

ADVERTISING FEATURE
NEW YOU

Parsley is a powerhouse of nutrients

When people think of improving themselves, they often think of a new wardrobe or hair style. But even more important, is changing the way they take care of themselves. People need to make time to pamper themselves, exercise and eat right.

The following are three super foods that packs great taste as well as an enormous amount of nutrients.

Parsley is a powerhouse of nutrients, said Renee Lush of Roseglie Weight Loss in Markham.

Half a cup fresh, chopped parsley packs two-thirds the daily value for vitamin C (40mg) — that's two times the vitamin C in one whole cup of pineapple, one whole lime or one cup of blueberries and twice the folate (45mcg) found in one cup of lettuce.

It is a virtual ironmaster with 10 times more iron (1.86mg) than one poached egg and is a good supply of calcium and beta-carotene.

Just half of a ruby red grapefruit delivers 20 times more beta-carotene than the white variety and is a champion source of vitamin C (47mg). (It has more vitamin C than a whole cup of pineapple).

It also provides more dietary fiber (1.4g) than half a cup cauliflower with a boost of flavonoids and almost twice as much folate (15mcg) as a cup of whole wheat pasta plus a healthy nudge of copper, calcium, magnesium, thiamine and B6.

With fat and only 37 calories, it is the best way to start your day or jump-start it anytime.

Watermelon is a body-quenching fruit (93 per cent water) that is overflowing with benefits. One cup, diced watermelon packs a giant dose of glutathione (11mg) to deter free radicals, enhance the immune system and is second only to tomatoes as a key source of cancer-fighting antioxidant lycopene (14 mg). It has more vitamin C (15mg) than a whole cup of cranberries as well as containing a boost of vitamin B6 and splashes of magnesium, thiamine and potassium — and it only has 51 calories.

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Clothing that fit should accentuate your assets

BY FRONTPAGE 12

Sweep and pant rise are scaled down.

Tall (5'8" to 5'11") — body length increases one and a half inches and sleeve length increase one inch. 18W to 26W (5'2" to 5'7") — proportioned for the larger-sized women.

MEASURE UP

To determine your correct clothing size, start by taking your body measurements.

Men should measure their neck, chest, waist and inseam, while women should measure their bust, waist, hips, rise (the total distance from front waist to crotch to back waist) and torso.

KNOW HOW GARMENTS SHOULD FIT

Apart from fashion fads, there are some general guidelines that will ensure a good fit for men and women. Clothes that fit well:

• Hang from your shoulders, waist or hip and fall smoothly over your body without clinging, binding, pulling, ruffling, wrinkling or bulging at the joints.

• Allow the arms a freedom away from tight restrictions and a comfortable fit.

• Allow the neckline to frame your face, neck and shoulders.

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