

Better than butter

For those who can't do without margarine, there are other more healthy choices. Although high in cholesterol, butter is the more natural choice over margarine. Margarine's trans-fatty acids are linked to many health problems. So, if you have no problems with your cholesterol levels, it's best to use a more natural product like butter. Just keep the portions small. Butter, like margarine, is all fat. It can pile up the calories and the fat if you use large amounts.

Unfortunately, ease of "spreadability" makes butter an inconvenience especially if you're in a hurry. However, salted butter can be kept on the countertop for up to seven days, as salt is a natural preservative to help prevent rancidity. When a fat goes rancid, it may cause mild digestive problems and loses its nutrient value. Always store any fat (such as peanut butter, vegetable oils, etc.) in the refrigerator after opening. Unsalted butter can only

be kept on the counter for about three days, before becoming rancid.

A n o t h e r "spreadability" trick with butter: Mix together equal amounts of softened butter and olive oil. Store in a covered container in the refrigerator. The mixture stays easy to spread and the addition of olive oil adds a healthy dose of other essential (good) fats to your diet.

Olive oil alone is also a great spread instead of butter or margarine. And a healthy one at that. You'll have to transfer your olive oil to a wide-mouthed jar — one that makes it easy to dip a knife into. The olive oil congeals, or slightly hardens, when refrigerated. It makes a tasty and easily-spread addition to any food. Add your favourite herbs and spices to the oil, if you like.

Avocados are another alternate for a spread to replace butter and margarine. Simply store the mashed fruit in a covered container in the

refrigerator. Add a little lemon juice to slow the discoloration and your favorite spices to suit your taste. Storing a half onion in the same container as the avocado also lengthens its freshness. Use avocado in place of butter. This nutritious fruit provides many nutrients — vitamins, A, B-complex (including folic acid), C, E, K, magnesium, copper, iron, calcium, potassium and many other trace elements. Avocados have 18 amino acids, plus 7 fatty acids, including the omegas 3 and 6.

Nut butters can also replace butter. There are many types to choose from besides peanut butter: Try hazelnut, cashew, sunflower, almond, and many others. They can be found in health stores and most larger supermarkets. Read labels. The product should contain only the nut itself and no added oils or sugars.

Fat has unfortunately become a "bad word". But we need fat. Not the

fat found in deep fried foods, or the highly heated fats in many processed foods (known as trans-fatty acids or hydrogenated fats). Our fat sources should be the essential fatty acids, like those found in nuts, seeds, vegetables, vegetable oils and fish. They are necessary for many



FIT TO BE HEALTHY

by Eve Lees

bodily functions, including hormone balance and proper functioning of the brain.

Eve Lees is a Nutrition Coach, a Health Speaker, and a Freelance Health

Writer for several publications. She has been active in the Health & Fitness Industry for over 30 years. www.artnews-healthnews.com

JUNCTION MOTORS LTD.

SALES REP REQUIRED

Are you enthusiastic, energetic and self motivated to achieve success?
Sales experience an asset!

A Team Player and enjoy assisting customers to buy a vehicle?
Above average earnings for the right applicant.

Join the Team at Junction Motors, your North Peace Ford Dealer for 60 years, same owner for 39 years!

Submit resumes to Junction John:
Fax: 780-332-2698 Phone: 780-332-2886
Email: junctionjohn@hotmail.ca

SALES CENTRE
MACKENZIE HIGHWAY
PH: 780-332-2886
TOLL FREE: 1-877-849-2886



SERVICE CENTRE
5309-50 Street
PH: 780-332-4681
TOLL FREE: 1-866-332-4682