

Make the healthy choice at Beaver Foods

(The following is part 3 of a four part series on topics dealing with nutrition. It is brought to you by Frank Denis, Sheldon Morris, Dave Hurry, and Mike Brennan UNB students currently enrolled in Edvo 3782- Applied Nutrition. Prior to publication all information has been approved by Professor Mary Breau, a professional dietitian.)

Did you or someone you know become a victim of famous "Frosh 15"? If yes, this could have been because you didn't exercise enough, but most likely it was because you consumed a high fat diet. Such as too much dairy, meats and other food that have fat added to them. A high fat diet accompanied with a lack of exercise will most likely cause a gain of weight.

Do we blame Beaver Foods for over high fat diets? Yes we do, but we shouldn't because it is up to us to become educated and make the healthier choices, they are available.

Sure the fries and the ever popular "Beaver Burgers" are available, but there are smarter foods out there. Because it is hard to resist the great tasting and smelling foods, that are usually high in fat and lower in essential nutrients, we must learn to eat these in moderation or we gain weight. (It should be noted that healthy food can also taste and smell good.)

First of all, at your visit to one of UNB's Beaver outlets, you should observe the day's menu while in the line and decide what you will eat to cover the recommended daily servings from each food group. (5-12 Grains, 5-10 Vegetables and Fruits, 2-4 Milk and Dairy, and 2 Meats). Next decide the number of servings from each group, and then try to make the healthier choice. For example some days you may choose ice cream (higher fat) but most days try 1% milk (low fat).

At breakfast you could choose a grapefruit, whole wheat toast and whole grain cereal with skim

milk, (which is low in fat but high in nutrients), as compared to pancakes, fried eggs, bacon, sausages and croissants which are higher in fat and lower in nutrients. Depending on your desired weight, you could eat some high and some lower fat products to give yourself a medium fat diet which allows more room to satisfy your cravings.

For lunch and supper stay away from the fries! Try setting a goal like eating fries only once a week. It is possible to replace these fries with baked potatoes, rice or noodles. We all know how hard this can be, especially since fries are available at every meal.

Tacos are very high in fat, so try not to go back for thirds and fourths. If a couple tacos does not fill you, then try a fresh fruit or salad. It is better to eat fresh fruit and vegetables because cooking, steaming, and sitting around can rob the valuable nutrients from these foods.

To lower the fat in your diet it would be wise to stay away from highly processed meats such as hot dogs, because generally the more that foods are processed, the more that fat and sugar is added, therefore sacrificing the nutrients which are processed out.

One sample day of Beaver's Schedule is shown and we've underlined some examples of the healthier food choices that Beaver provides. We are not saying that if you eat the circled items only that you will be healthy, this would be a lie. You must follow Canada's food Guide for Healthy Eating and exercise for this to come true. Don't be afraid to consult Beaver about how to eat healthier at their outlets because they are eager to help.

Remember, it is O.K. to eat high fat, less healthy foods once in a while, but aim for overall health. If you set new goals not it may be easier to work off your "Beaver Butt" so you will feel happy at the beach in your swim suit and not feel as if you should be buried in the sand.

Beaver Foods menu plan

Underlined are healthy food choices you can make

Breakfast

Oranges and grapefruit
Assorted eggs
French Toast
Waffles
Bagels/Cream Cheese
Tea biscuits
Canned fruit

Lunch

Beef noodle soup
Bacon, lettuce, and tomato on a bun
Ravioli
Boiled potato
Peas
French fries
Gravy

Deli Bar

Roast Beef
Salmon Salad

Dinner

Beef noodle soup
BBO chicken
Baked meat loaf
Mashed potato
Gravy
Mixed vegetables

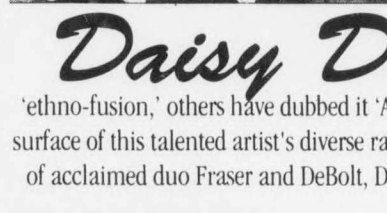
RUSSIAN PRINCE VODKA PRESENTS *New Stuff*

Russian Prince Vodka wants you to listen to and read about the hottest new music available today. Just \$29.50 gets you six different "New Stuff" CD's featuring a minimum of 16 brand new tracks each, and twelve issues of SoundCan magazine, the new pulse of Canadian music. Here's just a few of the bands featured on the current "New Stuff" CD presented by Russian Prince Vodka.



Dig Circus

From the garage to the open stage to Toronto's finer clubs, Dig Circus has built a substantial grassroots following with their mixture of folk, rock and funk. The six-piece band released their debut EP, *Shekkie*, last year to great reviews and radio play. This year, besides touring plans, the band stars in its own comic book and is getting together a full-length CD.



Daisy DeBolt

Some have called her music 'ethno-fusion,' others have dubbed it 'Alpine-polka-reggae,' but that's merely scratching the surface of this talented artist's diverse range of sounds. Manitoba-born and formerly one-half of acclaimed duo Fraser and DeBolt, Daisy has been raising eyebrows with her dynamic and eclectic solo CD release, *Souls Talking*.



Pressure Drop

An unusual sound is echoing from the rocky shores of Newfoundland, a sound that makes you think of islands in the Caribbean sun, swinging hips and hot sand. It's the reggae moves of St. John's quintet Pressure Drop, who made a big splash opening the Great Canadian Party last summer in their hometown. Their self-titled debut CD has generated positive vibrations across the country, particularly through the first single, *Freedom*.

As an added bonus, if you subscribe now through this special campus offer you will be eligible to win:



HITACHI
Exceptional Performance

- One of three Hitachi CX-W300 personal stereos featuring CD player and double cassette deck for high speed dubbing.
- One of fifty 5 CD "Hot Packs" featuring new albums by artists featured on the "New Stuff" CD presented by Russian Prince Vodka.

Complete information and mail to: Campus Subscription Offer, 219 Dufferin Street, Suite 100, Toronto, Ontario M6K 3J1

- Yes, I would like to receive 6 CD's and 12 issues of SoundCan magazine for \$29.50 (including GST), and please enter my name into the contest.
- Please enter my name into the contest, I do not wish the CD/subscription offer.

NAME _____ AGE _____
UNIVERSITY _____
MAIL SUBSCRIPTION TO _____
POSTAL CODE _____
HOME PHONE _____
RESIDENCE PHONE _____

CHEQUE OR MONEY ORDER PAYABLE TO ROLL MAGAZINE INC. DO NOT SEND CASH!

OFFICIAL CONTEST RULES

- To enter, complete the entry form at left.
- No purchase necessary. Contest closes April 16, 1993. FBM Distillery Co. Ltd., SoundCan magazine and this establishment are not responsible for entries, lost, delayed or misdirected. By entering, each contestant agrees to abide by the contest rules and regulations. All decisions of the independent judges in the contest shall be final and binding on all entrants. All entries become the property of FBM Distillery Co. Ltd. and none will be returned. All prizes must be accepted as awarded and are not transferable. In order to win a prize, a contestant must correctly answer unaided a time-limited skill testing question. Winners may be required to sign standard forms of release and consent to the use of their name, address and/or photograph, in any publicity carried out by FBM Distillery Co. Ltd. and/or its agencies. This contest is open to all residents who are of legal age to purchase beverage alcohol in their province and who are not an employee of a member of the immediate family of or domiciled with an employee of FBM Distillery Co. Ltd. or its affiliated companies. SoundCan magazine, the Liquor Boards, licensee employees, advertising and promotional agencies or contest prize suppliers.
- The contest is being run at 25 campuses across Canada with 3 Hitachi CD/cassette players model CX-W300 and 50 CD variety 5-packs to be awarded. Retail value of players is approximately \$250.00 each, value of CD 5-pack is approximately \$75.00 each. Contest draw will be held on May 12, 1993 in Toronto, Ontario at 11:00 a.m.
- The Provincial Liquor Boards and Commissions are not connected with this contest and are not liable in any way in regard to any matter which relates to this contest.



HANWELL BOWLING CENTRE
FANTASTIC
March Specials

SUNDAYS
9.30AM - 12.30PM

LOONIE
SUNDAY

\$1 per game

FRIDAYS
11PM - 1AM

PIZZA & BOWL

ALL YOU CAN EAT &
ALL YOU CAN BOWL

\$9.99
+ GST
PER PERSON

WEEKDAYS
11AM - 1PM

3 GAMES

FOR 3.60

MONDAYS
9PM - 12AM

ORANGE
PIN

SPECIAL
WIN FREE GAMES

COUPON

PIZZA & BOWL

PRESENT THIS COUPON AND GET
\$1.00 OFF THE REGULAR PRICE OF
HANWELL BOWLING CENTRE'S
FRIDAY NIGHT'S PIZZA AND BOWL.

One coupon per person per visit. Not valid with any other offer. Expires: May 31st 1993

Corner of Hanwell & Prospect
459-8383

Join a League or Start Your Own
Details at the Counter