

NEW-trition

July / August 2008

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Buy locally grown vegetables and fruit when they are in season. Aim for 7-10 servings every day.

Sunflower Oat Bars

Makes 24 squares (2 x 2 inch)

Ingredients:

- 1 cup (250 ml) Compliments quick oats
- ½ cup (125 ml) Almonds, slivered
- ½ cup (125 ml) Sunflower seeds
- ½ cup (125 ml) Wheat germ
- ¼ cup (60 ml) Brown rice flour
- 1 cup (250 ml) Compliments 5 fruit medley
- ½ cup (125 ml) Skim milk powder
- 1 tsp (5 ml) Cinnamon
- ½ tsp (2 ml) Nutmeg
- 1 tsp (5 ml) Vanilla extract
- ⅓ cup (75 ml) Maple syrup
- ½ cup (125 ml) Liquid egg substitute
- ¼ cup (60 ml) Chocolate chips

Directions:

1. Preheat oven to 350° F. Toast oatmeal and almonds in a dry pan until golden.
2. Blend all ingredients together in a food processor (except maple syrup, egg substitute and chocolate chips). Place in a large bowl.
3. Mix in maple syrup and egg substitute.
4. Spread in a greased 9”X13” baking pan. Sprinkle with chocolate chips.
5. Bake for 20 minutes.

Nutrition Information per Serving (1 bar):

Calories	117
Fat	4 grams
Carbohydrate	17 grams
Fibre	2 grams
Protein	4 grams
Sodium	37 milligrams

Healthy Eating During Summer Vacation

Summer days are filled with travel, visits and relaxing with family and friends. Eating well during this time can be a challenge. Whether you take day trips or make longer journeys, you can stay on track with your eating.

- Make time to have meals and snacks. Taking time to eat will help prevent you from getting too hungry and overeating later on.
- Reduce stress for you and your fellow travellers by eating every 3-5 hours. This helps prevent irritability due to hunger.
- Plan ahead. Keep healthy foods on hand to take with you.

Food for the Drive

Control what you eat by packing food rather than relying on restaurants or corner stores. Allow time to stop at a park to stretch and enjoy your food.

Pack foods that don't have to be reheated.

- Whole wheat crackers, small muffins or plain cookies
- Fruit, cut-up vegetables or salads (pack utensils)
- Tuna pitas: Tuna, sliced grapes, mayo, whole-wheat pita
- Roll-up: Tortilla, peanut or soy nut butter and banana
- Chicken sandwich: Whole wheat bread, left-over chicken, mayo
- Pasta salad: Noodles, veggies and salad dressing
- Mixed seeds and nuts
- Single serving yogurt, milk, pieces of hard cheese, hard boiled eggs

Keep It Safe

Keep refrigerated foods cold. This helps prevent food poisoning.

- Invest in a cooler. You can safely pack food and drinks for your trip.
- Put ice packs, water bottles or juice packs in the freezer. Put them in your bag, picnic basket or cooler for shorter trips. For longer trips, keep your cooler filled with ice.
- Pack any raw foods (e.g. meats or poultry) in a sealed container so they don't leak and contaminate other foods.

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

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Fact or Fiction?

A fast food burger with one patty gives you a meat serving.

True

You get at least one meat serving. Some burgers have large patties (or two or three patties) which give more than one meat serving.

Tip: Choose burgers with single patties so you don't use up all your meat servings at once. Balance your meal by having a burger with salad and milk.

Indulging on alcohol during your vacation isn't harmful.

False

It is unhealthy to have large amounts of alcohol. Drinks should be limited to 1 per day for women and 2 per day for men. A drink is considered 1 bottle of beer, 5 oz of wine or 1½ oz hard liquor.

Tip: Be sensible with alcohol. Make every other drink a non-alcoholic one.

Pharmacy Corner

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

Packing medications for travel:

- Make sure you have enough to last your entire trip.
- Leave them in the original container.
- Don't store in extreme heat for a long time (i.e. car glove compartment).
- Bring a cooler or insulated bag for medications that need to be kept cold.
- Put medications in your carry-on bag.
- Record medication names, strengths and pharmacy phone number. Keep this list separate from your medications in case they are lost.

At the Drive-Thru

Most fast food restaurants will give you large servings of meat, grains and fat, but not enough vegetables, fruit and milk. Make better choices at the drive-thru by trying these ideas:

- Single patty hamburger with mustard, relish and ketchup (ask for less mayonnaise or creamy sauce)
- Grilled chicken sandwich
- Veggie burger
- Deli-style sub or sandwich made with lean meats and veggies (ask for less sauce)
- Chili
- Salad (use small amount of dressing)
- Baked potato (limit toppings)
- Milk or yogurt
- Fruit (use small amount of dip)

In the Air

Check airport security for foods allowed in your carry-on bag. Take crackers, granola bars, muffins, nuts or seeds. Once you clear security, you may be able to purchase water or other items for your flight.

When You Arrive

- Find a grocery store and buy foods for quick meals and snacks to keep at your vacation get away.
- Pack or buy plates, cups and utensils if needed.
- Make use of your hotel fridge or cooler at the campground to keep items cold.
- Stock your cottage or trailer fridge with more choices if space allows.
- Use your barbecue to grill at the campsite or cottage.

Help Others Improve Their Health

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

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