

NEW-trition

March / April 2008

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Choose foods fortified with vitamin D such as milk and some soy beverage, orange juice and yogurt. If the food is fortified, vitamin D will be included in the ingredient list.

Lemon Dill Salmon

Serves 4

Ingredients:

1 tbsp (15 ml)	Compliments olive oil
2 tbsp (30 ml)	Dill, fresh, chopped
½ tsp (2 ml)	Lemon zest, chopped
½ tsp (2 ml)	Lemon juice
2 tsp (10 ml)	Pepper
1 tsp (5 ml)	Hot pepper sauce
400 g	Salmon

Directions:

1. In a bowl, whisk oil, dill, lemon zest, lemon juice, pepper and hot sauce.
2. Pour over salmon and marinate for 10-15 minutes.
3. Remove salmon from marinade and reserve.
4. Heat grill to high and add salmon. Reduce heat to medium and grill until fish flakes easily (10-12 minutes). Baste with reserved marinade during grilling.

Nutrition Information per Serving:

Calories	213
Fat	14 grams
Carbohydrate	0 grams
Fibre	0 grams
Protein	19 grams
Sodium	59 milligrams

March is Nutrition Month

This year's theme is "Spotlight on Food and Nutrition". Dietitians invite you to take action by eating healthier, being more active and feeling great. Put healthy eating in the spotlight and make at least one positive change for yourself and your family.

Talk to your Sobeys Dietitian or visit Dietitians of Canada at www.dietitians.ca for healthy eating ideas.

Exciting New Health Benefits of Vitamin D

Vitamin D has always been connected to strong bones and reduced risk of osteoporosis. Researchers are now looking at other exciting health benefits. Vitamin D may reduce the risk of some of the following chronic diseases: some kinds of cancers, multiple sclerosis, rheumatoid arthritis, high blood pressure and diabetes.

Are You Getting Enough?

Most people do not get enough vitamin D. There are many risk factors for vitamin D deficiency:

- Living in Canada during the winter
- Sun protection
- Age 50+
- Very dark skin
- Limited time outside
- Clothing covering body
- Not drinking milk or fortified soy beverage
- Obesity
- Digestive disorders such as celiac disease or Crohn's disease

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

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Fact or Fiction?

All yogurts have vitamin D.

False

Vitamin D is only found in some yogurts.

Tip: Read the nutrition facts table. The % Daily Value for vitamin D ranges from 0-15% in different yogurts.

You get all the vitamin D you need from the sun.

False

You can't make enough vitamin D. Many factors limit how much you can make e.g., the sun is too weak in Canada from September to April or less is made with age.

Tip: Don't rely on the sun. Get vitamin D from food and a supplement.

Pharmacy Corner

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

Your Sobeys Pharmacists can help you make sense of conflicting information. They can help you decide whether a vitamin D supplement is right for you. Ask your Sobeys Pharmacist for help in choosing supplements and other nonprescription medicines.

Join us in-store on Thursday, May 15th for a Supplements Health & Wellness Information Day!

Vitamin D in Food

It is hard to get enough vitamin D from food alone. Make choices often from the following table.

Natural Sources	Fortified Foods
<ul style="list-style-type: none">• Fatty fish: salmon, mackerel, arctic char, sardines, herring and trout• Liver• Some organ meats (beef heart, beef kidney)• Egg yolks• Dried shiitake mushrooms	<ul style="list-style-type: none">• Fluid milk: skim, 1%, 2%, whole (chocolate and flavored)• Evaporated milk• Powdered milk• Fortified soy beverages (plain or flavored)• Margarine• Some yogurt, if made with fortified milk• Minute Maid orange juice with calcium and vitamin D

Make Sure You Get Enough

For chronic disease prevention, you need more vitamin D than you can get from food and sunlight.

- Follow Canada's Food Guide. Have 2 cups of milk or fortified soy beverage every day.
- Eat foods with vitamin D often (natural and fortified).
- Take a supplement of at least 400 IU every day if many risk factors for deficiency apply to you.
- Do not have more than 2000 IU of vitamin D each day (in total from food and supplements).

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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