THE CENTRE - LEARN THE PROGRAM

8958 Trafalgar Road
(Hillcrest United Church)
905-877-4376 / 905-864-8888