

Tips for eating your way through a healthy 2009

By ELIZABETH YARNELL

January is always a good month to consider changes, and if one of your resolutions is to eat more healthfully and/or lose weight then you're like millions of others with the same goals.

The hard part is actually following through. Making big changes is always easier when it can be looked at as doing something small here or making a positive choice there. Soon all the little choices will add up to a habit, and before you know it, you will be feeling stronger, healthier and weighing less.

Here are five easy tips to guide your eating decisions on a regular basis. Even if you just choose one aspect to follow, your body will thank you for it.



OLIVE OIL: The Lebanese olive oil industry specializes in extracting pure quality extra virgin oil from ancient local olive varieties. Olive oil is an unsaturated fat and is essential to healthy brain and nervous system function, and supports healthy skin and shiny hair. RAMZI HAIDAR/AFP/GETTY IMAGES

1. **Know your fats.** There are three kinds of fats found in food and regulating your intake of them can have dramatic effects on your health. First, try to eliminate trans-fats. These show up in packaged foods as hydrogenated or partially hydrogenated oils. Read the labels and if a desired item, like crackers for instance, contains trans-fats, choose a brand that doesn't have them.

Make an effort to reduce your intake of saturated fats. Saturated fats are solid at room temperature and are mostly found in animal products. Consider limiting your red meat intake to once or twice a week.

An aspect of fats that is often overlooked is that it's beneficial to increase consumption of unsaturated fats. These are fats that are often liquid at room temperature, like olive oil, but are also found in a variety of foods like avocados, nuts and seeds. Unsaturated fats cushion the organs, are essential to healthy brain and nervous system function, and support healthy skin and shiny hair.

2. **Choose whole grains.** Refined grains have been stripped of their fibre and most of their nutritional value. Whole grains are the "good" carbs.

3. **Eliminate artificial sweeteners.** Artificial sweeteners such as Aspartame and Saccharine cause the body to secrete hormones that may encourage the storage of calories as fat. The American Di-

etic Association's recent study showed less weight loss by those who drank diet soda than those who didn't. Highly refined sweeteners, like Splenda and high fructose corn syrup, should also be avoided. Stick with real, raw sugar, honey or fruit juice for sweetening.

4. **Switch to sea salt.** Highly refined regular table salt is devoid of nutritional value and often has toxic elements such as chlorine and aluminium added to make it whiter and more pourable. Sea salt offers more than 80 trace minerals and elements that your body needs to function efficiently and effectively. It tastes better, too.

5. **Eat a varied and colourful diet.** The different colours of produce offer a variety of vitamins, minerals and other nutrients. A varied diet ensures that you receive more of the elements necessary for robust health. Of course, these tips can really be summed up in a single sentence: Eat whole foods rather than processed foods! Not every bite needs to conform to this rule, but the more that do, the better you'll look and feel.

Here's a recipe to get you started on the right path toward a goal of healthy eating. Families enjoy the sweet and spicy flavour of this dish. The recipe offers a flavourful, well-rounded dinner loaded with nutri-

ents and low in saturated fat.

Honey and Spice Pork

Serves 4

Ingredients:

750 g (1 1/2 lb) pork tenderloin (look for boneless centre-cut loin pork, 4-cm (1/2-inch) thick or substitute turkey tenderloin or boneless salmon steaks for the pork).

Sea salt and pepper, to taste
125 ml (1/2 cup) honey
75 ml (6 tbsp) Dijon or Cajun style mustard

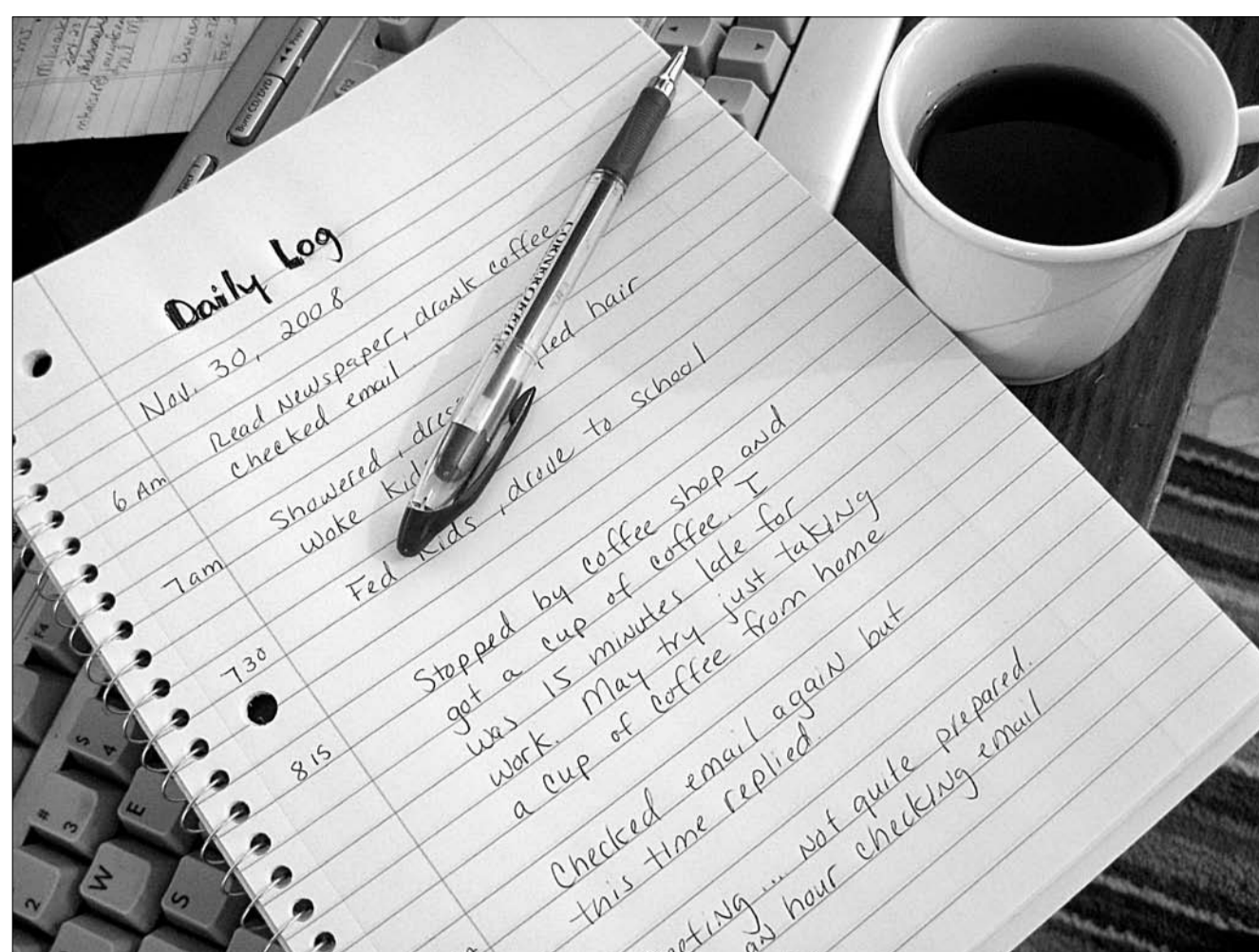
5 ml (1 tsp) ginger, ground
5 ml (1 tsp) cinnamon, ground
2 ml (1/2 tsp) cloves, ground
10-16 small potatoes, new or creamer, scrubbed
4 carrots, sliced in rounds
30-40 green beans, trimmed

Preheat oven to 230 C (450 F). Spray inside of 4.5 litre (4-quart) cast iron Dutch oven and lid with canola oil.

Place pork in pot. Lightly salt and pepper. In a small bowl, mix together honey, mustard, ginger, cinnamon and cloves. Pour over pork. Slice each potato in half and add to pot. Sprinkle carrots and green beans over potatoes.

Cover and bake for about 48 minutes, or until the aroma wafts from the oven.

Elizabeth Yarnell is the author of *Glorious One-Pot Meals*. Visit Elizabeth online at www.GloriousOnePotMeals.com.



LOG IT: A daily log will help you identify the time-wasters in your life. MAUREEN ZEBIAN/THE EPOCH TIMES

Manage your time in 10 steps

By SUSAN CRITES PRICE

It's the ultimate challenge. You're working, raising your kids, and coping with an endless list of domestic chores. The following 10 steps can help busy parents to find a little more time in each day.

Step 1. Keep a log - Although this takes some time itself, it's a necessary exercise that will help you identify the time-wasters in your life. For one week, record your activities in half-hour periods. You can make one entry each day for your time at work and asleep. Don't cheat. If you usually crash in front of the TV for two hours every night, don't change your routine while keeping your log.

Step 2. Set priorities - Through your log, you can see how individual activities consume your time. Decide which are most important to you and which you can live without. These can be tough choices, but not making them deprives you of the time you need to really enjoy your life. Once you've set your priorities, don't add a new activity unless you subtract one. If you regularly put in extra hours on the job or bring home unfinished paperwork, you may need to dis-

cuss your workload with your boss or explore other career options.

Step 3. Delegate - You're probably doing chores you could pass to others. If your children are old enough, have them help around the house. Consider paying a neighborhood teen to mow the lawn. If you're in charge of the PTA fundraiser, divide the job into several tasks and recruit volunteers to handle them.

Step 4. Lower your standards - Resist the urge to do everything yourself because you think you'll do it better than anyone else. Maybe your standards are too high. Is it really important to keep your house and yard perfect? What's wrong with convenience foods and trips to McDonald's every now and then? Your children will have fonder memories of the times you played with them than of the cleanliness of your floors.

Step 5. Don't over-program your kids - Kids need downtime, too. Even if they beg to sign up for every extra-curricular activity in sight, restrict the number. They need to learn to prioritize, just as you do. And the more organized activities your kids attend, the more you're called upon to do.

Step 6. Schedule for fun - Don't leave it to chance that you'll spend

a leisurely weekend with your kids, go on a date with your spouse, or pursue a personal interest. Put them on your calendar, and don't let other things encroach.

Step 7. Take care of your body - Give health a high priority. Don't cut from the hours you need to sleep and the time you should exercise.

Step 8. Share the load - You can make your life and your friends' lives easier with carpools, baby-sitting co-ops, and other schemes for parental cooperation.

Step 9. Learn to say "no" - You don't have to agree to every request. That includes those from close friends and relatives. Consider how much time the activity will consume and whether you really want to do it. Apply the subtraction test from Step 2.

Step 10. Relax - Stress breeds stress. Don't let yourself stay so keyed up that you can't enjoy the free time you've produced with Steps 1 through 9.

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Delicious sweet winter treats

By KATHRYN SHAKESPEAR
Epoch Times New Zealand Staff

This recipe is not even a recipe it's so easy! Winter in most countries means you are missing out on all those yummy fresh summer fruits, but don't forget the frozen foods aisle at your local supermarket. Frozen berries can make all sorts of delicious winter treats just like this one. This dish is great for lunch or dessert and is perfect for entertaining. The tartness of the warm berries goes great with the cold ice cream and the Belgian chocolate tops it off nicely.

Serves 4

Ingredients:

1 litre tub of ice cream
500-750 ml (2-3 cups) frozen berries—boysenberries, raspberries, blueberries, etc.
50 ml (1/4 cup) filtered water
1-100 g bar of premium milk or dark Belgian chocolate (2 to 3 pieces for each serving)



OLD-FASHIONED FAVOURITE: A vanilla ice cream sundae with warm berry sauce. KATHRYN SHAKESPEAR/THE EPOCH TIMES

Take frozen berries straight from the freezer and measure them into a medium saucepan with the water. Put on low heat, as you want the berries to keep their shape and not turn to mush. It should take around 3 to 4 minutes for the ber-

ries to thaw in the pot and create their own juice.

Roll out two scoops of ice cream per person into dessert bowls. Drizzle your berry juice over each dessert bowl and top with 2 to 3 pieces of fine Belgian chocolate. Enjoy!

Bread pudding with vanilla sauce

By LYDIA CRITCHLEY
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550 ml (2 1/4 cup) milk
2 eggs, slightly beaten
125 ml (1/2 cup) brown sugar
2 ml (1/2 tsp) cinnamon
5 ml (1 tsp) vanilla
1 ml (1/4 tsp) salt
500 ml (2 cups) bread cubes
125 ml (1/2 cup) raisins (optional)
1 large apple, peeled and cut into small pieces (optional)

Combine milk and beaten eggs. Add brown sugar, cinnamon, vanilla and salt. Mix well. Add bread cubes and raisins (and apple if using apples) and mix.

Place in refrigerator overnight to soak or soak at least 2 to 4 hours before baking. This step creates a pudding that is smooth and the bread chunks disappear during the

baking process. If refrigerated, allow extra time for baking if necessary, or warm in the microwave for a short time before baking. Stir gently before baking to redistribute the bread and raisins.

Heat oven to 180 ° C (350 ° F). Pour mixture into buttered 20-cm (8-inch) round baking dish. Place in shallow pan. Add water to outer pan about 3-cm (1-inch) deep. The reason for the water is to promote more even baking and avoid a browned bottom on the pudding. If stored in the refrigerator, cover when cooled to save drying out. To remove the lime deposit in the outer pan, wipe with vinegar after baking is completed. If baked in a convection oven, using a pan of water is not necessary.

Bake pudding uncovered for 45 minutes to 1 hour or as needed, until knife inserted in the centre comes

out clean—it usually rises to a dome and then comes down about the time it is done.

Serve warm or cold with ice cream, whipped topping or warm vanilla sauce.

Vanilla sauce

250 ml (1 cup) granulated sugar
25 ml (2 tbsp) corn starch
375 ml (1 1/2 cups) boiling water
50 ml (4 tbsp) butter (optional)
10 ml (2 tsp) vanilla

Mix sugar and cornstarch, add boiling water and stir with wire whisk to help break down any lumps. Bring to boil and boil for one minute. Remove from heat and add butter and vanilla. Stir well and serve hot over bread pudding, spice cake or ginger bread. Store unused portion in refrigerator.

Architectural styles: the bungalow

By ADAM MILLER
Epoch Times Kansas Staff

Helping folks purchase older homes is like taking a walk through history. It is particularly gratifying, as an appreciation of architectural styles naturally develops.

It is also a sort of glimpse into the human mind, and it is interesting to see how people choose specific home styles based not only on their practical needs but also on their personalities and aesthetic preferences.

The bungalow is a style of home that meets right in the middle of practicality and personality, and is perhaps the best overall match for aficionados of old homes.

After all, the bungalow is popular across the globe, from India to Europe to the United States. It seems many people have tried the bungalow on for size and have indeed found a great fit.

A bungalow is a one-story home (sometimes with a smaller second story) with all of the typical rooms—bedrooms, bathrooms, and kitchen—surrounding a central living area. Other classic features of

the bungalow include low-pitched roofs, few hallways, and built-in cabinets and shelves. Bungalows are often affordable, with efficient floor plans, and their classic old-home charm makes them very desirable.

Many consider the bungalow to be an all-American house, but its origins lie in India. Back in the 19th century, in the province of Bengal, single-family homes were referred to as bangle or bangala—also known as "houses in the Bengal style." Bangala often had large porches, which helped to reduce heat, and, in turn, made them popular among British colonialists who borrowed this style when establishing their summer retreats.

From 1900 until today, new types of bungalows have originated, with the blending of old and new architectural styles. One example is the Californian bungalow, often associated with architects Greene and Greene, who designed Japanese inspired "Ultimate bungalows," commonly seen in Pasadena. Their most famous and extravagant example is The Gamble House, which today boasts 30,000 annual visitors.

The Californian bungalow became so popular that companies like Sears started producing mail order versions of the home. These were available between 1908 and 1921.

In 1901, a furniture artisan named Gustav Stickley began publishing his "Craftsman Magazine," which later spawned the Craftsman Movement. Original Craftsman homes were built according to Stickley's plans, which were published in his magazine. Later, the bungalow style and the Arts and Crafts tradition—a movement which started years before in Europe in rebellion against the formality and overindulgence of the Victorian era—were assimilated.

Likewise, people in the United States viewed the Arts and Crafts movement as a breaking away from the complexities associated with the Industrial Revolution, labelling it "a return to nature." Natural materials were used in connection with simple designs. The Craftsman bungalow became a style that represented the middle class as an economical, yet aesthetically pleasing home.

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