

Food Facts & Fiction

by Angela Hanlon
Contributor

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This time of year, I find it difficult to get enough fruits and vegetables. Everything is too expensive and of low quality. In addition, I am getting bored of apples, oranges, and carrots. Do you have any suggestions?

I know how you feel. A great way to get a few quick servings of vegetables is to drink vegetable juice such as V-8. However, be on your guard when choosing a vegetable cocktail. Mott's Garden Cocktail is made with vinegar and Clamato juice contains MSG. President's Choice 10-Vegetable Cocktail is an inexpensive, tasty, and healthy choice.

Frozen vegetables are quite inexpensive and do not have to taste bad. When preparing frozen vegetables, do not boil them because they become rubbery and flavorless. Place them in a covered pot with about 1/2 cup of water and allow them to steam until they are tender enough to eat.

Campbell's soup has come out with a line of pureed soups called "Gardennay". I recommend the squash flavor, as it's tastier than you may think. These soups are not any less expensive than fresh produce but are an interesting addition to a meal.

You also may want to pick up

some baked Tostitos and salsa. Salsa is a low-fat and interesting source of vitamins and minerals. If you are not a huge fan of salsa, try an organic brand. Organic salsa tastes ten times better than non-organic salsa. For a quick meal, add salsa and sour cream to a bowl of rice.

Frozen stir fry mixes are another interesting way to get a variety of vegetables. They also supply a source of protein and many of them are fairly low in fat. Stir fry mixes that have gravy, cheese, or cream bases contain more fat than you may want in a meal.

Canned fruits are an inexpensive choice. They are (often) suspended in a very high-sugar syrup but who's to say you can't strain and rinse them like you do pasta? Mandarins, peaches, and apricots maintain their natural flavors well in cans.

Dried fruits can supply the vitamins and minerals of fresh fruits. However, remember that they are dehydrated, so their sugar contents are quite high. Drink water while you eat dried fruit to prevent eating too many pieces. Dried mangoes are an excellent replacement for candy. Dried apricots are a great source of fibre.

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Give Back My Lucky Charms Ireland Is Magically Delicious

By Brandon MacKenzie
Contributor

I love traveling - seems many of us do. In a couple of years my opportunity to travel the world for adventure may seem far beyond my reach, so as a juicy extended February break presented itself to me, I left this wonderful snow drift in search of a bit of culture - Ireland.

But hold on second, aren't you a poor starving student? I have been asked, "How can you lobby for cost saving measures while backpacking around Europe, isn't that hypocritical?" Good question ... perhaps this could be best directed to the Canadian Federation of Students, our national lobby group - who ironically owns Travel Cuts. But in my defense, I offer this; I am also a business student - thanks for all the good times Nortel.

So while many of my peers were off to the warm beaches of the Caribbean, I set my sights on Ireland. The land of leprechauns, castles, black stout and millions of sheep. Hmm, how bad can it be - at least they share my Scottish distrust of the English.

A bit of advice, Ireland is not

far from us. In fact, if you've flown to Red Deer, Alberta before...I'm sorry. Did you know you could have flown to Ireland in less time? You poor bastard. Flights to London from Halifax are relatively cheap, and Europe is flooded with discount airlines which can ferry you to Dublin for the cost of a case of beer or two. Go to Ireland - no offense to Red Deer but I can assure you that it simply doesn't compare.

Dublin is a zoo. The cars drive on the left - do not forget this, I can't emphasize that enough. When greeted with an intersection, perhaps take a moment to observe how even the locals run like hell when crossing the street - follow their example. After that little adjustment, everything else is fine. For those fine

beer connoisseurs out there...welcome to heaven. The Irish have mastered the art of the beer making, a fact not lost while enjoying a glass of black gold from the highest viewing point in Dublin - atop the Guinness Brewery at St. James Gate. Do not miss this tour, apparently it's a great time - I don't quite remember but I got my pictures developed and I seemed happy.

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