

Health & Fitness

Certain amount of fat is required for healthy diet

Do you know which fats are good to eat and which are not?

Fats are essential nutrients — yet only a small amount is needed to satisfy the body's requirements.

Fat supplies the body with essential fatty acids needed to build cells and body chemicals. It carries fat soluble vitamins (A, D, E, and K) through our

bodies and provides a quick energy supply.

Fats are divided into three categories: saturated, monounsaturated and polyunsaturated.

SATURATED FATS

Saturated fats are found in fats from

animals and some vegetable products.

Meat, fish, poultry, dairy products, palm oil and coconut oil, are some of the sources of saturated fats.

Saturated fats are the least healthy form of fat because it is high in cholesterol. Palm and coconut oil, while don't contain cholesterol, may cause the body to produce higher levels of heart-threatening cholesterol.

Therefore, diets rich in saturated fat tend to increase blood cholesterol. The higher your blood cholesterol, the greater your chances of a heart attack.

MONOUNSATURATED FATS

Monounsaturated may be somewhat better for you than saturated fats.

Sources include olive, peanut and canola oils, peanuts, cashews and avocados.

Monounsaturated fats tend to lower LDL cholesterol (bad cholesterol) in the blood and may increase HDL cholesterol (good cholesterol).

POLYUNSATURATED FATS

Polyunsaturated fats (PUFA) are the healthiest form of fat. These types of fat do not seem to raise blood cholesterol levels.

Sources include corn oil, sunflower, safflower oil and soybean oils. A special type of PUFA known as Omega-3 fatty acids tend to reduce blood triglycerides, a type of blood fat associated with increased risk of heart disease.

Your body needs cholesterol to function properly. The trouble begins when excess amounts build up on the walls of blood vessels, blocking off vital blood flow.

Over time, these deposits can harden into artery-clogging plaque. This hardening can increase your risk for heart disease, stroke and other cardiovascular problems.

This article was submitted by Roseglenn Weight Loss & Wellness.

Get the Facts about Breast Cancer



October is Breast Cancer Awareness Month. Get the facts. For information on breast cancer, its treatment, prevention and support services, call our Cancer Information Service at 1-888-939-3333.

Call us... We can help.



For more information, contact your local office of the Canadian Cancer Society.

This message brought to you as a community service of The Economist/Tribune.

We invite you to join us for:

BAGELS AND BETTER BRIDGE

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OPENING LEAD

When: THURSDAY, NOVEMBER 4, 1999

Where: MARKHAM SENIORS CENTRE
22 WATER STREET, MARKHAM

REGISTRATION & REFRESHMENTS: 6:30 p.m.

THE PROGRAM WILL RUN FROM: 7:30 p.m. - 9:30 p.m.

*This session will commence at 7:30 p.m. sharp. Please be prompt!

Tickets: \$35.00 PP*

For tickets and further information, please call BERYL MacLEOD at 416-798-7246

BAGELS AND BETTER BRIDGE

is a fund-raising event with proceeds going to the MARKHAM STOUFFVILLE HOSPITAL FOUNDATION

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Prostate Cancer Support and Awareness Group

Tuesday October 12, 1999
7:30 p.m. - 9:00 p.m.

Markham Stouffville Hospital Auditorium
(9th Line and Church St.)

Program:
Canadian Cancer Society and Prostate Cancer
Funding, Research and Community Resource
Question & Answer Period

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Family and Friends Welcome
Free Parking

A special thanks to Markham Stouffville Hospital

In cooperation with the Canadian Cancer Society

Information: (905) 294-5925, 227 Main Street North, Markham, Ontario L3P 1Y8

York Central Hospital's WOMEN'S WELLNESS DAY

Back by popular demand, this annual event will be held
Saturday, November 13, 1999
8 a.m. - 4 p.m.

Sheraton Parkway-Toronto North

Topics will include:
Menopause, heart health, breast cancer, sleep disorders, preventative lifestyle & healthy eating among others.

Health Seminars & Breakout Sessions
Pre-Registration Hotline: (905) 883-2030
Space is limited so register early!
Cost is \$35 which includes lunch and parking.
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- Area Travel Agency • Mac Cosmetics
- The Millcroft Inn • And Others

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