

Food Facts and Fiction

by **Angela Hanlon**

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From now until April, I am giving you the chance to get free information about virtually anything you would like to know about food! All you need to do is e-mail me your questions at ahanlon@upei.ca, and I will either reply to your e-mail or answer your question in my column. Don't worry, I won't mention your name because that's just unprofessional. I expect to have enough e-mails to get me through next week's column and then some, so get cracking!

I am a first year student and I find grocery shopping hard to do because there are so many things to pick from. All those "ultra low fat" and "international" products are confusing. Are these products any good, or am I just wasting my money?

I agree, the Superstore is totally confusing. As far as the international products go, they're fun and are a great way to continuously eat healthy without getting bored. The catch is that they are pricey, so if you feel like trying them then fill your boots but watch your pocket book. As for the "ultra-low fat" products, a lot of those have added sugar which can be converted to fat in your body. Take for example light Kraft peanut butter which has icing sugar in it. Ultra Low fat Italian dressing tastes ok, but it contains a lot of MSG which is something you have to be careful of. I buy the "light" stuff instead. "Light" salad dressings

are great because they do not lose that much flavour and are generally high quality products.

I play football, what is the best thing to eat before a game? Raisins and stuff?

Raisins are great for a quick sugar fix but the energy from them won't last very long. The night before a game you should be eating mostly veggies and protein. For breakfast the day of the game, eat a small bit of protein and a lot of complex carbs such as bread, pasta, potatoes, and rice. For breakfast???? Yes for breakfast. Oven baked hash browns, pancakes, oatmeal, granola (no it's not just for girls).

For lunch eat a huge bowl of pasta if you plan to stay on the field most of the game. Have a snack an hour before the game and eat things like raw vegetables and fruit. If you plan on eating dried fruit (such as raisins) make sure you drink extra water.

By the way, Dietetics Intern Trudy MacNeil is working on a project supervised by a registered dietitian that introduces healthy snack combos to the Student Centre and the AVC. Each combo costs \$3.50 and this week's combo includes a low-fat muffin, low-fat yogurt, and fresh fruit. It contains 320 Kcal and 6g of fat which is a great balance. Trudy and the Chartwell team are interested in how the residence students feel about the food offered at the Wanda Wyatt dining hall and are open to suggestions for change.

"Peter Mansbridge is the man. He would be so great in the sack. He's got so much energy."

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