



Healthy Lifestyles

Eat healthy when eating out

Eating out is often a nice treat, or, for some busy families, a convenient option when there aren't enough hours in the day to cook a meal. But eating out doesn't mean you can't eat healthy.

Eating well, being active and maintaining a healthy body weight can help reduce your risk of cancer. And a balanced diet that includes five to 10 servings of vegetables and fruit a day is known to have a protective effect against many types of cancer. Making healthy choices when dining out doesn't mean you have to give up all your favourite foods. To make it even easier, choose to eat at places that are recognized under Eat Smart! - Ontario's Healthy Restaurant Program. This program recognizes top Ontario restaurants and cafeterias for achieving excellence in providing healthy food choices and a healthy environment for their customers, including:

- A variety of healthier food choices, on the menu and by request, including vegetables and fruit, lower-fat options and substitutions.

- An excellent track record in food safety and a least one full-time certified safe food handler on staff.
- A 100% smoke-free environment.

Visit <http://eatSMART.web.ca> to find an Eat Smart! Restaurant near you.

Here are a few other tips for the next time you're eating out or eating on the run:

- **Order vegetables and fruit:** Order at least one vegetable side dish, a salad, a glass of juice or a fruit cup to go with your meal. Instead of ordering meat, try meals that are planned around vegetables and fruit, such as soups, pastas and stir-fries.

- **Boost your fibre:** Instead of white bread and pastas, ask for whole wheat or whole grain buns, tortilla wraps, pizza crusts and pastas. For an extra boost of fibre, try chilli or bean burritos with a salad or generous amount of vegetables on the side.

- **Choose less fat:** Dine at restaurants that have lower fat menu items that you enjoy and always ask for higher fat foods, like salad dressing and sour cream, on the side. Avoid deep-fried foods, such as French fries, fish fillet and fried chicken, and go for healthier choices like submarine sandwiches with lean meats and vegetables, chicken wraps or soft tacos, veggie burgers and garden salads.

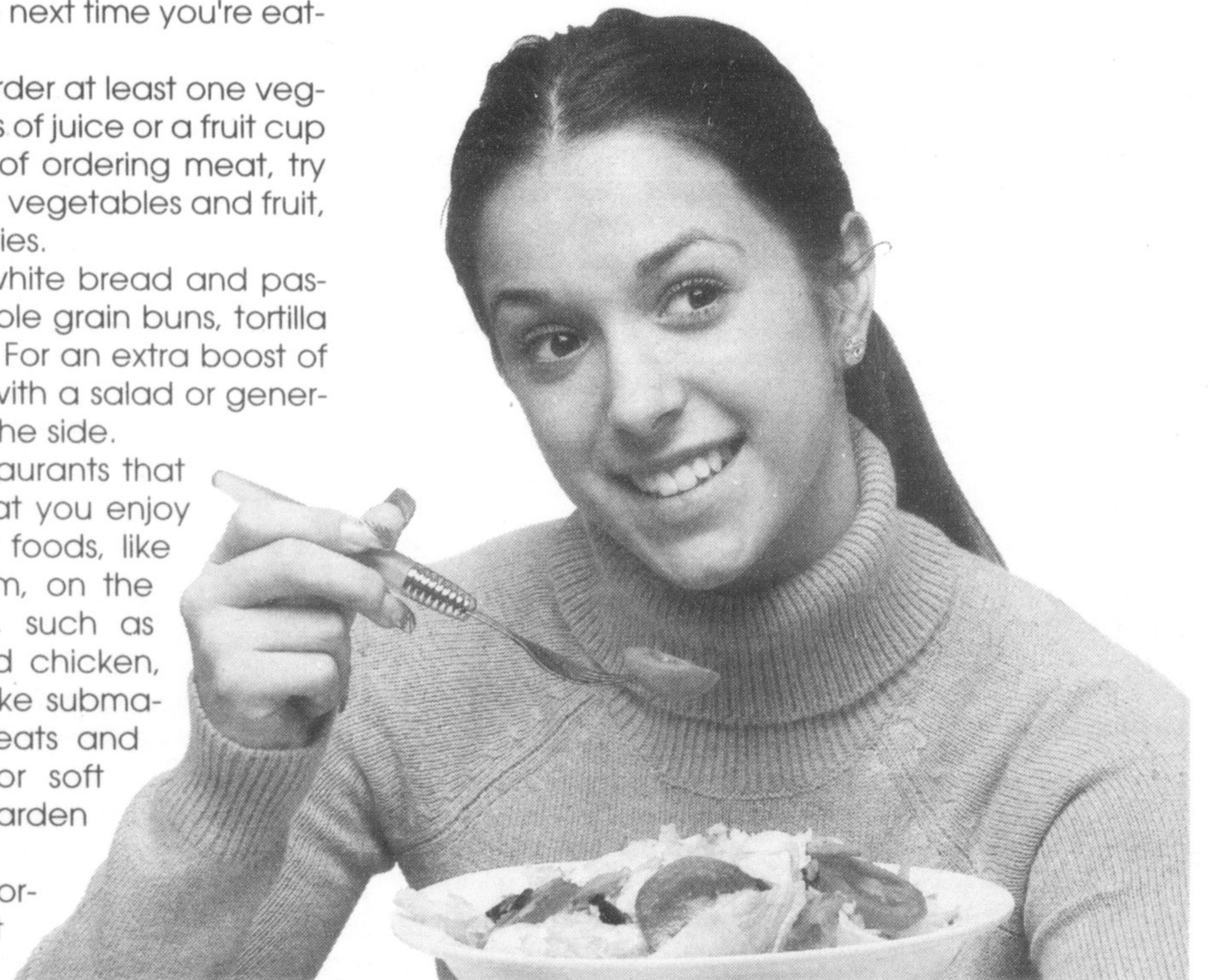
- **Keep it small:** Restaurant portions are usually large so don't feel that you have to clean

your plate. Ask for a half portion or take the leftovers home.

- **Skip the drink:** Ask for a 'virgin' cocktail. Bloody Caesars, daiquiris and smoothies are just as tasty without alcohol.

More healthy tips are available on the Canadian Cancer Society's website at cancer.ca.

- News Canada



Board Recruitment

Oakville Senior Citizens Residence (OSCR) invites applicants to participate on its Board of Directors. Our mission: **To serve seniors in an affordable safe community by actively promoting wellness, individual choices and opportunities.**

OSCR seeks volunteer Board members who will be committed to our mission: willing to deal with values, vision, change and the future; having an ability to participate assertively in deliberations.

OSCR Board operates under a Carver Policy Governance model.

The Board meets the second Thursday of the month.

Kindly submit your resume to:

The Nominating Committee
Oakville Senior Citizens Residence
2220-2222 Lakeshore Road West
Oakville ON L6L 5G5
email: oscr@oakvilleseniors.com

Applications will be accepted until Friday March 2nd 2007.

ATTENTION PRODUCERS

www.agr.gc.ca/renewal

A Web site has been launched for producers to access new information on Farm Business Advisory and Skills Development programs. This site also offers easier access to application guides and forms.

Increase your profitability and find new opportunities to help you:

- Assess your farm
- Develop a financial Action Plan
- Develop a succession, marketing, business or other specialized plan
- Take training to expand your skills
- Determine the feasibility of value-added opportunities on your farm

Visit www.agr.gc.ca/renewal or call 1 866 452-5558.

For other programs available to producers visit www.agr.gc.ca/programs



Canada

SMOKING

what's the point?



Someday, you'll be offered a cigarette or be tempted to smoke. Before you start, think about it: every drag you take screws up your body.

Smoking can cause permanent damage to your body. Once a person starts, it becomes extremely tough to quit. And did we mention all that cash you'll be blowing in the process?

So, if you're tempted to start, ask yourself, "What's the point?"

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