

NEW-trition

Fall 2011

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Shop on a “full stomach”. You will be more likely to take time to read labels and make healthy choices if you are not starving.

Gourmet Grilled Pizza

Serves 6

Ingredients:

- 1 medium Zucchini
- 1 small Eggplant
- 1 medium Red pepper
- ½ small Red onion
- 1 tbsp (15 ml) Compliments canola oil
- 2 cloves Garlic, minced
- ¾ cup (175 ml) Tomato sauce, no salt added
- 1 tbsp (15 ml) Italian seasoning, dried
- 3 Compliments Greek pitas
- ¼ cup (60 ml) Goat cheese, 20% M.F., crumbled

Directions:

1. Cut vegetables in ½” slices. Toss them in oil and garlic and grill on high heat until tender. Set aside.
2. Mix tomato sauce and Italian seasoning in a small bowl. Spread evenly over pita breads, about ¼ cup per pita. Top with veggies and sprinkle with goat cheese.
3. Place on grill and cook on medium heat for 5-8 minutes, watching not to burn bottom of crust. Cut each pita in half and serve.

Nutrition Information per Serving (½ pita):

Calories	184
Fat	5 grams
Carbohydrate	32 grams
Fibre	4 grams
Protein	8 grams
Sodium	231 milligrams

A Closer Look at Labels

Nutrition labels can help you compare foods and make healthier choices. The Nutrition Facts table gives you information on calories and 13 core nutrients.

How to Choose

Serving Size

This is the amount of food that provides the calories and nutrients listed in the table.

Tip: Compare the serving listed to the amount you would eat.

You may need to increase or decrease values based on the amount of food you actually eat.

Nutrition Facts

Per 36 chips (50 g)

Amount	% Daily Value
Calories 270	
Fat 18 g	28 %
Saturated Fat 6 g + Trans Fat 1 g	35 %
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 27 g	9 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 20 %
Calcium 0 %	Iron 4 %

% Daily Value

The % Daily Value (% DV) tells you if there is a little or a lot of a nutrient in one serving. A % DV of 5% or less is considered **a little** and 15% or more is considered **a lot**.

Choose a lower % DV for nutrients you want less of such as:

- Saturated Fat and Trans Fat
- Sodium

Choose a higher % DV for nutrients you want more of such as:

- Fibre
- Calcium
- Vitamins
- Iron

Dietitians are available in select Sobeys stores. For more information, please contact your local store.

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Fact or Fiction?

The serving size on the package is the same as a serving from Canada's Food Guide.

False

The serving on the package is based on a specific amount of food. This is not always a serving from Canada's Food Guide or the amount you eat.

Tip: Go to www.hc-sc.gc.ca to learn more about servings from Canada's Food Guide.

The Nutrition Facts table is the best source of information for people with allergies.

False

People with allergies need to read the ingredient list. Packaged foods must have an ingredient list by law.

Tip: Read the full list to avoid the ingredient you are allergic to. Call the company if you are unsure whether the item is safe to eat.

Pharmacy Corner

Sobeys Dietitians and Pharmacists work together to improve health of people in our communities.

Over-the-counter medications have labels that contain important safety information.

Read labels carefully before taking any medication. Talk with your Sobeys Pharmacist if you have any questions.

Label Reading Made Easy

Reading labels can be confusing since there are so many nutrients to think about. Make label reading easier by knowing what to focus on in each section of the store.

Vegetables and Fruit

- Buy frozen vegetables without added sauces and canned vegetables without added salt.
- Choose vegetable juices lower in sodium or with extra fibre.
- Choose unsweetened frozen fruit, 100% fruit juice or fruit canned in water or juice.

Grain Products

- Choose smaller bagels and bread with thinner slices to control portions.
- Choose products with a higher % Daily Value for fibre.
- Look for products with "whole grain" in the first few ingredients.
- Compare cereals and choose ones with less sugar.

Milk and Alternatives

- Choose milk and yogurt with 2% M.F. (milk fat) or less.
- Buy cheese with 20% M.F. or less. Look for "light" on the package.

Meat

- Choose meat with less marbling such as round, strip loin or sirloin cuts.
- Buy lean or extra-lean ground meat and poultry.
- Limit seasoned or battered meats and fish.

Fish

- Look for fresh fish without a marinade or frozen fish without a sauce.
- Buy canned fish packed in water rather than oil. Choose ones that have no salt added.
- Choose battered fish that has been baked instead of fried.
- Buy fish higher in omega-3 fats like salmon and herring.

Added Fats

- Buy soft margarine.
- Limit hard margarine and butter.
- Choose vegetable oils such as canola, corn, olive and sunflower.

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