

NEW-trition

November / December 2009

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Read the Nutrition Facts table and compare calories to the amount you eat. Calories are listed for the specific amount in the serving size, not for the whole package.

Navy Bean & Roasted Garlic Dip

Makes 2 cups

Ingredients:

1 head	Garlic
¼ tsp (1 ml)	Compliments canola oil
1 can (15 oz)	Navy beans, drained, rinsed
2 tbsp (30 ml)	Extra virgin olive oil
1 tbsp (15 ml)	Lemon juice, fresh
1 tbsp (15 ml)	Thyme, fresh, chopped
¼ tsp (1 ml)	Black pepper

Directions:

1. Preheat oven to 350° F.
2. Cut the top off the head of garlic and drizzle with ¼ tsp oil. Wrap in tinfoil and bake for 20 minutes or until cloves pop out easily when squeezed.
3. Blend all ingredients in a food processor until smooth.
4. Garnish with extra thyme springs and serve with pita wedges or cut-up vegetables.

Nutrition Information per Serving (2 tbsp dip):

Calories	48
Fat	2 grams
Carbohydrate	6 grams
Fibre	1 gram
Protein	2 grams
Sodium	125 milligrams

Note: Nutrition information is for dip only.

Healthy Eating During the Holidays

The holiday season often gives the gift of unwanted pounds. Since small amounts of weight gained each year can add up, take steps to prevent this. The holidays are not the best time to try to lose weight. If weight is a concern, be realistic and aim to maintain weight rather than lose it during this time.

Portion Sizes

You may eat larger portions than normal during the holidays. This means you will be taking in more calories.

- Have smaller portions of high calorie foods or share with someone.
- Fill up on lower calorie foods like vegetables and fruit.
- Use a smaller plate. You will have less room to load up and you may be more satisfied if it looks full.
- Slow down and enjoy every bite. You will be less likely to overeat and will be satisfied with less.
- Eat until you are comfortable instead of stuffed.
- Wait before having seconds to see if you really need more. It takes about 20 minutes to know you've had enough.

Saving Calories with Smaller Portions

Traditional Choice	New Choice	Calorie Savings
1/6 mincemeat pie 637 calories	1/8 of mincemeat pie 472 calories	213 calories
½ cup of peanuts 444 calories	¼ cup of peanuts 222 calories	222 calories
10 chocolates 700 calories	3 chocolates 210 calories	490 calories

Physical Activity

When things get busy, the first thing you may give up is exercise. The holidays are a poor time to reduce activity since you usually eat more food.

- Bundle up and go outside for a walk.
- Try winter activities such as skiing or skating.
- Do extra activity if you eat more food during the holidays.

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

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Fact or Fiction?

You can drink all the juice you want if it's 100% pure juice.

False

Even though 100% juice fits in the Vegetable and Fruit group, you still need to watch how much you drink. A 473 ml bottle of 100% juice is equal to 13 tsp of sugar.

Tip:

Limit juice to one serving which is ½ cup. Satisfy your thirst with water and low fat milk more often.

You can lower calories in your recipes and still have great tasting products.

True

By making small changes to recipes, most people will not notice any difference.

Tip:

Reduce the fat and sugar slightly in your original recipe so you will get used to the new taste.

Pharmacy Corner

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

Save time at the pharmacy with AutoFill *Plus!*

We'll automatically refill your medications when they are due, let you know when they are ready for pick up and when a doctor's renewal is needed. No more missed doses, less waiting time and fewer trips to the pharmacy. It's convenient and free!

Ask your Sobeys Pharmacist how you can get started with AutoFill *Plus.*

Are Your Gulps Weighing You Down?

You may be taking in more calories than you realize from your favorite drinks. Some popular drinks are high in calories, but low in nutrients.

Drink	Serving Size	Calories
Large French Vanilla Cappuccino	14 oz	310
Large Coffee, Double, Double	14 oz	230
Regular Cola	591 ml	260
Sports Dink	591 ml	150
Fruit Drink	300 ml	140

Consider what you can do to cut calories from your drinks.

- Drink water most often. It is calorie free.
- Have a smaller size.
- Buy diet pop rather than regular pop.
- Add milk to coffee instead of cream.
- Have higher calorie drinks less often.

Be Sensible with Alcohol

Alcohol is high in calories and may lead to weight gain.

Drink	Serving Size	Calories
Beer	1	145
Wine	6 oz	125
Rum and Coke	Single	120
Vodka and cranberry	Single	140

- Limit alcohol to 1 to 2 drinks per day. A drink is considered 1 bottle of beer, 5 oz wine or 1½ oz hard liquor.
- Mix your own drinks using less alcohol.
- Mix wine with soda water or liquor with diet pop to save calories.
- Make every other drink a non-alcoholic one. Choose water or lower calorie drinks (diet pop, club soda or mineral water).

Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing Dietitians@sobeys.com.

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