



**The McGill Faculty Club Nutrition Month  
Edith Bennett**

In an effort to incorporate better and healthier eating habits and styles within the fabric of the McGill Faculty Club, different initiatives have started to be used within the kitchen. Starting this month, a student at the McGill School of Dietetics and Nutrition, Edith Bennet, will be presenting us with the easy ways that delicious food can become more nutritious but remain oh- so good!



For starters, the Faculty club has modified its use of saturated fats in cooking preparation and has replaced it with oils, that are often referred to heart healthy fats such because of their higher percentage of the essential fatty acids, omega 3 and omega 6. In doing so, the main dishes are now much lower in saturated fats that cause an increase in bad cholesterol levels.

Another easy way to increase the nutritional value of foods is by replacing salt by a mix variety of herbs and spices. This is an easy and great way to reduce sodium intake. The club is currently undergoing menu changes and is incorporating herbs and spices where possible to decrease the amount of salt used in cuisine.

Finally, decreasing your intake portion sizes is a easy way to cut back on a daily caloric intake. An easy and visual indicator for portion sizes is to roughly follow these proportions: meat should take up 1/4 of a plate, as should a starch (potato, rice etc.), where as vegetables should be the remaining 1/2 of the plate. Make a vegetable dish more exciting by adding a fruit and a light vinegar dressing of choice.

These simple modifications make every meal healthier! By incorporating these values into our food preparation, we make our dishes more flavourful, diverse... good for your stomach and your body!



"The magnifying glass makes it look as if you're still eating the same amount before going on your diet."

