

Be fit ... be well ... be healthy ... be beautiful

**Eat high-fat foods in moderation**

*There is no need to give up foods you love, just limit them*

Following Canada's Food Guide, eating in moderation and exercising are three key factors to remaining at a healthy body weight, says one local dietitian.

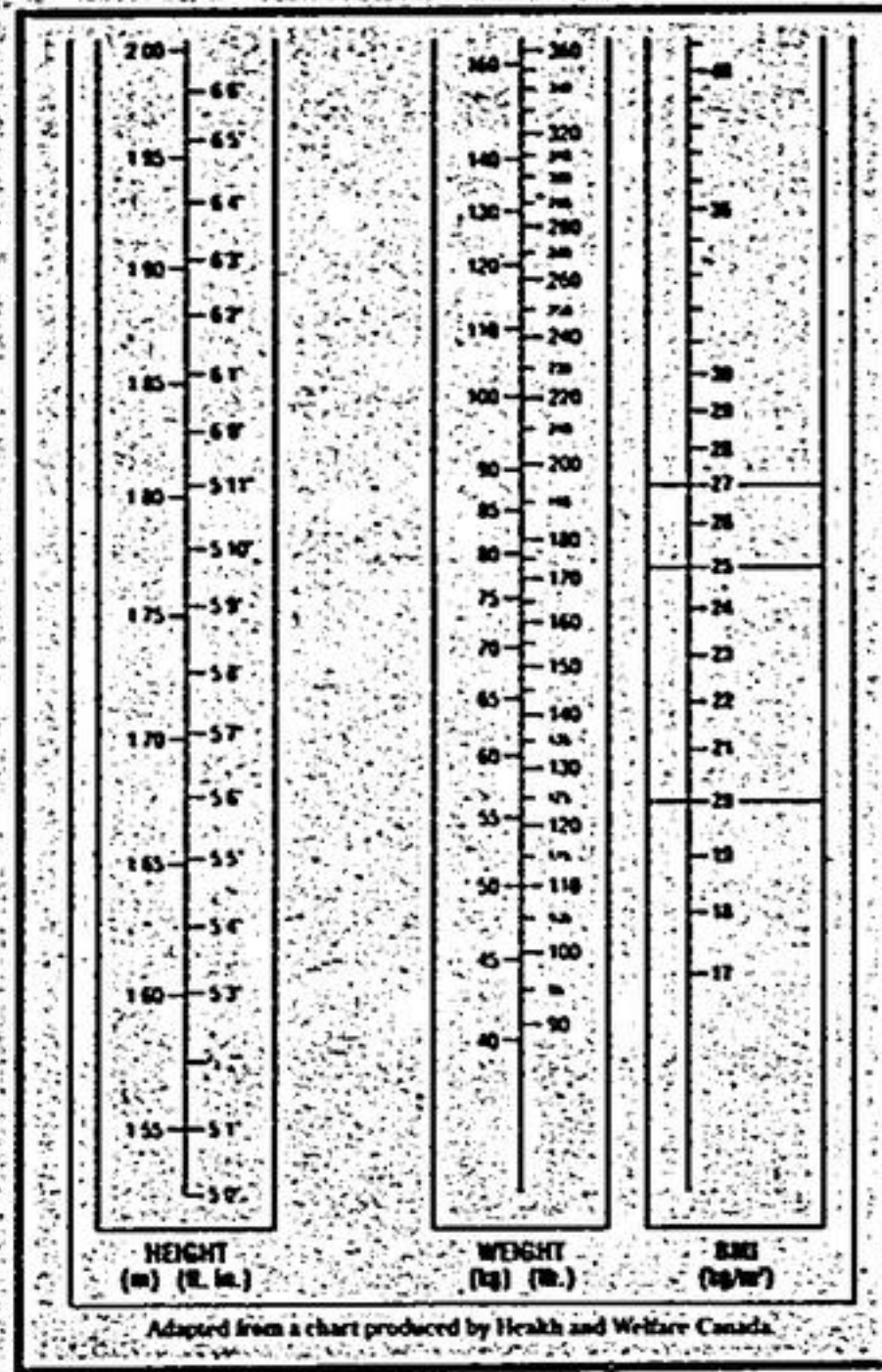
"Eating healthy doesn't mean giving up the foods you love. The key to healthy eating is moderation," says Paula Harron a registered dietitian at the Markham Stouffville Hospital.

People who want to lose or maintain weight should eat three balanced meals which include a variety of foods such as breads, cereals and other grain products, fruits and vegetables, low fat dairy products and leaner meats. Foods should be cooked in little or no fat.

Fresh fruit, vegetable sticks, bagels, low-fat yogurt, low-fat muffins and low-fat cheese and crackers are good for snacks.

The Body Mass Index judges if a person is at a healthy weight. To use

it, people should take their weight in kilograms over their height in metres, squared.



People should be in the 20-25 range in the BMI.



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