

Milton and Area Community Sponsors

FEBRUARY IS HEART MONTH



HEART & STROKE FOUNDATION

To become a Community Sponsor, please contact Fiona at 905-878-2341, ext 217 or email fduke@miltoncanadianchampion.com

This important message has been brought to you by these concerned community minded businesses and The Canadian Champion

PETER HODGE TRANSPORT LIMITED
BULK COMMODITIES

PETER HODGE

Phone: (905) 693-8088 • Fax (905) 693-8087
Can: 1-800-387-6933 • USA: 1-800-387-4804
100 Market Drive, Milton, Ontario L9T 3H5
E-mail: phtl@peterhodgetransport.com
www.peterhodgetransport.com

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

9 in 10 Canadians are at risk for heart disease and stroke.
We're calling on you, so you're not calling on them.

ROBERT (PIE) LEE INSURANCE AGENCY

Life - Disability - Critical Illness - Annuities - RRIF's - LIF's - RRSP's - T.F.S.A.'s - RESP's
Celebrating "36" years of "Home Team" Business

Bob Lee BSC, BSA, EPC
Kim Mitchell RT

www.robertleefinancial.ca

CALL FOR NO OBLIGATION CONFIDENTIAL CONSULTATION

245 Commercial St. Milton L9T 2J3
OFFICE: 878-5786 FAX: 878-3692

2 Bee Quilted

Gammil Long Arm Machine Quilting
LYNNE TOMPKINS
twobeequilted@yahoo.ca

9894 Hwy 25 RR#3, Milton, ON L9T 2X7
Tel: 905-875-1812 Fax: 905-875-3000

FEBRUARY IS HEART MONTH

A PREVENTABLE TRAGEDY

Nine out of ten Canadians have at least one risk factor for heart disease or stroke. But the good news is that 80% of early/premature onset of these diseases is preventable. In fact, there are nine risk factors that you can control:

- Smoking
- Physical inactivity
- High blood pressure
- Unhealthy diet
- Being overweight
- High blood cholesterol
- Stress
- Diabetes
- Excessive alcohol consumption

One key risk factor to manage is your weight — especially since a healthy weight can help control other risk factors as well. A modest weight reduction of as little as 5% of body weight can reduce your high blood pressure and total blood cholesterol. Simply weighing yourself is not the only way to determine your health risk. Studies have shown that extra weight around the waistline is more dangerous to the heart than extra weight that is on the hips and thighs. To learn more, visit heartandstroke.ca and search 'healthy waists' to learn how to measure your waist circumference and find out your body mass index (BMI).

There are some risk factors you cannot control, including age, gender, family history, ethnicity and history of stroke or TIA. But by managing your nine modifiable risk factors, you can significantly reduce your risk.

IVY ARMS

Locally Owned & Operated

201 Main Street
Downtown Milton
905 876-4899

Hot Diggity Dog

Dog Walking, Home Boarding, Daycare

New Clients
BOOK A WEEK PREPAID AND SAVE 15%

Adele E Cowton
Chief Dog Lover
Milton
905 691 9207
1hotdiggitydog@gmail.com
www.1hotdiggitydog.ca

CABINET DIMENSIONS

CUSTOM KITCHEN RENOVATIONS
KITCHEN & BATH SPECIALISTS

Experience Delivers Beautiful Solutions!

Certified Kitchen Designer • Professional Installation

Showroom: 17 Wilson Dr., Milton
Tel: 905.878.6448
Please call to set up an appointment.
E-Mail: cabinetdimensions@bellnet.ca

LIFE'S BRIGHTER
under the sun

Heidi Cherry Advisor
905-878-6799 ext 2251
heidi.cherry@sunlife.com
Derry Heights Plaza
6911 Derry Rd., Suite E201
Milton ON L9T 7H5

Sun Life Financial
© Sun Life Assurance Company of Canada, 2010.

OPEN YOUR DOOR TO GIVE CANADIANS MORE TIME.

The Heart and Stroke Foundation continues to develop and invest in strategies to prevent and manage heart disease and stroke — two serious diseases that cut lives short. February is Heart Month. Give to your neighbourhood canvassers. Opening doors in your neighbourhood supports life-saving research, advocacy and education that can give Canadians more time.

Every door opened helps Canadians live longer, better lives.
www.heartandstroke.ca

HEART & STROKE FOUNDATION

PREMIER FITNESS

Raj Jain
Corporate Sales Manager

1035 Maple Ave.
Milton, Ontario
L9T 0A5

Tel: 905-875-4797
Fax: 905-875-6892

www.premierfitness.ca

JOCKEY
Person to person

Clothing Designed for Your Life

To see our new Spring Catalogue or to order Jockey Fashions contact your Milton Comfort Specialist
FIONA DUKE • 905-864-3034
fduke@cogeco.ca

HEART & STROKE FOUNDATION

Tel: (905) 634-7732
Fax (905) 634-1353
4391 Harvester Road, Unit 7
Burlington, Ontario L7L 4X1
www.heartandstroke.ca

Hawthorne Pharmacy

10220 Derry Rd.
Suite 105A
Milton ON L9T 7J3

905.878.9292
Fax: 905.878.0456
info@hawthornepharmacy.com

Optimize Your Health.

Faisal Khawaja
B.Sc.Pharm., Rph., FASCP
Pharmacist & Owner

www.hawthornepharmacy.com

Proud Community Sponsor

The Canadian Champion

Egg white trout and potato frittata

Makes 4 servings

An easy one skillet meal that has a different flare and flavour by using fresh trout and egg whites to pack a protein punch for dinner or lunch. Serve it up with a crisp green salad or steamed vegetables to round out your plate.

Preparation time: 20 minutes Cooking time: 25 to 30 minutes

Ingredients

- 1 trout fillet, about 375 g/12 oz
- 5 mL (1 tsp) grated lemon rind
- Pinch freshly ground black pepper
- 2 medium potatoes, diced
- 125 mL (1/2 cup) water
- 15 mL (1 tbsp) canola oil
- 4 green onions, chopped
- 2 cloves garlic, minced
- 25 mL (2 tbsp) chopped fresh dill or 10 mL (2 tsp) dried dill weed
- 6 egg whites or 175 mL (3/4 cup) pasteurized egg whites

Directions

1. Place trout fillet skin side down in lightly sprayed nonstick skillet and sprinkle with lemon rind and pepper. Cook on medium high heat for about 3 minutes or until skin is crispy. Turn over and cook for about 3 minutes or until fish flakes easily when tested with fork. Remove to plate.

2. Place potatoes in skillet with water and bring to a simmer. Cover and cook, stirring once, for 10 minutes or until tender but firm. Drain potatoes and return to pan. Add oil, onions, garlic and dill and cook stirring for about 5

minutes or until golden.

3. Remove skin from trout and flake fish into potato mixture and stir to combine. Whisk egg whites to loosen and pour over potato mixture lifting up edges for egg to flow underneath. Let egg cook, running spatula around edge to loosen for about 4 minutes or until edge is set. Place frittata about 15 cm (6 inches) under broiler and broil for about 4 minutes or until golden and knife inserted in centre comes out clean.

4. Slide frittata onto large plate to cut in quarters and serve using a spatula.

Nutrition information per serving:

- Calories: 206
- Protein: 16 g
- Total fat: 6 g
- Saturated fat: 1 g
- Cholesterol: 24 mg
- Carbohydrate: 23 g

- Fibre: 2 g
- Sugars: 2 g
- Sodium: 109 mg
- Potassium: 677 mg

Recipe developed by Emily Richards, PH Ec. ©The Heart and Stroke Foundation 2011. Posted: February 2011