

Lorette communiqué

Published by volunteers on the 1st and 3rd week of each month

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

Nobody makes a greater mistake than she who did nothing because she could do



Lorette Ladies' Golf
Organizational Meeting

April 2, 2007
Lorette Golf Course
7:00 PM

Questions????
Beth Biss on 878-9942
Linda Fulmore 878-3457

**An Invitation to the
Celebration of
Now Ruz
(Bahá'í New Year 164
B. E)**

**Wednesday, March 21st,
Jubenville Hall**

program

6:00 p.m. Doors open

6:30 p.m. Supper

7:30 p.m. Presentation on
Now Ruz;

Children's Entertainment
followed by Dance and
Refreshments

Tickets:

\$7.00/person

\$25.00/family max.)

Sponsored by the Bahá'í
Community of Taché

For tickets, please call

About the only thing that comes to us without effort is old age.

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

Canada's Food Guide

The new Canada's Food Guide was released by Health Canada earlier this month. It's an excellent resource for healthy eating, with a number of new features. Some of these include:

- More specific guidelines, based on a person's age and gender, for the recommended number of servings from each food group
- Clear information about serving sizes
- Increased recognition of the role of healthy fats
- A tremendous amount of valuable information on the Food Guide website: Enter "Canada's Food Guide" in your search engine (or go to www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html). Once you're at the site, you can order a copy of the Food Guide (select "Get Your Copy"), or develop your own personalized version (select "Create My Food Guide").