

NEW-trition

Winter 2011

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Choose herbs and spices with no salt added such as onion powder instead of onion salt.

Curried Squash & Pear Soup

Serves 8

Ingredients:

1 medium	Onion, chopped
2 tsp (10 ml)	Compliments canola oil
2 cloves	Garlic, minced
2 tsp (10 ml)	Curry powder
1½ cups (375 ml)	Chicken broth, sodium reduced
½ cup (125 ml)	Apple juice
4 cups (1000 ml)	Butternut squash, peeled, cubed
2 medium	Pears, unpeeled, chopped
½ cup (75 ml)	Yogurt, plain, low fat
1	Lime, juice of
2 tbsp (30 ml)	Cilantro, chopped

Directions:

1. Sauté onion in oil in a saucepan for 5 minutes. Add garlic and curry powder; sauté for 1-2 minutes.
2. Add broth, juice and squash. Bring to a boil. Reduce heat; add pears, cover and simmer for 10 to 15 minutes, until squash is tender.
3. Purée soup in a blender or a food processor. Ladle into bowls.
4. In a bowl, mix yogurt, lime juice and cilantro. Top soup with 1 tbsp of yogurt mixture.

Nutrition Information per Serving (1 cup):

Calories	90
Fat	2 grams
Carbohydrate	19 grams
Fibre	3 grams
Protein	2 grams
Sodium	109 milligrams

Source: Sobeys Dietitians

Healthy Cooking at Home

Healthy cooking is about making simple changes. Ingredients can be added or removed, portion sizes can be reduced and healthier cooking methods can be used. These changes may increase some nutrients such as fibre or calcium and decrease others like calories, fat, sugar or sodium.

Boost Fibre

Fibre keeps you full and can help lower cholesterol, control blood sugars and keep bowels regular.

There are many ways to increase fibre.

- Leave peelings on vegetables and fruit (wash well first).
- Add extra vegetables to soups or casseroles.
- Put fruit in cereal, rice dishes or salads.
- Top your favourite cereal with bran buds.
- Add flaxseed or wheat germ to yogurt and cereals.
- Add natural wheat bran to hamburger patties and meatloaf.
- Replace ¼ to ½ of the all-purpose flour with whole-wheat flour.
- Replace up to ¼ of the flour with oat bran, psyllium or natural wheat bran.

Increase Calcium

Calcium is needed to build strong bones and reduce risk of high blood pressure.

- Use 1% or skim milk instead of water to make oatmeal or cream soups.
- Add skim milk powder to soups and sauces.
- Use Swiss cheese as it is higher in calcium than other hard cheeses.
- Make smoothies with yogurt and calcium fortified orange juice.
- Top salads or stir fries with almonds.

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Sobeys
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Page 1 of 2

Fact or Fiction?

Foods that are made with healthy ingredients won't taste good.

False

Your end product may be changed slightly but it can still taste great.

Tip: Make changes slowly so your taste buds can adjust to new flavours.

One way to modify a recipe is to change the portion size.

True

A smaller portion size means the same flavour, but less calories, fat, sugar or sodium.

Tip: Put less pasta on your plate since portions add up quickly. Start by filling half your plate with salad and then add pasta.

Pharmacy Corner

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

Eating too much salt can raise blood pressure. High blood pressure can damage blood vessel walls and strain the heart. Over time, this can lead to heart disease, heart attack and stroke.

Check blood pressure regularly since you may not have symptoms. Visit your Sobeys Pharmacy to get a free card to record blood pressure or try our blood pressure machine.

Small Changes, Big Benefits

Fat Fighting Tips

Fat gives flavour, adds moisture and gives a rich, creamy feel to food.

- Reduce fat by $\frac{1}{4}$ to $\frac{1}{3}$ i.e., use $\frac{2}{3}$ cup of oil instead of 1 cup (does not work for yeast breads and pie crusts). Use low fat plain yogurt, unsweetened applesauce or any puréed fruit to replace the fat you remove.
- Use puréed cooked vegetables instead of cream to thicken soups.
- Use skim or 1% canned milk instead of cream in soup or pasta sauces.
- Use cheese with 20% M.F. or less.
- Add herbs or spices when cooking instead of topping foods with butter, margarine or gravy.
- Use healthy cooking methods such as baking or grilling instead of frying.

Sweet Nothings

Sugar tenderizes and sweetens food. It helps baked goods rise, makes foods moist and helps with browning. Be aware that sugar is high in calories (1 tbsps has 50 calories; 1 cup has 820 calories).

- Reduce sugar by $\frac{1}{4}$ to $\frac{1}{3}$ in most baked items (except yeast breads). For example if a recipe calls for 1 cup of sugar, use $\frac{2}{3}$ cup instead.
- Flavour recipes with sweet extracts like vanilla or almond, or sweet spices such as cinnamon, ginger, nutmeg or cloves.
- Choose Splenda (sucralose) if you want to use an artificial sweetener for cooking and baking. It stays sweet when heated and does not leave an aftertaste.

Cooking With Less Salt

Salt brings out natural flavours in food, so add others ingredients to increase the flavour of your foods.

- Add herbs, spices, juice or zest of citrus fruit (lemon, lime or orange).
- Try seasonings such as spice blends that are salt free.
- Limit seasonings such as steak spice or marinades.
- Limit soups, broths and bouillon cubes.

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