

Test Your Nutrition Know-How

The following quiz will help you examine your nutrition knowledge.

1. Is it just as easy for women to get all the nutrients they need as it is for men?
2. The average Canadian diet is more likely to be deficient in some nutrients than in others. Which 2 nutrients in the following list are more likely to be lacking?
 - protein, niacin, iodine, iron, vitamin A, calcium
3. One of the greatest dietary problems today is the control of blood cholesterol. Which of the following people would be prudent to begin eating cholesterol-lowering foods?
 - a woman of 40, a man of 55, a boy of 8.
4. Which has more calories - 1 tablespoon of butter or 1 tablespoon of margarine?

ANSWERS

1. No - women are faced with 2 extra nutritional demands on their bodies that men don't have; menstruation and pregnancy. As well, women generally eat less food than men. The result is that women suffer more from malnutrition, especially iron-deficiency anemia. They should try even harder than men to eat nutritious foods (specifically those high in iron; spinach, liver, and other meat, eggs, whole grain or enriched breads and cereals).
2. The Nutrition Canada results show that iron and calcium are very often lacking. Protein may be lacking in pregnant women. (Good calcium sources - dairy foods, sardines, salmon, green vegetables).

**CHANGES IN U.I.C., December 4, 1977
UNEMPLOYMENT INSURANCE REGULATIONS**

December 4th marked the introduction of a few changes in Unemployment Insurance regulations. The following information is being distributed from Unemployment Insurance Commission Offices.

Depending on the employment situation in our area, to qualify for benefits the required number of weeks of insurable employment will be increased from 8 to between 10 to 14.

The basic two week waiting is still in effect.

The benefit rate is still two thirds of the average weekly insurable earnings to a maximum of \$147.00 per week, less tax.

Sickness benefits are now payable at any time during the entire benefit period as opposed to formerly when they were payable only during the first 39 weeks of the claim.

Maternity benefits of 15 weeks and the special one-time benefit (equal to 3 weeks benefits) at age 65 remain the same.

3. All 3! Good habits begin in childhood. There is a higher incidence of cardio-vascular problems in males, but women too, are susceptible to high blood cholesterol levels. A man of 55 may well have cholesterol problems already, but should in any

event, adopt good nutritional practices, including the use of cholesterol lowering foods.

4. Both are the same - about 100 calories per tablespoon. Margarine has Vitamin A added to make it nutritionally equal to butter. The advantage of margarine over butter lies in the

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fact that it contains fewer saturated fats. (Look for a high ratio of poly-unsaturated fats to saturated fats on the label).

NUTRITION WEEK WILL BE HELD THROUGHOUT ONTARIO, JANUARY 23 - 28, 1978.



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