

# If you are not a fan of fish you may be missing out

If you are not a fish lover, you may find it difficult to get the recommended two to three servings of fish per week.

If you are cutting back on red meat and you don't like fish, chances are you are subsisting mainly on chicken. Variety is so important to maintain a healthy balance of nutrients and to avoid meal-making burnout.

Fish is an excellent solution for a busy family because it can be inexpensive, very fast to cook and very nutritious. Most varieties of fish are high in protein and low in fat. Even the higher fat fish varieties contain a highly regarded type of fat called Omega-3 fats.

You may have also heard of Omega-3 fats in relation to flax seed, nuts and omega eggs. There appears to be a relationship between this remarkable type of fat and thinner blood. Those at risk for heart disease, stroke or arthritis may benefit from including some sources of Omega-3 fats in your diet.

The Omega fats particularly found



HEIDI SMITH

## NUTRITION FOR THE LONG RUN

in fish have been shown to reduce triglycerides (a risk factor for heart disease) and dramatically improve your chances of survival if you suffer from a heart attack. Studies done on Inuits, consuming very high levels of Omega-3 laden whale blubber, show very low death rates from heart attacks and low blood cholesterol.

I don't remember seeing whale blubber at my local grocery store however three servings of fatty fish per week will suffice.

If the thought of that much fish

makes you want to hold your nose there are a few solutions you can try. Fish has very little odour if you buy it fresh and cook it right away. The white fish varieties also have a lighter flavour (halibut, haddock, cod). If you are willing to splurge you can get orange roughy, seabass or smoked salmon. All three of these varieties have a lovely rich flavour without the strong fishy smell.

An excellent snack or quick breakfast is a piece of toast with light cream cheese, smoked salmon and sliced cucumbers.

Unfortunately you will do little for your heart by buying battered fried fish. It is so high in unhealthy fats from the deep frying you will offset the benefits of the fish inside.

If you like your fish crusty and crispy, there are some "baked" fish sticks on the market that even get the thumbs up from kids.

One of my favorite recipes covers the flavour of the fish with a delicious crust of crushed walnuts. Put

together with a tangy peach salsa, omega-3 fats never tasted so good! Next week give the poor poultry a rest and dazzle your taste buds with something different.

Simply keep experimenting with fish recipes and you'll eventually find some family favorites that taste great AND contribute to your health.

## WALNUT CRUSTED WHITEFISH WITH FRUIT SALSA

**1 lb sea bass or any firm white fish cut into 4oz servings**  
**1 cup of plain yogurt or buttermilk**  
**1/2 tsp Tabasco sauce**  
**2 Tbs fresh lime juice**  
**1/4 tsp salt**  
**1 large shallot finely chopped**  
**1 can diced green chilies (optional)**  
**2 Tbs chopped cilantro leaves (found with the fresh parsley at your grocery store)**  
**1 large can of peaches packed in juice, drained and diced**  
**1/2 cup ground or crushed walnuts**

Preheat oven to 400 F. Spread out crushed walnuts on a plate or shallow dish, set aside. Combine yogurt or buttermilk and Tabasco sauce. Dip the fish pieces in the solution to leave a thin coating. Press each piece of fish into the crushed walnuts to coat each side evenly. Place on a greased baking sheet and bake in at 400 F for 12-15 minutes until golden brown and fish flakes with a fork.

Prepare peach salsa by combining lime juice and salt in a bowl until dissolved. Stir in shallots, chillies (if used) and cilantro. Add peaches and stir.

Serve salsa beside fish with rice or a salad. Serves 4. Per serving: 350 calories, 13g fat (only 2g saturated fat), 31g protein, 27g carbohydrate, 5g fibre, 408mg sodium.

• Heidi Smith is a Registered Dietitian from the Health and Performance Centre at the University of Guelph. For more healthy recipes visit her website at [www.heidismithnutrition.com](http://www.heidismithnutrition.com)



DAVE CARTER, GUELPH MERCURY

## MUSIC FOR THE LUNCH HOUR

Members of the Guelph-Wellington Men's Club choir, conducted by the Martin Bauer, performed at the noon hour concert at Chalmers United Church Tuesday.

# Wife's fight with husband destructive to the children

**Q:** A year ago, my wife of 10 years had a difference of opinion with my mother. She's 70, in poor health and recently moved here to be closer to her grandchildren. My wife felt Mom should apologize. I asked my mother, she refused. My wife says it's too late now. She forbade the children to visit. Mom. She's asked me to leave, and threatened to leave with the children. They're confused about why they can no longer see Grandma. My wife calls her own mother daily, takes the kids to her family gatherings, expects me to go but won't go to any of mine if my mother attends. Our marriage had been drifting a few years, we're getting counselling. She won't compromise on this issue. I should be supportive but her vindictive decisions are making my life stressful and depriving the children. - Miserable

**A:** This isn't only about your mother. Keep up the counselling, together and separately. Your wife sees this mother-in-law argument as a final insult from your camp; she's using it as ammunition against you in a marriage battle. She's also using the kids as pawns, which is not only destructive to



ELLIE  
ADVICE

them, but further obscures what's really wrong between you. Ironically, her misguided actions are mean to her children, which no doubt is how she sees your mother's actions to her. Back off the issue awhile, and explain to the kids it isn't in any way their fault. If counselling doesn't resolve this, a more serious long-term decision needs to be faced.

**Tip of the Day:** When a simple squabble becomes an epic battle, look for the underground triggers.

• You can write to Ellie Teshler c/o The Guelph Mercury, 8-14, Macdonell St., Guelph, N1H 6P7 or e-mail [ellie@thes-tar.ca](mailto:ellie@thes-tar.ca)

# Fear of SARS made people start washing their hands

The question is, how to get the public's attention. It's not easy. Consider the number of people who still smoke. Or gorge on fast food. This happens in spite of constant warnings of the dangers. But now and then an unexpected event suddenly arouses the public psyche. When fear is involved, people react en masse. One such event has even had an effect on the hygiene of Torontonians and other travellers.

A study by the American Society of Microbiology (AMS) showed how SARS had affected the way Torontonians washed their hands. During August observers were stationed in washrooms at Toronto's and five other North American international airports. The 7,500 people being watched were not on candid camera. But they had no idea they were part of an investigation.

Investigators found that 71 to 81 per cent of travellers using toilets in New York, San Francisco, Chicago, Dallas and Miami washed their hands. The same percentage found in an earlier survey conducted in 2000. The fact that 20 to 30 per cent walked out dirty-handed is a sad commentary on hygiene. It also means the bathroom door handle is chock-full of bacteria.

But what about Pearson Airport in Toronto? Those of us with gray hair remember that Toronto used to be so boring it was called "Toronto The Good". Now, not so boring and not so good, at least for the moment it can claim to be "Toronto The Clean". A whopping 96 per cent of washroom users washed their hands.

This survey was conducted at the airport so no one knows how many of the hand washers were from Toronto or elsewhere. But it does show how the fear factor affected travellers wherever they lived who passed through this city.

But suppose the Toronto survey had been done before the SARS outbreak. Would this city have been so squeaky clean? Dr. Donald Low, the microbiologist at the University of Toronto, who became internationally known during the SARS outbreak, believes Toronto would have fared the same as other cities.

The study also showed regional differences in the U.S. For instance, in New York travellers washed their hands only 71 per cent of the time. In Chicago, San Francisco and Miami 74 per cent and in Dallas 81 per cent.

What about differences between the sexes? In most cases more women washed their hands than men. But in



DR. W. GIFFORD-JONES  
THE DOCTOR GAME

Toronto there was just a two per cent difference between the sexes. For unknown reasons in San Francisco 80 per cent of men washed their hands and only 59 per cent of women.

Another survey showed that many people tend to skirt around the truth. The research group called 1,000 Americans to ask about hand washing: 95 per cent claimed they washed their hands after using a public toilet! What we do and what we say are often quite different.

Unfortunately, doctors are not paragons of virtue in hand washing. During a meeting of infectious disease specialists in New Orleans, medical student spies were placed in washrooms. 500 doctors used the facilities and a mere 69 per cent washed their hands.

Dr. Judy Daly, secretary of AMS and head of microbiology at Children's Hospital Medical Centre, Salt Lake City, says, "What we are endorsing in our everyday lives is washing our hands with soap and water for 15 seconds and drying with a towel. This is an efficient method for preventing as variety of infections".

Before SARS struck how good was the hygiene in Toronto schools? Dr. Low reports that his daughter, an elementary school teacher, informed him that washrooms rarely had soap or towels because they left too big a mess to clean up! Fear has apparently changed that situation.

To help fight the next infectious epidemic let's remember that the fingers are the 10 most dangerous ways to transmit infection. A million bacteria can fit on the point of a needle.

That's why it's ironic when people who have a cold often say, "I won't give you a kiss", and then they shake your hand.

Remember too this is the season for the annual influenza shot. Ask your doctor about it, soon.

• Dr. Gifford-Jones's column runs on Thursdays.

# Horoscope

Forecast for Friday, November 7, 2003

BY JACQUELINE BIGAR  
FRIDAY BIRTHDAY

You have a very special year heading your way, between work and interpersonal relationships. Events that happen might surprise you. Even if you are shocked, work with news. Others are really there for you. Remember the importance of making solid decisions and knowing what you want.

**ARIES (MARCH 21-APRIL 19)**

Be spontaneous, and you'll feel much better. You have a special way of communicating that others cannot help but respond to. While others run from the unexpected, you can deal with it. Tonight: Treat a friend. Start the weekend well!

**TAURUS (APRIL 20-MAY 20)**

Someone might give you quite a jolt in the morning, but the situation could change by afternoon. The Moon swings into your sign, adding to your sense of command and well-being. Tonight: Your smile is a winner. Grin!

**GEMINI (MAY 21-JUNE 20)**

A jolt in the arm forces you to think and consider which way to go. Your smooth handling of a personal matter surprises some, but not anyone who knows you. Aim for more of what you want. Tonight: Get a good night's sleep.

**CANCER (JUNE 21-JULY 22)**

Aim for more of what you want. Friends who are willing to pave the way surround you. Even someone you didn't think you could count on comes through for you. Schedule key meetings for the p.m. Tonight: Where the gang is.

**LEO (JULY 23-AUG. 22)**

Take charge, and see what might need to happen. Others respond to your inquiries, especially someone you didn't count on. Your ability to move smoothly through problems impresses many. Let go of tension midday by doing some-

thing just for you! Tonight: Enjoy being a star.

**VIRGO (AUG. 23-SEPT. 22)**

Though you deal well with one specific friend or associate, you might want to question what could be the best way to go. Detach some, and do your own research. Tonight: Follow the music.

**LIBRA (SEPT. 23-OCT. 22)**

Think before you leap. Understanding could take you in a new direction. Investigate possibilities rather than nix them. A surprise offer could force you to sit down and do some hard thinking. Tonight: Opt for togetherness.

**SCORPIO (OCT. 23-NOV. 21)**

You can change directions if you want. Consider options more carefully than in the past. A friend or loved one does the unexpected, distracting you. Allow another to take the lead. Tonight: Where the crowds are.

**SAGITTARIUS (NOV. 22-DEC. 21)**

Pace yourself, knowing what you want. Think before you make a crazy decision, especially if it involves risk or a change of direction. Focus on work, even if it is Friday, because you don't want to leave anything trailing into your weekend. Tonight: Easy does it.

**CAPRICORN (DEC. 22-JAN. 19)**

Work with basics. A money surprise comes your way. How you feel makes a big difference in your reactions; what might look like a problem clears up by the afternoon. Tonight: Play away.

**AQUARIUS (JAN. 20-FEB. 18)**

You might want to do something a lot differently than you anticipated. You surprise others with your spontaneity and actions. Deal with basics, not forgetting the role of security. Tonight: The party is at your pad.

**PISCES (FEB. 19-MARCH 20)**

Talk and discuss feelings. You might be surprised by some of the stuff you hear. Study your reactions before giving a response. Tonight: Make a call to hook up with a friend.

**BORN TODAY**

Author, linguist Noam Chomsky (1928), singer Johnny Rivers (1942).

• Jacqueline Bigar is on the Internet at <http://www.jacquelinebigar.com>

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