

Lorette Communiqué

Published monthly by volunteers

Please e-mail up-coming events to news1@mts.net or news2@mts.net or phone 878-2353 or 878-3547

Congratulations to members of the Lorette Figure Skating Club.

Devon Scheirich won the pre novice ladies' championship and **Carolyn Lucas** won bronze in the junior ladies' competition at the Manitoba Open

All government programs have 3 things in common: a beginning, a muddle, and no end.

Informal, informative and interesting.

Women Aglow - Interdenominational Christian Women's ministry will be meeting Monday, March 15, 7:00 p.m. at the Jubinville Centre, 444 Dawson Road
Speaker will be Karen Barkman.

Free admission. Coffee and desert served.

For further information call
Debra at 878-3542

Housework is what a woman does that nobody notices until she doesn't.

Let's Eat – Healthy!



March is nutrition month so let's eat – healthy food that is!



Diets rich in fruits, vegetables and grains are high in vitamins, minerals, dietary fibre and low in fat. Eating plenty of these foods may help to protect against cancers of the throat, stomach and colon and cardiovascular disease.



Examples of healthy, balanced meals:

- One whole-wheat tortilla rolled with scrambled eggs and salsa
- Slice of aged cheese on whole wheat toast with apple sauce
- Bran muffin with shake: (blend ½ cup each of plain yoghurt and orange juice with ½ frozen banana and/or a few berries)



- Half a whole wheat pita stuffed with cottage cheese and peaches or banana slices
- Toasted English muffin or half a pumpernickel bagel topped with tomato slices and cheese
- Raisin bagel with cream cheese and apple slices
- Yoghurt or frozen yoghurt mixed with granola and served with fresh or canned fruit slices
- Grilled cheese sandwich with lentil soup
- Egg salad sandwich with carrot sticks and chocolate milk
- Chicken or fish dipped in chicken broth and coated with crushed high fibre cereal and baked or broiled; serve with brown rice and a fresh fruit salad
- Whole-wheat pasta cooked with frozen vegetables and served with sauce and grated parmesan cheese



Taken from Dietitians of Canada www.dietitians.ca



Nutrition Quiz

(see over)

One of the best sources of beta-carotene is:

- a) Apples; b) Bananas; c) Cantaloupe

How much folate (or folic acid) supplementation is recommended for women who could become pregnant?

- a) 0.100; b) 0.200; c) 0.400

Antioxidants can play a role in reducing your risk of heart disease. Some antioxidants are:

- a) Vitamin C and beta-carotene
b) Vitamin D and calcium
c) Vitamin K and magnesium



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