

Go Fish for Heart Health

According to the Canadian Heart and Stroke Foundation, heart disease or stroke claims a life in Canada every 7 minutes. There is no better time to make lifestyle changes to reduce your risk of heart disease.

Are you eating 2 servings (total 5 ounces or 150 grams) of fish each week?

Fish contains healthy fat, called omega-3, which has been shown to reduce the risk of heart disease. Eating any type of fish will give you omega-3 fat, but fatty fish has the most. Think S.M.A.S.H.T. when choosing fish high in omega-3 fat: salmon, mackerel, arctic char, sardines, herring and trout!

You may have heard that omega-3 fats are in foods like canola oil, walnuts or flaxseed. This omega-3 comes from plant foods and has less health benefits than omega-3 from fish. Consider them a bonus to your diet.

Make It Easy

- Cook extra fish so you have leftovers for the next day.
- Keep frozen fish on hand for quick meals.
- Use canned fish in sandwiches or salads. Mix with Greek yogurt and curry for a great taste!
- Make fish cakes with leftover fish or canned fish. Ask your Sobeys Dietitian for a quick and easy recipe.

Flavorful Fish

- Use garlic, herbs, spices, wine or lemon juice to flavor your fish.
- Make breaded fish by rolling in flour, dipping in egg whites and coating with crushed cereal or bread crumbs.
- Pan fry fish using a small amount of salad dressing instead of plain oil.
- Barbeque your fish on a wood plank such as cedar or maple. This method adds flavour without adding sodium!

Cooking Tips

- Cook fish ten minutes at 400° F for every inch of thickness (may be longer if fish is frozen or stuffed).
- Turn thinner ends of fish under to help it cook evenly.
- Use a fork to see if fish is cooked. It will flake easily when done.
- Use a thermometer if you are unsure whether it is cooked or not. It should reach 74°C (165°F) when the thermometer is inserted in the thickest part of the flesh.



food of the month

Salmon is the superstar when it comes to omega-3 fat. You would have to eat 8 times as many servings of white fish to get this amount of omega-3.

Five ounces or 150 grams of salmon per week will provide you with the omega-3 fat to help protect your heart. This is the size of the salmon portion that you find in our fish department.

Not getting enough fish each week? Why not plan Fish Fridays to help you meet your needs.

In Your Sobeys Store

Have you heard about “**Smoke Brake**” Your Quit Smoking Program at Sobeys Pharmacy?

It is a one-on-one consultation with your PROfile Pharmacist. Coping strategies, managing cravings, and tips and tricks will be discussed. You will get an individual quit plan with follow up and support adapted to your needs.

Fees may be covered under your Health Plan or some provincial governments. Talk to your PROfile Pharmacist about “Smoke Brake” and put the brakes on smoking. We’re ready when you are.

Maple Dill Salmon

Serves 4

Ingredients:

0.8 lb	400 g	Salmon, fresh
2 tbsp	30 ml	Dill, fresh, chopped
½ tsp	2 ml	Pepper
¼ cup	60 ml	Maple syrup

Directions:

1. Pre-heat oven to 375° F.
2. Cut the piece of salmon into 4 portions.
3. Place salmon pieces in a zip lock bag.
4. Add dill, pepper and maple syrup. Let marinate in fridge for at least 30 minutes.
5. Transfer salmon to a baking pan. Bake in oven for 10-15 minutes or until salmon flakes easily with a fork.

Nutrition Information per Serving:

Calories	265
Fat	14 grams
Carbohydrate	15 grams
Fibre	0 grams
Protein	21 grams
Sodium	61 milligrams

Tip: Change it up by using fresh thyme or rosemary instead of dill.

Source: Sobeys Dietitians

Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing HealthyBitsandBites@sobeyspharmacy.com

Do you have a healthy heart?

What can **you** do to improve your heart health?



- Get at least 150 minutes of moderate to vigorous physical activity each week. This works out to be about 30 minutes of activity five days a week. You can also do three sessions of 10 minutes or two sessions of 15 minutes. It doesn't matter how you do it, just get active!
- Eat a healthy diet. In addition to getting more omega-3 fat, try to make at least one more change. Eat foods with less saturated and trans fat, increase fibre, cut back on salt or eat more vegetables and fruit.
- Lose weight if needed. Do this by increasing activity and making better food choices. Talk to your Sobeys dietitian or pharmacist about measuring Body Mass Index (BMI) and/or your waist circumference. They are good numbers to measure your progress to a healthier heart.
- If you smoke, stop! After one year of being smoke free, you will reduce your chance of heart disease by 50%. Encourage and support those around you to kick the habit.
- Know your cholesterol and blood pressure numbers. These can both be "silent killers", which means you may not feel any symptoms if these numbers are high. Get routine blood work done so that you'll know if you should make changes to reduce your risk.
- Control your blood sugars if you have diabetes. This is an important step to keeping your heart healthy.

How can your Sobeys Pharmacist help you?

- Monitor your blood pressure on a regular basis and contact your doctor if needed.
- Break the habit with our successful "Smoke Brake" program.
- Understand your medication by offering a medication review and make sure you have the right medication, at the right dose, at the right time, every time!
- Monitor any interaction between medications and help you choose over the counter products that are safe for you.
- Get in contact with one of our in-store dietitians who offers many classes such as healthy weight, heart health, healthy cooking, label reading tours and much more!