

NEW-trition

September / October 2009

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Buy nuts, seeds and canned legumes with no salt added.

Squash & Black Bean Enchiladas

Serves 6

Ingredients:

¾ cup (175 ml) Spaghetti squash, cooked
1 medium Onion, chopped
1 tsp (5 ml) Allspice, ground
¼ tsp (1 ml) Black pepper
½ cup (125 ml) Black beans, drained, rinsed
¾ cup (175 ml) Cheddar cheese, light, grated
6 tbsp (90 ml) Compliments mild salsa
6 Whole grain tortillas, 7"

Directions:

1. Pre-heat oven to 350° F.
2. In a large bowl, combine squash, onion, allspice, pepper, black beans and cheese.
3. Spread 1 tbsp salsa on each tortilla.
4. Place 1/3 cup of squash mixture in the center and roll, making sure to fold under each end.
5. Place on large sheet pan and bake for 20 minutes.

Nutrition Information per Serving (1 tortilla):

Calories	190
Fat	6 grams
Carbohydrate	24 grams
Fibre	4 grams
Protein	10 grams
Sodium	485 milligrams

Vegetarian Eating

More and more people are becoming interested in vegetarian eating. Vegetarian diets are based on plant foods such as vegetables, fruit, grains, nuts and legumes. Some vegetarian diets may include animal foods such as milk, cheese or eggs.

Vegetarian diets, if carefully planned, may help reduce the risk of heart disease, obesity and cancer. These diets are usually lower in saturated fat and cholesterol and higher in fibre and antioxidants.

Nutrients of Concern

Vegetarian diets can be low in certain nutrients depending on what animal foods are avoided. Some nutrients need special attention in meal planning.

Protein

Plant foods are missing at least one amino acid, the building blocks of protein. Soy protein is the exception since it has all amino acids like animal foods. You need to eat a variety of plant foods to get the amino acids you need if you avoid animal foods. Plant foods highest in protein are legumes, nuts, seeds and soy products.

Calcium and Vitamin D

Choose fortified soy beverages or take a calcium supplement with vitamin D if you avoid milk, cheese and yogurt.

Iron

Get plant sources of iron if you avoid meat. Dried beans, seeds, enriched grain products, dried fruit and some vegetables are examples of foods higher in iron. To increase iron absorption from plant foods, have vitamin C at the same meal. Some vitamin C rich foods are red peppers, broccoli, kiwi, strawberries and oranges.

Vitamin B12

Vitamin B12 is only found naturally in animal foods. You need a B12 supplement or foods fortified with B12 (fortified soy beverages or some meat substitutes) if you avoid animal foods.

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

Sobeys
Dietitians

Fact or Fiction?

Vegetarians get more omega-3 fat than they need.

False

The best source of omega-3 fat is found in fatty fish. Since most vegetarians don't eat fish, they may not get enough omega-3.

Tip:

Choose plant sources of omega-3 fat such as some vegetable oils (canola, flax and walnut), ground flax seed or walnuts. You could also choose foods fortified with algal oil or flax oil.

Vegetarian diets are low in fat.

False

Studies show that most vegetarian diets are not low in fat. They are, however, much lower in saturated fat and cholesterol than diets including animal foods.

Tip:

Limit high fat foods that don't fit in Canada's Food Guide, such as French fries, chips and baked goods.

Pharmacy Corner

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

Think you need a calcium supplement?

Consider these tips:

- Look for the amount of elemental calcium on the label. This is the amount your body can use.
- Spread your calcium throughout the day instead of taking it all at once.
- Make sure you get enough vitamin D to help absorb calcium.
- Know that calcium supplements can interfere with some medications. You may need to take them at different times.

Talk to your Sobeys PROfile Pharmacist for advice.

Adding Variety with Meat Alternatives

Canada's Food Guide recommends that all Canadians have meat alternatives often.

What are Meat Alternatives?

They fit in the Meat and Alternatives food group since they have similar nutrients to meat. They often cost less than some other protein sources.

Legumes

- Use canned legumes to save time. Rinse them to reduce sodium.
- Cook dried legumes when you have time. Freeze the extras.
- Fill burritos with pinto beans.
- Serve black beans over rice.
- Add kidney beans to soup.
- Add chickpeas to salads.
- Reduce meat in spaghetti sauce and replace with mashed lentils.
- Use hummus in sandwiches.

Nuts and seeds

- Add nuts and seeds to salads.
- Have them as a snack.
- Have peanut butter or other nut butters.
- Use dry roasted nuts and seeds without added oils or salt.

Soy

- Add firm tofu to stir fries, soup, spaghetti sauce or lasagne.
- Use silken tofu in dips, pudding, smoothies or shakes.
- Snack on plain or flavoured soy nuts or add them to salads, stir fries or trail mixes.
- Use soy meat substitutes such as deli slices, burgers or ground meat substitutes.
- Use texturized vegetable protein (TVP) in recipes which call for ground meat.

Help Others Improve Their Health

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

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

Sobeys
Dietitians