

Food for thought: Eating habits are for life?

by Alleyne Attwood, R.P.D.T.

It is perhaps ironical that although most women, the moment they know they are pregnant give at least some thought to what

they should be eating, yet many give only passing attention to good diet in their teens or early married life.

The truth of the matter is that the health and future of that un-

born babe does not start at the moment of conception, it starts in the years before.

A young girl entering pregnancy with low hemoglobin or other dietary deficiencies

from careless eating, or from improper dieting, has a lot of "catching" up to do, before her body can, with better diet, give a baby the start to which it is entitled.

Many women are

never told and do not know that being on the pill may cause further dietary deficiencies if they do not take definite steps to prevent the deficiencies.

Vitamin B6, Vitamin

B12, Vitamin C and folic acid are all affected by the Pill. Some of the foods recommended in the Canada Food Guide need to be increased in order to offset the increased need for these nutrients.

Sometimes supplements may be needed but they should not be taken without consulting a doctor. If there is any question a special test can be done.

Milk

Canada Food Guide recommends for an adult, two cups of milk a day, but three to four cups or its substitutes such as cheese or yogurt, for a teenager.

It also recommends two servings of meat or meat alternates, four to five servings of vegetables especially yellow and green and often raw, and finally three to five (at least) servings of bread or cereals especially whole grain.

So what is it that a person who is on the pill, should be eating over and above the general recommendations of the Canada Food Guide?

As far as milk is concerned, the same two cups and it can be homo, 2 percent or skim depending on the total calories a person wants in their daily food.

With regard to Meat, the extra vitamin B6 and B12 will come from frequent use of beef, lamb, pork, organ meats, cod, halibut, tuna, salmon, sardines,

eggs and peanut butter.

With regard to the fruits and vegetables, two servings of a fruit which is a Vitamin C source should be used. This would include oranges or juice, grapefruit and vitaminized apple juice.

The choice of vegetables should include those high in folate and vitamin B6 such as asparagus, spinach, broccoli, brussel's sprouts, cauliflower, cabbage, carrots, tomatoes, turnips, corn, peas, lima beans and snap beans.

Cereals

For breads and cereals, the recommendation of whole grain is all important because of the folate and vitamin B6 content. Whole wheat and rye bread, oatmeal, shredded wheat, branflakes, wheat germ, barley and brown rice are all good.

Some of the side effects of the pill may be directly related to nutrition. Depression, fatigue, slow wound healing, headaches are some of these. Supplements are not the answer in most cases, as sometimes supplements may disrupt other normal functioning of the food absorption process.

There is a slide show obtainable from the University of Toronto called, "Could Your Sex Life Stand An Affair With Nutrition?" Could yours?

Rotarians learn about arthritis

Keeping in accordance with Arthritis Week, the Midland chapter of the Rotary Club invited Doctor Joe Dolezel of Midland to speak at the club's weekly luncheon Wednesday at the Athenian Banquet Hall.

Dr. Dolezel is the medical consultant to the local chapter of the Arthritis Society and specializes in internal medicine.

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medical consultant to the local chapter of the Arthritis Society and specializes in internal medicine.

Dr. Dolezel quotes the most common cause of arthritis is mechanical wearout. The medical name for that type of arthritis is Osteoarthritis.

He did add that arthritis is not a disease so much as it is a symptom, one that some of us feel more than others.

Dr. Dolezel feels that self-medication is not the answer. In fact, it often causes other problems.

The problem seems to stem from the attitude people have in today's society that there must be a pill for every ill.

This belief is more dangerous than the symptoms themselves and can cause more damage.

Dr. Dolezel warned

that not all pains are arthritic pain, but it seems to be the first thing people think of.

Studies have shown that one thing that seems to help relieve the pain of arthritis is sex.

The regular activity helps to keep the joints fluid and actually helps to reduce the pain.

Methods

Dr. Dolezel believes that methods of treating arthritis are improving and are much better than those used six or seven years ago.

He mentioned to the Rotarians about the practice in Japan that all workers have a regular exercise program built into their working day.

They must participate in this program or they will lose their jobs.

Dr. Dolezel hastened to add that this would not work in our society because of our views toward exercise.

He stated that, "If they were asked to take a pill, they might do it, if they were asked to exercise, they might not."

That statement, no doubt, reflects our belief in pills.

Children are not even immune to arthritis but

St. Joseph School prominent topic tonight

Both delegations who have a proposal to put before the Simcoe County Board of Education (SCBE) tonight have a concern about Penetanguishene's St. Joseph School.

The agenda for tonight's regular meeting records under Information and Proposals that communications have been received from William Ogilvie and Vola Carriere.

The agenda also notes the nature of one of the

Turns thumbs down on rezoning

Midland council has endorsed its planning board recommendation that land owned by Roger Hunter and Chris Leitch not be rezoned from residential to highway commercial as both men want.

Both had sought an amendment to the official plan which would allow the back portion of their properties to be rezoned to highway commercial since the front 400 feet (depth) is already zoned that way along King Street south in the town.

Alderman Richard Platt indicated if either man came up with a proposal for the property in the future planning board would give their request serious consideration.

Two new directors

Two new faces will be present at the next meeting of the 12-member board of directors of the Corporation of Huronia District Hospital.

Thomas Hawkins and Bruce Stickle were elected to the board during the hospital's annual meeting Monday night.

Also elected to the board were Rod Ferguson and Paul Quilty.

communications. Ogilvie's interest is in the sharing of the school's annex with the separate school board.

The board will also hear from Vola Carriere, chairman of the Committee of Parents for the Preservation of Ecole Publique St. Joseph.

A report of the last meeting of the French Language Advisory Committee, the last meeting of the Area 3 Committee, the joint committee meeting of the SCBE and the Simcoe County Roman Catholic Separate School Board, and the

special meeting of the Area 3 committee held a week ago, are among 15 items of old business to be reviewed.

The special meeting of the Area 3 committee a week ago involved the committee and representatives of the Committee of Parents for the Preservation of Ecole Publique St. Joseph.

The Area 3 committee had previously met with separate school board representatives.

Last Wednesday the Area 3 committee passed on their conclusions to the parents' committee.

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