

York Region dieticians prepare for Nutrition Month

A recent survey of York Region dieticians' eating habits revealed some astounding revelations. Among them were:

- Most of them ate dessert three to four times a week, and it wasn't always fruit.
- Some admitted to eating ice

cream for breakfast and a bowl of hot cereal for dinner.

- Many prefer butter to margarine
- Burgers, fries and a diet pop were their favourite occasional fast food meal

In this era of healthy eating, these

results may seem contradictory but the survey does indicate that dieticians are practicing what they preach — healthy eating. Today's idea of healthy eating means that there are no "good" foods or "bad" foods rather, the key words are moderation, variety and balance. People do not live by burgers, fries and diet pop alone.

March is Nutrition Month and the theme for 1997 is All Foods Can Fit. This means all foods play an important part in a well balanced

lifestyle. The dieticians of York Region would like to pass on some of their guidelines for good nutrition and eating.

- Take advantage of local, regional, and ethnic foods. They are a great way to get your daily recommended dose of nutrients.
- Eat lots of fruits and vegetables. Take advantage of in-season products but don't forget the frozen or canned versions. They are equally nutritious.
- Grain products offer a

wide variety of choice as well as the benefits of fibre, vitamins and minerals. Whole grain cereals, rice cakes and bagels all make great afternoon snacks.

- Try lower-fat dairy products. You get the same amount of calcium, protein and taste but miss out on the fat and calories.
- Select leaner cuts of meat. Trim off all visible fat from red meat and remove the skin from chicken.

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