

# NEW-trition

Summer 2011

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

## Shopping Tip

Choose a supplement with a DIN or NPN number on the label. This means the product is approved by Health Canada, is safe and does what it claims to do.

## Ginger Salmon Sandwich

Serves 2

### Ingredients:

2 tbsp (30 ml)	Compliments Balance whipped salad dressing
½ tsp (2 ml)	Cumin
1 tsp (5 ml)	Brown sugar
1 tsp (5 ml)	Ginger root, grated
1 can (213 g)	Salmon, no salt added, drained
2 leaves	Romaine lettuce
1	Pita, whole grain whole wheat, cut in half

### Directions:

1. Mix salad dressing, cumin, brown sugar, ginger and salmon.
2. Line pita with lettuce leaf. Fill with salmon filling.

### Nutrition Information per Serving

(½ pita):

Calories	275
Fat	11 grams
Carbohydrates	22 grams
Fibre	3 grams
Protein	22 grams
Sodium	402 milligrams

## Supplements and You

People take supplements for many reasons. Some people may not get enough nutrients from food or have health conditions that affect nutrient absorption. They may take supplements to replace what is missing, while others take them because of the promise of health benefits. Talk to your doctor about your own needs and eating patterns before taking supplements.

### Calcium

Calcium keeps bones healthy, helps control blood pressure and may help maintain weight. Milk and Alternatives such as milk, fortified soy beverage, yogurt and cheese are the best sources of calcium. You may need a supplement if you are not getting enough calcium from food.

- Choose a calcium supplement that also has vitamin D.
- Look for the amount of elemental calcium. This is the form of calcium that your body can use.
- Spread your calcium throughout the day instead of taking it all at once. Your body cannot absorb more than 500 mg at one time.

### Vitamin D

Vitamin D works with calcium to keep bones healthy. The effect of vitamin D on cancer and other chronic diseases is still being studied. More research is needed before a connection can be made.

You can't depend on sun alone to get the vitamin D you need. It's very hard to get enough from food as well. Only a few foods have large amounts of vitamin D and most people do not eat those foods often enough. The best sources of vitamin D are fatty fish, milk and fortified beverages (soy, rice and almond).

- Take a vitamin D supplement if you drink less than 2 cups (500 ml) of milk or fortified soy beverage.
- Take 400 IU of vitamin D if you are over the age of 50.
- Stay below 4000 IU of vitamin D from both food and supplements.

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

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Dietitians

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## Fact or Fiction?

**Everyone should take a multivitamin.**

**False**

Most healthy adults can meet nutrient needs by following Canada's Food Guide. Some exceptions include pregnant or breastfeeding women, adults over the age of 50 or people on a restricted diet.

**Tip:** Talk to your dietitian or pharmacist if you think you need a supplement.

**If a little is good, a lot must be better when it comes to supplements.**

**False**

Recommended doses are listed so you only take safe amounts. More than this may be harmful to your health.

**Tip:** Follow directions on all supplements. Consider the amount you also get from food.

## Pharmacy Corner

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

Did you know that Health Canada recommends a multivitamin with folic acid for all women of childbearing age? Check your multivitamin to make sure that each tablet has 0.4 mg of folic acid.

Ask your Sobeys Pharmacist if you have questions about supplements.

## Vitamin B12

Vitamin B12 helps keep nerves and red blood cells healthy. Vitamin B12 is only found naturally in animal foods such as meat, poultry, fish, shellfish, eggs and milk products. Certain foods are fortified in vitamin B12 such as soy meat substitutes and soy or rice beverages.

- Take a supplement with at least 2.4 µg of vitamin B12 if you are over 50. People over the age of 50 may not be able to absorb vitamin B12 naturally found in foods.
- Consider taking a supplement or foods fortified with vitamin B12 if you eat few animal foods.

## Omega-3 Fat

Omega-3 helps reduce the risk of heart disease and helps lower blood pressure. Omega-3 fat is also needed during pregnancy and breastfeeding for healthy brain, eyes and nerves of baby.

There are different kinds of omega-3 fat in foods. Most of the omega-3 fat in the diet is ALA which comes from plant sources such as vegetable oils, walnuts and flax. Most health benefits, however, come from EPA and DHA which is found in fatty fish such as salmon and herring.

- Consider a supplement if you are not eating fish often.
- Choose a supplement with EPA and DHA on the label.
- Look for the amount of EPA and DHA per capsule. Talk to your doctor or pharmacist about the amount that is right for you.
- Avoid fish liver oil capsules. They are high in vitamin A and D and may be harmful in large amounts.

## Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing [Dietitians@sobeys.com](mailto:Dietitians@sobeys.com).

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