



Health and Fitness

An Advertising Feature of the Economist & Sun and The Tribune

Enjoy a variety of foods *without* feeling guilty

(NC) Everybody needs the same nutrients, just in different amounts. Age, gender and body size are among the reasons

why people's nutrient needs differ. For this reason, good nutrition doesn't come in one-size-fits-all. Individual needs and preferences are what uniquely defines good nutrition for you.

Canada's Food Guide to Healthy Eating allows us the freedom to personalize our own eating plan. It is a simple easy-to-use guide that helps us match our food choices with our lifestyle and individual nutrient needs.

The guide is not a rigid prescription for healthy eating. Rather, it provides people with a framework for putting together a sound and sensible eating pattern.

The food guide blends both health and pleasure dimensions of eating by encouraging us to enjoy a wide variety of great tasting foods from each of the food groups without feeling guilty.

When we eat a variety of foods prepared in different ways we are less likely to eat any one food in excess. It can also help ensure that we eat all the nutrients our body needs each day.

Action Tips

Here are few tips to add interest and variety to your diet.

➤ Zest up your meals and snacks by adding a splash of flavoured vinegar or lemon juice to your sauces, salads and soups.

➤ Instead of plain coffee try a café au lait. Heat one cup of milk, don't boil. Add one teaspoon instant coffee, stir well. Serve with a cinnamon stick.

➤ Give your vegetables a burst of flavour with a bit of orange juice and chopped fresh ginger.



"ARE YOU EATING PROPERLY, NOT SMOKING AND GETTING PLENTY OF EXERCISE?"

➤ Add nutrition, texture and taste by adding shelled sunflower seeds and a dollop of cream cheese in your tuna salad, bananas and toasted coconut in your yogurt, shredded cheese in your soup.

➤ Try a new herb or spice such as lemon grass, coriander or cumin. Or, pick a new fruit and vegetable you don't normally buy each time you are in the grocery store.


➤ Pancakes warm or cold with yogurt and fruit folded inside make a great tasting snack any time of the day.

Healthy eating gives life more vitality. And it is the key to looking good, feeling great and being the best you can be at work and play.

It all starts with a healthful eating plan. *Making the Most of You* is a personal guide that can help you personalize your healthy eating and physical activity goals. The kit includes a guide book, wipe-off board to track success and recipe/menu planning booklet. The kit can be yours for only \$5.95 (includes postage and handling). For more information contact:

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Focus on Faith

Rev. Philip Bristow welcomed to St. Philip's-on-the-hill

The Reverend Philip Bristow is the new incumbent minister of St. Philip's-on-the-hill Anglican church.

Mr. Bristow and his wife, Cheryl, are natives of Montreal. They have two grown daughters, Shannon who has just graduated with her B.Sc. from U. of T., and Lydia, who is studying Social Sciences at Western University.

Phil has a B.Comm. from Sir George Williams University (now Concordia) and an M.Div. from McGill and Montreal

Diocesan Theological College. He served several parishes before spending seven years at the diocesan offices, first as Program Officer, then as Assistant to the Bishop.

However, Phil's heart has always been in the parish. In his words, "The parish is the core of the church. That's where lives are changed and people renewed in Christ."

In 1993, the Bristows moved to Toronto to join the staff of St. Paul's Bloor Street where his prime focus was administration and out-

reach. "I believe God is alive and changing lives today. I can't imagine a more exciting event than seeing a face light up with new or rediscovered faith. That's what it's all about. And that will be our prime focus at St. Philip's."

An overflow crowd filled the church for his induction recently.

One of the highlights of the lively service was the sermon by Dr. Michael Pountney, Principal of Wycliffe College at the University of Toronto. Michael and his wife

Elaine have been friends of the Bristows since the early '80s when they ministered in Montreal. Using wit and experience, Dr. Pountney drew from the scriptures to emphasize a commitment central to Rev. Bristow's style of leadership - that ministry is a partnership shared by pastor and the whole people of God.

Currently, the leadership at St. Philip's is studying Rick Warren's stimulating book on church growth, *The Purpose Driven Church*. Their aim is to discover how St. Philip's

can become warmer through fellowship, deeper through Discipleship, Stronger through Worship, Broader through Ministry and Larger through Evangelism.

"This is a wonderful congregation," said Rev. Bristow. "I believe God is going to bless us all in our partnership."

St. Philip's-on-the-hill is at 9400 Kennedy Rd., just north of 16th Avenue. Sunday services are at 8:15 and 10:30 a.m. Call 477-1991 to find out more.

BETHESDA LUTHERAN CHURCH
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ASSOCIATION

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 10:30 a.m. - Worship Service (BBQ to follow)
 6:30 p.m. - No Evening Service
 Wednesdays - 7:00 p.m.
 Prayer & Bible Study Fellowship

Call church for additional program information
 5438 Major MacKenzie Dr. East
 Markham, Ontario, L3P 3J3
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To advertise your services please call Susan O'Brien 294-2200

All Faiths Welcome