

# NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

## Shopping Tip

The % Daily Value (DV) shows if there is a little or a lot of a nutrient.

Read the Nutrition Facts table and choose products with lower % Daily Value for saturated fat and trans fat.

## Mixed Greens & Fruit Salad

Serves 6

### Ingredients:

3 tbsp (45 ml) Compliments orange juice  
2 tsp (10 ml) Honey  
3 tbsp (45 ml) Compliments Balance yogurt, plain  
1 bag (142 g) Compliments spring mix  
1 medium Apple, unpeeled, sliced  
1 small Orange, peeled, segmented  
1 cup (250 ml) Grapes, red, halved  
¼ cup (60 ml) Red onion, chopped  
3 tbsp (45 ml) Walnuts, toasted

### Directions:

1. In small bowl, whisk orange juice, honey and yogurt together.
2. Mix remaining salad ingredients in a large bowl.
3. Add dressing and toss.

### Nutrition Information per Serving (2 cups salad + 1 tbsp dressing):

Calories 82  
Fat 3 grams  
Carbohydrate 15 grams  
Fibre 2 grams  
Protein 2 grams  
Sodium 11 milligrams

## Women's Health Matters

There are some health concerns which affect women more often than men. Aging increases the risk of developing some of these conditions.

### Iron Deficiency Anemia

Anemia occurs when blood cells can't carry enough oxygen through the body, resulting in low energy levels. Women are at greater risk than men because they lose iron each month during menstruation.

- Lower your risk of anemia by eating foods with iron such as shellfish, meat, poultry, eggs, dried beans and enriched grain products. Iron from animal foods is better absorbed than iron from plant foods.
- Increase iron absorption from plant foods by also having foods with vitamin C. Choose items such as red peppers, broccoli, kiwi, strawberries and oranges to get vitamin C.

### Weight Gain

Many women gain weight as they age due to a slightly lower metabolic rate and lower activity levels. Extra weight is a risk factor for diabetes, heart disease and cancer. Extra weight, especially around the belly, may also worsen hot flashes during menopause.

- Read nutrition labels and choose products lower in calories, fat and sugar.
- Reduce calories by having smaller portions.
- Burn more calories by increasing activity levels. Be active 30-60 minutes most days of the week.

### Cancer

Women are at greatest risk for breast, lung and colorectal cancer. The risk of developing cancer increases with age. Risk for most cancers can be lowered by following a healthy lifestyle.

- Limit saturated fat, trans fat, alcohol and salt.
- Eat more vegetables, fruit, whole grains and legumes.
- Limit red meat and processed meats.
- Eat a variety of foods from the four food groups instead of relying on supplements.
- Maintain a healthy body weight.
- Aim for 30-60 minutes of activity each day.

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

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## Fact or Fiction?

**Calcium supplements work best if taken with foods high in calcium.**

**False**

Your body can only use 500 mg of calcium at one time.

**Tip:**

Spread your calcium (from food and supplements) through the day so your body is able to absorb it.

**Eating fat free products instead of low fat products will help you lose weight.**

**False**

Fat free and low fat products have calories. Eating fewer calories is the only way to lose weight.

**Tip:**

Check the Nutrition Facts table to see the calories per serving. Make sure you don't eat more of the fat free or low fat food than you would of the regular food.

## Pharmacy Corner

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

Sobeys PROfile pharmacists hold Health and Wellness Days throughout the year on topics such as Heart Health, Diabetes, Bone Health, Travel and much more.

Your PROfile pharmacist is available to discuss these issues with you and on certain clinic days may be able to test your blood sugar, total cholesterol and measure body fat percent.

See in-store promotions for details about our next Health & Wellness Days!

## Women's Health Matters (continued)

### Menopause

About 75% of women report symptoms during menopause. These symptoms are caused by lower levels of estrogen. Common symptoms are hot flashes, sweating followed by chills, sleep problems or mood swings. A healthy lifestyle may give relief from common symptoms.

- Drink extra fluids (such as milk or water) to offset fluid lost in sweat.
- Try soy foods to help reduce hot flashes (not all women will benefit).
- Limit high fat and spicy foods, alcohol and caffeine since they can worsen hot flashes and interfere with sleep.

### After Menopause

Estrogen protects women against heart disease and osteoporosis. After menopause, low levels of estrogen put women at greater risk for these diseases.

### Heart Disease

Heart disease causes one third of deaths in women. Lower your risk by following a healthy diet.

- Eat 7-8 servings of vegetables and fruit each day.
- Get 25-35 grams of fibre everyday.
- Have meat alternatives such as beans, lentils and tofu often.
- Reduce saturated fat and trans fat by choosing oils and soft margarines instead of butter, shortening and lard.
- Eat at least two food guide servings of fish per week. Choose fatty fish more often since they are highest in omega-3 fat.
- Avoid high dose supplements, especially vitamin E.

### Osteoporosis

Osteoporosis causes bones to become weak and brittle. A woman's risk for osteoporosis increases with age and even more with menopause. One quarter of women over the age of 50 develop osteoporosis. Help prevent osteoporosis by getting enough calcium and vitamin D.

- Have 2-3 servings of Milk and Alternatives each day. Drink 2 cups of milk or fortified soy beverage to get enough vitamin D.
- Take a calcium supplement if you don't get enough from food.
- If you are over fifty, take 400 IU of vitamin D per day.
- Do weight bearing activities such as walking, dancing or bowling.

## Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing [Dietitians@sobeys.com](mailto:Dietitians@sobeys.com).

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