

## Healthy eating in store for you

by Margaret Langille

March is Nutrition month, and this year the theme is "Healthy Eating is in Store for You". The theme promotes the fact that Canadians can shop for, and eat healthy, nutritious food without it being a difficult task.

To guide us as to what we should be eating, Health and Welfare Canada devised nutrition recommendations for Canadians to keep in mind when deciding what we should purchase to eat. These guidelines are to:

1. enjoy a variety of foods.
2. increase consumption of wheat grain breads and cereals, and fruits and vegetables.
3. choose low fat dairy products, lean meats and foods with little or no fat.
4. limit the use of salt, alcohol, and caffeine.

More specifically, to enable consumers to follow these guidelines, and to make educated food choices. Nutrition labelling was introduced to the Canadian market place in the 1980's. Nutrition labelling is a voluntary system, but with increasing consumer demand, more companies are choosing to offer nutrition information on their packages. Although these are guidelines as to what companies should indicate on their labels, some of these food labels may still remain to be confusing or potentially misleading to the consumer. For example:

The percentages of Recommended Daily Intake (RDI) of nutrients may be listed on the package. This is not intended to indicate the ACTUAL needs of the individual. These percentages serve as a guide in comparing the nutrients contribution of another food, in the same food group. Consumers should be cautious of foods which nutrient claims are made and no other nutrient information is available. Responsible food companies will offer full disclosure.

When shopping, we often see the term "light/lite" on the label. Consumers often believe the food is low in calorie or calorie reduced, however "light/lite" could be used quite differently, making reference to colour, alcohol, texture, flavour, or nutrients such as fat or sodium. This type of labelling should be qualified by indicating how the food is considered to be light.

Terms such as "Nature", "Natural", "Mother Nature", and "Nature's Way" may also be seen on labels. Consumers should not consider these foods of greater value than foods not so described. Specifically a food labelled with the term "Natural" is not expected to contain or to ever have contained, an added vitamin or mineral, artificial flavouring agents or good additives. natural, however, does not necessarily mean more healthy.

Best before dates are seen on many food labels. This date shows the date by which the product should be used for best quality. They are mandatory on all perishable foods within 90 days, except for meats which show the date packaged. This date can help consumers decide whether an item can be used while still fresh. Items may still be used beyond their best before dates, however deterioration in their flavour, and possibly nutritional quality could be expected.

Nutrition labelling is a great opportunity to learn about food products. Reading nutrition labels allows consumers to make better educated choices when purchasing foods.

Take advantage of food labelling. Get to know what nutrition you're buying for your money. Are you making healthy food choices?

Margaret Langille is a consulting dietician for Beaver Foods.

## Funding for employment centres to continue

### Press Release

Ottawa - Giving in to pressure at the local and federal levels, Employment and Immigration Canada has postponed its decision to stop funding of the campus employment centres at the University of Calgary and Laurentian University in Sudbury.

In the case of the University of Calgary, the federal government has announced that current assets will remain in place and that it will provide \$50,000 in operating funds for the coming year. Laurentian's centre will continue to receive funding for three years, with funding being reduced by 30% each year.

"The Federation is happy to see that we're finally getting through to the federal

government with regards to the employment centre issue. This is an example of what effective lobbying can do", said Jane Arnold, national chair of the Canadian Federation of Students.

The decision to extend funding comes after several months of efforts, both by CFS representatives in Ottawa and student members at the local level. At a January meeting with Marcel Danis, Minister of State (Youth), CFS made the case for on-campus employment centres.

Minister Danis, the Minister responsible for campus employment centres, assured the Federation that each case would be examined on an individual basis. CFS escalated its campaign,

working in conjunction with members of the Liberal and New Democratic parties in Ottawa, while coordinating campus activities.

Students at both Calgary and Laurentian wrote thousands of letters to Danis and participated in a phone-in campaign aimed at Conservative MPs, and Danis' office in Ottawa.

Across the country, students are organizing numerous activities in reaction to Employment and Immigration's intention to close all its on-campus employment centres.

"CFS will continue to exert pressure nationally and locally", concluded Arnold. "Success at Calgary and Laurentian demonstrates that coordinated efforts can pay off."

## Caribbean Night is March 16

### Press Release

The Caribbean Circle will be presenting their annual 'Caribbean Nite on Saturday, March 16, in the SUB Cafeteria, at 7:00 p.m.

This year's event will feature a variety of exotic and spicy Caribbean dishes, a wonderful selection of dance, drama, and song, as well as a social with music and dancing to end the evening.

The theme of the night's program is 'CULTURAL COOKUP' a reflection on the diversity of Caribbean society.

Students, staff, and friends are encouraged to participate in this event, which is an old tradition at UNB and STU.

Its purpose is to share with others something of the culture of the Caribbean.

Guests to the show have always been entertained by the witty folk songs, and drama, while being challenged by the informative address given by a feature speaker. This year's speaker will be Mrs. Kaye Nandall, a Guyanese, and the International Students' Advisor for students at UNB and STU. She will be the first woman to deliver the main address at Caribbean Nite.

As has been demonstrated by millions of Caribbean people living away from "home", it is possible to create the sense of the tropical environment through the very distinctive

music and food of the area even in a distant land. It is this unique and magical atmosphere that the organizers of the Caribbean Nite hope to create in the SUB Cafeteria on March 16.

Patrons are advised to purchase their tickets to this very popular event as soon as possible as the Cafeteria has a limited capacity of 500.

Tickets may be purchased at the Student Help Center in the SUB, The International Student Advisor's Office and from Caribbean Circle members.

Tickets are \$9.00 for adults and \$5.00 for children 12 and under. All are invited to this spectacular event.

## article

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Apparently a police investigation is underway in Newfoundland to see if obscenity charges are warranted.

However, Padraic Brake a contributor to *the Muse* and co-author of the controversial article says that the police have

not talked to him or anyone else from the *Muse* staff.

Brake feels the whole issue has given certain "people within the community a chance to vent their homophobia in a so-called respectable manner."

Police are also investigating in Halifax where *the Gazette*, Dalhousie University's student newspaper ran the article on March 4.

The Cord, Wilfred Laurier

University's student newspaper in Waterloo, Ontario was shut down by the Student Union after the article ran in their newspaper.

In *the Journal*, Saint Mary's University's student newspaper, an editorial described the safe sex article as offensive "not only to the heterosexual community, but also to some members of the homosexual community."

### UNIVERSITY OF NEW BRUNSWICK

#### AWARDS FOR EXCELLENCE IN TEACHING

THE AWARD is dedicated to the late Dr. Allan P. Stuart and is to honour persons who are representative of outstanding teaching achievement at the University of New Brunswick.

ELIGIBILITY: A candidate must teach at least one 3-credit hour undergraduate course during each term of the academic year at the University. It is not expected that the nominee should excel in all criteria listed on the nomination form, but they should be qualified in most categories. Individuals are not eligible if they have been previous recipients of the Award.

NOMINATION: Candidates for the Award are proposed and recommended to the Senate Committee on Quality of Teaching by students and faculty of the University.

The basic information required is contained on the Nomination Form, which are available from the University Secretary, Fredericton; the Dean of Faculty, Saint John; the Student Council, Saint John or Fredericton; and Faculty offices. No one may nominate or support more than one candidate. The form must be signed by two nominators. The Committee places little value on long lists of signatures supporting a nomination. However, signed letters or paragraphs of support may be appended.

Send nominations to the University Secretary, Room 110, Old Arts Building, UNB Fredericton, or to the Dean of Faculty, UNB Saint John.

ON OR BEFORE 4:00 p.m., THURSDAY, 20 MARCH 1991



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