

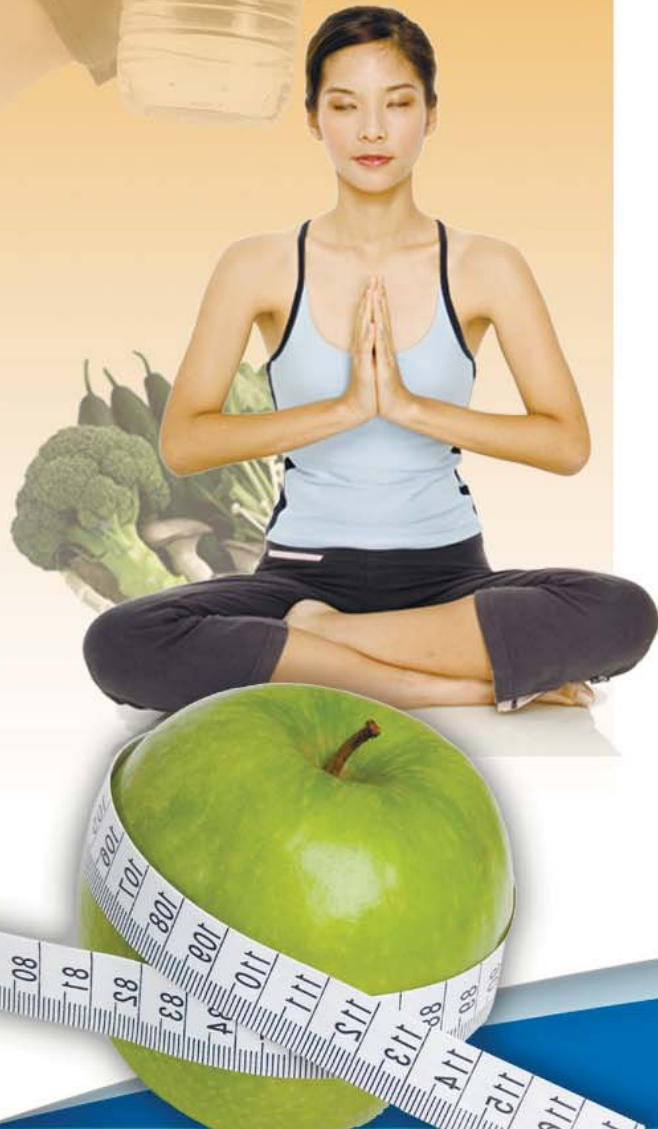
HEALTHY EATING

Thursday, March 5th, 2009

DEADLINES:

Booking: Wed. Feb. 25th

Material: Fri. Feb. 27th



What do you eat? How much do you think about what you are eating? Is it good for you? Do you know how to feed your kids a healthy diet? The Toronto Star's Healthy Eating section, Mar. 5, presents important information on good eating habits for all age groups and explains what your body needs to be healthy and happy.

★ LINEUP ★

KIDS: Top 10 things every parent needs to know about feeding their kids by best-selling author Liz Pearson

AGING: Turning back the clock... with food. The latest research on foods that may actually slow down the aging process (fish oil, antioxidant rich foods such as blueberries, pomegranate juice and more, physical activity and vitamin D).

PORTIONS: The amount of food people serve on plates contributes to health problems related to obesity.

GUIDE: A died-in-the-wool, unreformed diner who sticks to what he likes - French cuisine and chicken strips and fries - tries to follow the Canada Food Guide for a week.

FIVE: Five recipes for five meals for four people (two adults and two kids) that cost under \$5 and are healthy.

RESTAURANTS: Should you worry about eating healthily at a restaurant? Or admit that this is a holiday from regular eating habits? Restaurant reviewer Corey Mintz takes the latter tack.

EXERCISE: What do you do when you discover your limits? The Star's Bill Taylor has an epiphany as he turns 60.

VILLAINS: Sugar, salt, trans and saturated fats... the top villains in unhealthy food ingredients and why they are so bad for you, plus foods to avoid.

GENDER: Do women like different foods than men? Why? A Men-are-from-Mars-and-Women-are-from-Venus analysis of eating.

GRAINS: Super grains, such as salba, and hemp seeds, and ancient grains such as quinoa, kamult and spelt, are becoming fashionable.

MOODS: Do foods play a role in how we feel? Can you alter your moods by what you eat? Author Jack Challem explains the thinking behind his book *The Food-Mood Solution*.

LOCAL: On being a locavore. Paola Loriggio tries sticking to a local diet. In winter.

QUIZ: We quiz people about their knowledge of food, cooking and nutrition and get a dietician to give them the facts.

CARBS: They're good one day, bad for you the next. But there are different kinds of carbohydrates that work in different ways. Maybe there's a way to simplify the issue: the bottom line for carbs is to eat healthy carbs that are as close as possible to their natural state, this includes whole grains, beans (legumes) and whole fruits and vegetables. Avoid refined grain products and sugar-only foods such as soft drinks.

***Subject to change.**

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