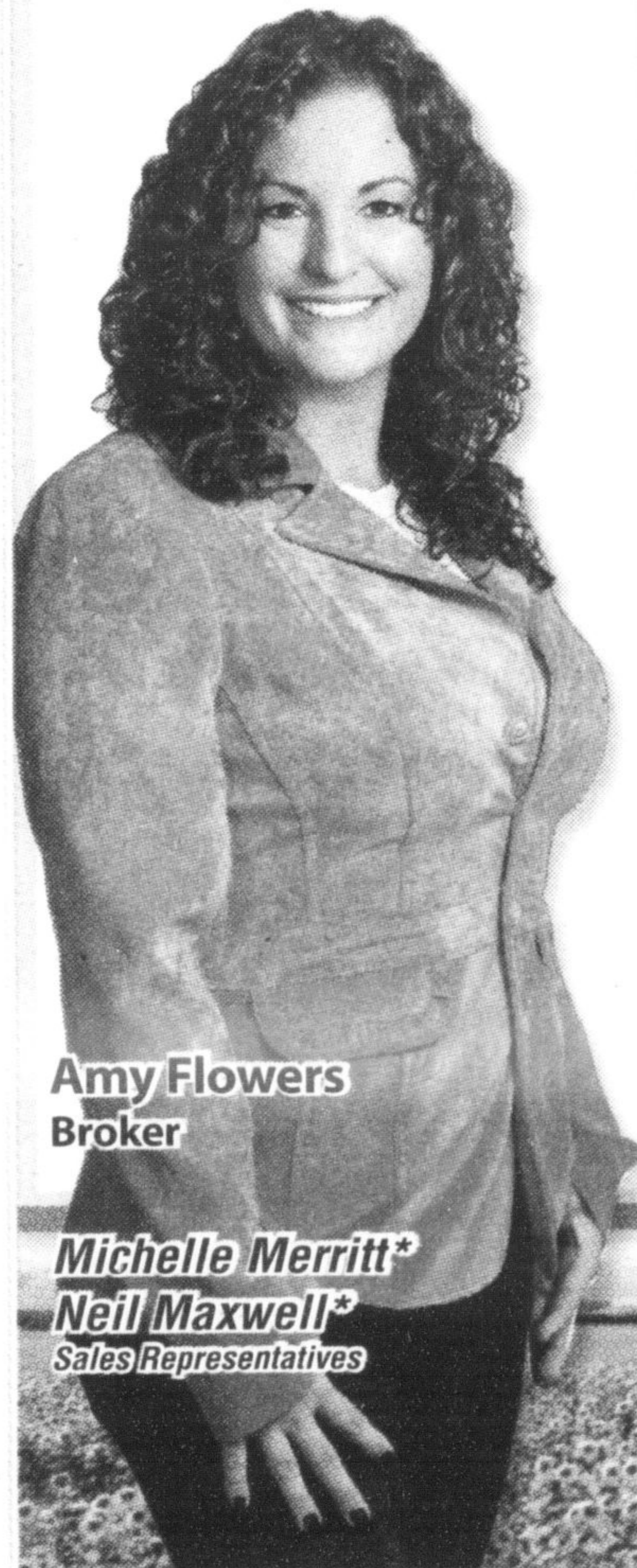


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Amy Flowers
Broker

Michelle Merritt*
Neil Maxwell*
Sales Representatives

STUNNING

Custom built 4800 sqft home on 2.14 acres. Situated amongst executive homes. Gorgeous dark hardwood throughout. Immaculate chef's kitchen with nothing overlooked. 4 full baths on the 2nd level. Call us today!

\$1,499,900

WOW FACTOR

4 bedroom detached home with finished basement! Situated on an oversized premium lot. Relaxing soaker tub in master ensuite. Stunning views of the escarpment. Call us now!

\$649,900

GORGEOUS

Gorgeous 4 bedroom detached home. Double car garage. Stunning dark hardwood floors. Large eat-in kitchen. Open concept family room complete with gas fireplace. Relaxing master ensuite has soaker tub & separate shower.

\$539,900

BEST DEAL

4 bedroom detached home on a corner lot. Open concept layout has separate dining room. Kitchen features centre island. Don't wait to call us!

\$379,900

JUST MOVE IN!

Fabulous inground pool. Parking for 4 cars. Finished rec room. Call us now!

\$339,900

BEST DEAL

Gorgeous detached home with 9' ceilings. Fully loaded chef's kitchen with centre island. Cozy fireplace in family room. Prime corner lot with double car garage. Don't wait to call us!

\$349,900

PERFECT STARTER HOME!

3 bedroom townhouse, in convenient location. Finished basement with bathroom. Large terrace for BBQ's. Call us today!

\$229,900

WOW FACTOR!

3 bedroom detached home. Open Concept. Hardwood floors, premium kitchen and gas fireplace. Call us before its gone!

\$329,900

CONGRATULATIONS TO OUR COLOURING CONTEST WINNERS!



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Fresh mushrooms, the secret ingredient in weight management

(NC)—Are you having trouble maintaining a healthy body weight?

You are not alone. Almost two-thirds of Canadians are either overweight or obese. Finding appealing and effective ways to achieve and maintain a healthy weight is very important, especially this time of year when New Year's resolutions start to take flight.

Being overweight can increase the risk of developing chronic diseases such as, heart disease, diabetes and cancer. Carrying excess weight can put stress on joints causing pain and making it difficult to enjoy daily activities. Eating more fruits and vegetables, including fresh mushrooms, is a tasty way to help you keep your weight in check.

Fresh Mushrooms Can Help Consume Fewer Calories

- Fresh mushrooms are a perfect choice for reduced calorie diets as they have a high water content, are low in fat and contain some fibre: three factors that help keep you feeling full with fewer calories.
- Researchers have found that people who eat satisfying

portions of foods that have less calories have greater success at weight loss and maintenance.

Control Your Appetite

- Fresh mushrooms are considered a low glycemic food because they contain very little carbohydrate. That means that they do not raise blood-sugar levels as much as carbohydrate-rich foods, such as bread.

- Studies have shown that low-glycemic foods may help control appetite longer than those with a high-glycemic index.

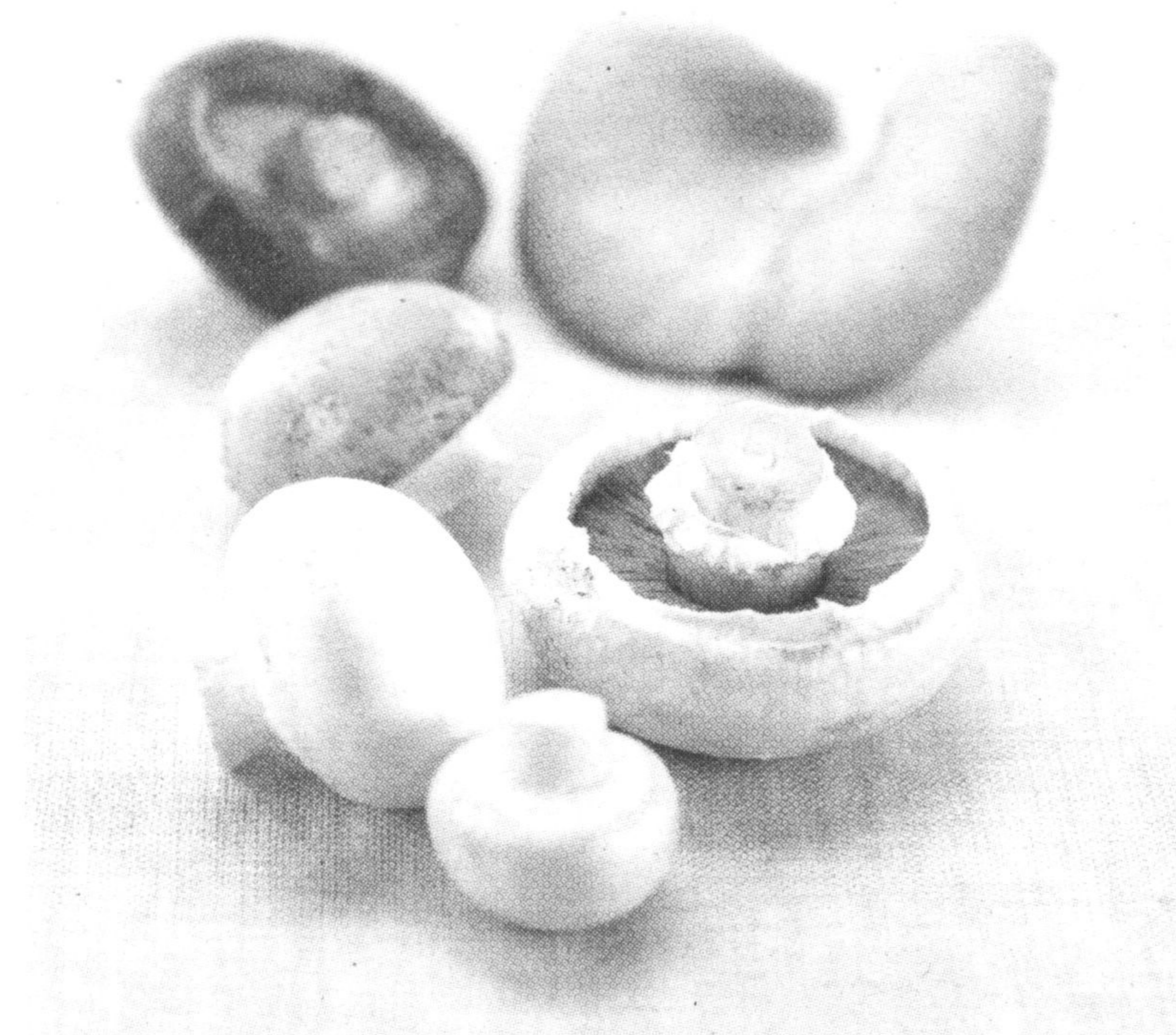
Boost the Flavours

- Mushrooms add a boost of flavour to foods, without adding extra fat, calories or sodium.
- Fresh mushrooms, shiitakes

in particular, have a subtle savoury quality called umami that rounds out other flavours and adds taste satisfaction. This is why your steaks, pastas and pizzas often taste better with mushrooms.

Adding Mushrooms Make a Difference

- Substitute 1/2 cup sautéed white button mushrooms in quiche for 4 ounces of cooked bacon. Benefit: Save 580 calories, 45 g fat, 15 g saturated fat and 128 mg cholesterol.
- Substitute 1 cup diced portabella mushrooms in spaghetti sauce for 1/2 cup lean ground beef (80% lean). Benefit: Save 285 calories, 19 g fat, 7 g saturated fat and 101 mg cholesterol.



- Substitute 1/4 cup sliced fresh crimini or brown mushrooms on panini for 2 slices of provolone cheese. Benefit: Save 192 calories, 15 g fat, 9.5 g saturated fat and 38 mg cholesterol.

More delicious mushroom recipes are available online at www.mushrooms.ca.

www.newscanada.com