

NEW-trition

January/February 2008

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Read the ingredient list and choose grain products with 'whole' in front of the grain e.g., whole corn, whole rye or whole oats.

Wild Rice and Bulgur Salad

Makes 8 servings

Ingredients:

| | |
|------------------|----------------------------------|
| ¾ cup (175 ml) | Bulgur (cracked wheat) |
| 6 cups (1.5 L) | Water, boiling |
| 1½ cups (375 ml) | Chicken stock, sodium reduced |
| ¾ cup (175 ml) | Wild rice, rinsed |
| 2 large | Tomatoes, diced |
| 1 cup (250 ml) | Parsley, fresh, chopped |
| ¼ cup (60 ml) | Green onion, sliced |
| ½ cup (125 ml) | Compliments Greek salad dressing |

Directions:

1. Pour water over bulgur (water level will be much higher than bulgur). Soak for one hour and drain excess water.
2. Bring stock and wild rice to a boil. Reduce heat, cover and simmer for 45 minutes or until rice is tender. Let cool.
3. In a salad bowl, mix bulgur, rice, tomato, parsley, green onion and salad dressing.

Nutrition Information per Serving (1 cup):

| | |
|--------------|----------------|
| Calories | 166 |
| Fat | 5 grams |
| Carbohydrate | 26 grams |
| Fibre | 3 grams |
| Protein | 6 grams |
| Sodium | 296 milligrams |

The Whole Story on Whole Grains

Canada's Food Guide recommends that you make at least half of your grain products whole grain each day.

Whole grains are the whole seeds of certain plants. They have three parts (endosperm, bran and germ). The bran and germ contain the most nutrients, such as B vitamins, fibre and antioxidants. The endosperm is the largest part of the grain, but has the fewest nutrients. Refined grains like white flour or white pasta only contain the endosperm.

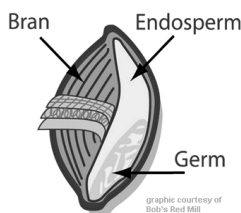


Photo courtesy of Bob's Red Mill

Making Room for Whole Grains

Some whole grains can be eaten on their own while others are ingredients in recipes or food products. Experiment with some of these whole grains.

- Bulgur (cracked wheat)
- Whole oats
- Amaranth
- Whole corn and popcorn
- Millet
- Brown rice and wild rice
- Whole barley
- Quinoa
- Whole grain whole wheat
- Whole rye
- Buckwheat

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Fact or Fiction?

You should always choose the highest fibre bread.

False

The most nutritious choice is whole grain bread since it has fibre and other nutrients that work together (more benefit than fibre alone).

Tip: Read the Nutrition Facts table and choose higher fibre whole grain breads.

Whole grains include 100% whole wheat products.

False

Be careful of “whole wheat”. It may not be whole grain. Whole wheat flour may have some of the germ and bran removed.

Tip: Look for the words “whole grain whole wheat” in the ingredient list or “100% whole grain” on the front of the package.

Pharmacy Corner

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

Take charge of your heart health with the help of your Sobeys Pharmacist! Join us on Thursday, February 21st for a Heart Health & Wellness Day.

Learn about steps you can take to lower your risk of a heart attack or stroke.

Ask your Sobeys Pharmacist for more information about this event.

Health Benefits of Whole Grains

Whole grains have many benefits:

- Keep digestive system healthy
- Help control blood pressure, cholesterol and weight
- Reduce risk of type 2 diabetes
- Control blood sugars
- Reduce risk of some cancers, especially colon and breast

These benefits are due to fibre, unsaturated fat, vitamins, minerals, antioxidants and phytochemicals in the whole grains.

Studies show that the more whole grains you eat, the greater the health effects. You get more benefits from eating whole grains than from having each of the individual nutrients.

Great Grains

- Eat a variety of whole grains such as whole barley, brown rice, oats, quinoa and wild rice.
- Choose whole grain bread, bagels, English muffins and tortillas.
- Make a sandwich with rye or oatmeal bread.
- Cook with brown or wild rice instead of white rice.
- Add brown rice, wild rice or whole barley to homemade soups.
- Start the day with whole grain cereal or oatmeal.
- Use oatmeal or whole grain flour (e.g., buckwheat or brown rice flour) in baking.
- Use oatmeal or bulgur in hamburger patties or meatloaf.
- Snack on popcorn.
- Have corn as part of your meal instead of another grain like rice.
- Eat quinoa as a grain or use in salads, chili or stews.
- Choose whole grains that are lower in sugar, fat and salt.

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.

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Ready to serve.