Nutritionist balances sugar scales

PAUL SANDERSON Some nutritionists now believe that sugar has inherited an unfair, and unhealthy, harmful reputation in our, "think thin diet conscious society."

essential The of Joan message Fielden, of one Canada's best known home economists, is the promotion of a balanced diet. As co-ordinator of the Canadian Sugar Institute's public education program, she has learned that sugar is a part of this diet.

Sugar has been recognized as a "safe food" for the past 20 years, by the U.S. Food and Drug Administration, she says. Their research suggests that sugar can constitute up to 25 percent of a healthy person's caloric intake.

"Everybody eats too much sugar," is the biggest single myth battled by Fielding, in her promotion of a healthy diet for Canadians.

Canadian sugar consumption among adults averaged approximately 10 percent of caloric intake, and about 15 percent among children. And surprisingly enough, Canada Statistics figures also show that current sugar consumption (83.1 pounds per capita in 1983) is no greater than it was 50 years ago (86.1 pounds per capita in 1934).

In Fielden's experience, most people consider sugar to be

fattening. But sugar is a simple carbohydrate, and not a fat at all, she asserts. While a teaspoon of sugar actually contains just 16 calories, 115 calories is a common guess among the general public.

Fielden, author of the Chatelaine Diet Cookbook, stresses the reduction of caloric intake in general, during successful dieting. An unhealthy imbalance can result when an overweight person concentrates solely on removing sugar from the diet. The natural functions of fat and protein may be impaired if the body robs them for the energy normally provided by sugar.

The Canada Food Guide, widely available in schools, government offices, and libraries, clearly outlines the balanced diet promoted by Fielden. The essential principle is to select foods from at least three of the four

food groups, at every meal: meat and meat alternates, fruit and vegetables, dairy, bread and cereal.

In the meantime, explains Fielden, sugar will continue to enhance the flavour of nutrious foods like cereals, fruit, and milk, and serve a major role as an effective preservative in many canned, bottled, and packaged foods.

Fielden was in Midland last Friday.

Going deeper in the red?

At present the USA is in the hole for two trillion dollars.

As a debtor nation our friends south of the border are not alone.

Here, closer to home, Canada's federal debt sits at \$200 billion or \$75,00 for every Canuck or \$37,500 for every family of five.

And here's the bad news, it takes 40 percent of our federal taxes just to pay the interest on the loot Canada is in hock for.

When Brian Mulroney startled Canadians last week by saying Canada was bunkrupt, he may not have been that far off the mark.



Public Libraries' Week

Irene Roth, head of adult services in the Midland Public Library, displays one of the plastic bags which the library is giving patrons this week. This week is Public Libraries Week

across Ontario. Yesterday, flowers were presented to Rachel Ferguson, a user of Midland's library since 1927. At the rate of three books for 10 days, she has read more than 9,000 books.



1960-1985

The Board of Directors of the Huronia Association for the Mentally Retarded

Invites you to celebrate

TWENTY-FIVE YEARS

of Community Service to persons with development handicaps

THURSDAY, SEPTEMBER 26, 1985,

7 p.m. to 10 p.m.

The Public are invited to visit the following programs between 9.30 a.m. and 3.30 p.m. on Thursday, September 26th, 1985 to acquaint themselves with the services provided by the Huronia Association for the Mentally Retarded - If you require any additional information please contact the Administration Office at 288 King Street, Midland or call 526-4253

Come and see the results of the past twenty-five years!

Developmental Nursery Programme Lorne Street "Old Butterfly School" Penetanguishene, Ontario

* 9.30 - 11.30 a.m. ONLY Vocational Training Programmes

339 Olive Street Midland, Ontario Life Skills Programme Georgian View 361 Olive Street

Midland, Ontario

Residential Programme Hugel Place 438 Hugel Avenue

Midland, Ontario Bayside Industries 169 Bay Street Midland, Ontario

Multi Sensory Programme St. Andrew's Centennial Manor 340 Dominion Ave., 2nd Floor Midland, Ontario





• Change Any Room Quickly... Easily! 'CORONET' WALLPAPER

Huge selection of Sunworthy patterns in stock. Pre-Pasted and ready to hang List price \$6.49 Single roll SALE Single roll

DISCONTINUED SELECTION

Ready-Made

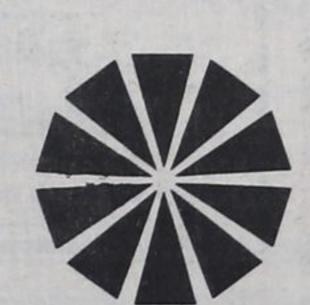
DRAPES

20% то 50% off LAMERS

Latex Flat

PAINT

Manufactured by Benjamin Moore



YES YOU-CAN WALLCOVERINGS

We Make You Look Good.

PAINT & WALLPAPER

SUNWORTHY

313 King St. 526-7411

Mountainview Mall 526-5511