



FOR IMMEDIATE RELEASE

Winnipeg, MB (November 10, 2011) – “Anything that stains your clothes is good for you.” That’s the kind of health advice Mairlyn Smith dishes out. The home economist, award-winning author and alumni of the Second City Comedy Troupe will make a stop in Manitoba at the Manitoba Farm Women’s conference, November 13-15 in Brandon.

Mairlyn is sure to keep her audience chuckling with her presentation, *How to Live to Be 100 and Remember Your Name*. In a humorous entry called *A Letter from Your Body*, she shares things your body would say to you if it could speak like “You give me something to eat right after you wake up, and I don’t mean a donut and a coffee, and I’ll make sure you don’t pass out at your desk before lunch.” That’s pure Mairlyn; she gets her message across in a way her audience will not easily forget.

Mairlyn’s love affair with food started early. While she was studying Home Economics at the University of British Columbia in the late 1970s, her father was diagnosed with heart disease.

“I started thinking, what can I do from a food point of view that is really going to help him?” she said. It set her on a path to find the most nutrition-rich foods the world has to offer. Soon after, canola oil started making its way onto the market.

“We started getting information about this oil and how low it was in saturated fats. We started experimenting with it and soon learned that canola could be the answer to many of our health problems,” she said.

Canola oil became one of the stars on Mairlyn’s top 10 list (see below).

With the acting bug still tugging at her, Mairlyn enrolled at the American Academy of Dramatic Arts in California. She then moved to Toronto where she’s tallied up appearances on more than 100 television commercials and performed on live stage including with the Second City Comedy Troupe. She continues to share her unique brand of food and fun on television appearances, through magazine articles and at live events. She’s also the author of three best-selling cookbooks. Her latest book, *Healthy Starts Here*, hit the shelves in April.

To set us all on a path of better health through better nutrition, Mairlyn offers her top three tips. “We can make little changes. That’s easy. So let’s adopt a new, good habit every six week,” she said.

1. **Change Your Fat**
This one is easy. Cut out the butter and use canola oil. It has the least amount of saturated fat of all the oils.
2. **Eat More Fruits and Vegetables**
If you hate the thought of prepping vegetables right before supertime, do it in

advance. Spend some time the night before peeling and chopping. Keep a container of washed and cubed fruit in the refrigerator. It was make that snack decisions a whole lot easier.

3. Add Fish to Your Diet

Fish is packed with Omega 3s and over the long term, it may help reduce dementia and Alzheimer's. Canadians simply don't eat enough fish. We live in a modern world where fish is accessible now. Canned salmon is an excellent choice. Substitute two serving of red meat with two servings of fish each week.

Mairlyn said that the diet of most Canadians is way too high in red meat. "Lean red meat is a wonderful thing, but people are eating the wrong kinds of red meat," she said. This includes cold cuts, pizza toppings, hamburgers and hot dogs. Canadians eat between five and 10 servings of red meat a week when we should be eating two to four.

And the biggest sin on the nutrition landscape?

"Portion size!" said Mairlyn. "Protein should be the smallest part on your plate. We just eat too much."

Mairlyn Smith's Top 10 Foods

1. Barley
2. Mushrooms
3. Berries
4. Deep Orange Fruits & Veggies
5. Dark Green Veggies
6. Onions & Garlic
7. Soybeans
8. Salmon
9. Nuts
10. Canola Oil: It's lowest oil in saturated fat, omega-3 fatty acids, high smoke point, versatile and Canadian!

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