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Answer true or false to the following questions.

1. Toast has fewer calories than bread.
2. Sugar is not as fattening as starch.
3. Gelatin is non-fattening.
4. Margarine contains fewer calories than butter.
5. One must not drink water when trying to lose weight.
6. Obesity is due entirely to heredity.

If you answered true to any of the above statements, maybe you should take some time to read on because all of the statements are common misconceptions about food.

I guess the thing I miss the most about home, besides someone to do my laundry and give me money the minute I'm broke, is my mom's home cooking. My mother is the kind of woman who puts a lot of thought into her meals. If she sends you down to the freezer to get some string beans and you bring up yellow instead of green she gets upset. She's the only person I know who color co-ordinates her meals!

University has obvious advantages, the hours are great, the people are great and work and play balance out fairly equally. But let's admit it, unless you're an absolute whiz in the kitchen (and I'm willing to bet more people are total klutzes like me!) or the food on campus doesn't hit your stomach like a ton of bricks, eating can be a pretty unpleasant experience.

For those of us living in residence, mealtime is more habit than pleasure. It's difficult to blame the professional caterers who prepare our daily meals. Institutionalized food is very rarely exciting or delicious. Either way, after the first couple of weeks it all gets rather tedious, even french fries are boring, but they're easy (if you live alone) and you can depend on the taste (if you live in res!). But we have to eat and for most university students this isn't a priority, it's probably something we don't even give much thought.

Until this summer, I was as unaware of the benefits of good eating habits as the next guy.

FOOD FACTS

1 A nourishing diet of well-selected food will not change the shape of your nose or the colour of your eyes but it may help you

apple

During the summer however, I worked on a summer youth employment project called Food Talk. The aim of the project was to teach consumers not only how to get more for their dollar and how to eat properly, but also how to get the best nutritional value for their money. Not an easy task, let me tell you, especially if you're as ignorant as the people you're trying to inform.

By the end of the summer I was pretty good at rattling off Canada's Food Guide and telling people, ranging in age from preschoolers to senior citizens, why we should eat foods from each of the four food groups and what our bodies would be like if we not only ate properly but exercised, as well.

I know, it all sounds rather boring, and I'm certainly not a dietitian, but let me assure you that university students have some of the worst eating habits of any of the groups Food Talk spoke with. Eating is a matter of convenience for people who attend school and we have two choices, either skip meals, an extremely dangerous habit, or grab something quick and easy like a coke and some fries or a bag of chips. At Food Talk we called foods like these 'extra foods', but I don't think they even deserve that qualification. How many of you are aware that one ten ounce glass of coke contains seven teaspoons of sugar? (and not much else that's even decipherable!) Did you know that one cup of potato chips contains 230 calories? (And for interest's sake, 12 ounces of beer has 150 calories.) Well, food like these usually find their way into our diet and if we're non-active athletically we're in big trouble.

Okay, so if you are at all interested in maintaining your figure, health and sanity, where do you start? I know it may be monotonous to many of you, but Canada's Food Guide is the best place to get basic nutritional information, and believe it or not, once you know it you'll be thinking about what you eat.

Canada's Food Guide contains

to have a clear skin and shining hair.

2 Fruits and vegetables; whole grain and enriched cereal products; meat, poultry and fish; milk and milk products eaten in adequate amounts daily provide the nutrients needed to build and maintain a healthy body, including your skin. Water and

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four basic groups, the first of these being the milk and milk products group which includes not only milk but cheese, yogurt and ice-cream. Milk products contain high amounts of calcium, and some products are fortified with Vitamins A and D. You should have at least two servings a day.

The second group is the meat and alternates group. Alternates are foods which can be substituted for actual meats and include eggs, beans, peas, nuts and peanut butter. This group contains iron and protein and our diets should include at least two servings of meat or alternates a day.

Third is the Fruit and Vegetables group which is fairly straight forward and includes everything from zucchini to papaya. Citrus fruits are high in Vitamin C (and so are bananas and potatoes) and other fruits and vegetables contain Vitamin A. We should have at least four servings from this group daily.

Last is the Bread and Cereal group which gives us our carbohydrates, which produce energy. This group includes not only bread and cereal, but also muffins, spaghetti, and some whole grain cookies such as oatmeal. We should have four servings a day from this group.

Canada's Food Guide is the foundation of good eating habits. Replacing these foods with Vitamin supplements is useless; your body needs natural vitamins, not synthetic ones. Eating properly should come as naturally to us as brushing our teeth and we should be aware of the fact that as we get older our need for a healthy diet does not diminish, it increases. Just because you get rid of your baby teeth does not mean your second teeth aren't subject to cavities. Think before you eat! If you can cook french fries you can also make potatoes. Sure, it may be more time-consuming - so don't watch the last half hour

bulk are also needed to keep the body functioning properly.

3 Some of the fruits, especially oranges and grapefruit, are good sources of vitamin C which is needed for healthy gums and body tissues. Most of the deep yellow and dark green vegetables are good sources of vitamin A which is also needed for skin health. In addition these foods supply bulk for good elimination.

day.

of 'Texas' they'll still be drinking the same cup of coffee next week, anyway.

If you make an attempt to stick to these foods you'll be ahead of a lot of other people. If you still have to snack (and who doesn't get the munchies?), do it sensibly. The extra foods I mentioned briefly are empty calories. They put nothing of any value in your body except sugar, starches and calories. Foods like this are potato chips, doughnuts, popsicles, candy, chocolate bars, and soft drinks. There are inventive, interesting healthy snacks, you know, and they're just as easy to obtain. Take for example fruit, nuts, raisins, granola, peanut butter sandwiches, and cheese and crackers. Admit it, it's just as easy to purchase an apple as it is to buy a chocolate bar.

For those of us who live in residence, remember that the junk food is usually at the end of the line, avoid deep fried foods and if you can only have milk in limited quantities don't drink pop or simulated fruit drinks; water is better than either of these. If you have an apartment take the time to prepare a nice balanced meal, especially if you live alone when the tendency is to fix something fast and filling, which is often not nutritious. If you eat out frequently, avoid deep fried foods; if you do get something in a batter take the batter off and eat what's inside.

Drink milk, "thick" shakes are rarely made of milk and are best avoided. Skip fattening desserts you know what they are.

I am a confirmed coke addict, but by the end of my summer with Food Talk I felt guilty everytime I drank one. Pam, the girl I worked with, and I used to sneak around like spies for fear

4 Restored, enriched, fortified and whole grain cereal products contribute worthwhile amounts of protein, iron, several of the B vitamins, in addition to food energy. In addition, bran cereals are excellent sources of fibre.

5 The lean portions of meat, poultry and fish are valued for their protein, which is needed for growth and for repair of body tissues - muscle, organs, blood, skin, and hair. These foods also provide iron and some of the B vitamins.

6 Milk is our leading food source of calcium which is needed for bones and teeth. It also provides high-quality protein, riboflavin and other nutrients. Whole milk contains vitamin A, all milk is fortified with Vitamin D. An average serving of ready-to-eat cereal accompanied by 1/2 cup milk provides a complementary combination of essential nutrients.

7 If you have a problem of overweight, you will wish to choose foods lower in calories but supplying needed nutrients. Foods high in fat and those high in sugar should not replace the essential foods listed above.



CALORIES		MINUTES OF ACTIVITY			
		Rest or Recline	Walk (3 mph)	Cycle (9.4 mph)	Swim or Run
90	Milk, skim, 8 oz. glass	69	18	11	8
160	Milk, whole, 8 oz. glass	123	40	23	15
102	Carbonated, 8 oz. glass	78	20	13	9
150	Beer, 12 oz. bottle	116	29	18	13
85	Wine, table, 3 1/2 oz. glass	65	21	12	8
68	Orange, medium	52	13	8	6
38	Peach, medium	29	8	5	3
153	Sherbet, 1/2 cup	117	31	19	14
400	Strawberry shortcake	308	77	49	36
20	Carrot, raw	15	4	3	2
42	Peas, green, 1/2 cup	32	8	5	4
70	Corn, kernels, 1/2 cup	18	10	6	4
167	Avocado	128	42	24	15
110	Bread & butter, 1 slice	85	22	14	10
100	Mayonnaise, 1 tbsp.	77	20	13	9
151	Doughnut	116	29	18	13
111	Cheese, cheddar, 1 oz.	85	28	16	10
350	Hamburger	269	67	43	31
314	Pork chop, loin	242	60	38	28
106	Crabmeat, 1/2 cup	81	21	13	10
232	Chicken, fried, 1/2 breast	178	58	33	21
77	Egg, boiled	59	15	9	7

From Bogert, J., Briggs, G., and Calloway, D., Nutrition and Physical Fitness, 9th edition. W.B. Saunders, Toronto, 1973.

By CHRISTIE WALKER

our project leader would see us. Eating shouldn't be cause for paranoia, but it should be a cause for concern. It's up to you to look after yourself now, and not only does this include laundry (whites in hot, cold for colours!) but eating. Do it wisely and your body will thank you!

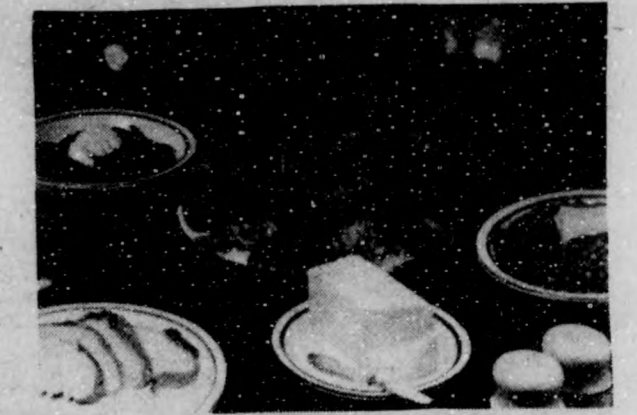


Table IV²
Mortality Rate among Overweight Men and Women

Excess Mortality (Percent) for Various Degrees of Overweight

Cases Accepted for Ordinary Insurance in 1935-53, Traced to Policy Anniversary in 1954. By Age at Issue.

Age Group At Issue (without known minor impairments)	Deviation Above Average Weight	Excess Mortality (Percent)		
		10%	20%	30%
Men*	Ages 15-69	5	15	30
	15-39	3	15	30
	40-69	8	16	31
Women** Ages 15-69		2	11	20
	15-39	1	6	12
	40-69	3	15	25

*Compared with all persons insured as standard risks.
**Compared with all women insured as standard risks.

