

NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Read the Nutrition Facts Table. Choose products with more fibre and less saturated and trans fat.

Roasted Sweet Potato Wedges

Serves 4

Ingredients:

2 medium	Sweet potatoes, cut into wedges
1 tbsp (15 ml)	Compliments olive oil
1 tbsp (15 ml)	Rosemary, fresh, chopped to taste
	Black pepper, freshly ground

Directions:

1. Preheat oven to 400° F.
2. In a large bowl, toss potatoes with oil, rosemary and pepper until coated.
3. Spread wedges on a large baking pan and roast in oven for 15-20 minutes.

Nutrition Information per Serving (1/2 medium potato):

Calories	86
Fat	3 grams
Carbohydrate	13 grams
Fibre	2 grams
Protein	2 grams
Sodium	72 milligrams

Cooking For Your Heart

Many risk factors for heart disease are influenced by what you eat. You can help lower your risk of heart disease by making small changes to your shopping, cooking and eating habits.

Reduce Saturated and Trans Fat

Your most important goal should be to reduce saturated fat and trans fat when buying and cooking foods.

- Choose lean meat such as strip loin beef, pork tenderloin or lean ground beef.
- Trim the visible fat from your meat and remove the skin from poultry.
- Limit snack foods, baked goods and packaged items such as flavoured rice or noodles mixes or cake and muffin mixes.
- Avoid hard margarine, shortening, lard and butter.
- Use healthy cooking methods such as baking, broiling or grilling.
- Drink skim or 1% milk and select lower fat milk alternatives.

Canada's Food Guide recommends having a small amount (2-3 tsp or 30-45 ml) of unsaturated fat each day. Using unsaturated fat instead of saturated fat will reduce your risk of heart disease. Fat has calories so avoid having more than the recommended amount.

- Use vegetable oils such as canola, olive and soybean for cooking.
- Choose soft margarines that have less than 2 grams of saturated and trans fat combined.
- Spread mayonnaise or whipped salad dressing on sandwiches.
- Have salad dressing on salad or with raw vegetables.

Fill Up On Fibre

Another goal should be to increase fibre since it helps lower your cholesterol. Increase fibre slowly to 25-35 grams a day.

- Choose whole grains and other higher fibre grains such as whole grain bread, high fibre pasta or cereal.
- Eat legumes often such as lentils, beans or split peas.
- Leaving peelings on vegetables and fruit (wash well first).
- Eat the whole fruit or vegetable instead of drinking juice.

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

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Page 1 of 2

Fact or Fiction?

You should avoid red meat if you have high cholesterol or heart disease.

False

You can eat red meat as long as you choose lean cuts and watch serving sizes.

Tip: Follow Canada's Food Guide for Meat and Alternatives. Adults need 2-3 servings per day (one serving is 75 g of cooked meat).

Legumes are a good way to get fibre.

True

Legumes can help you get the fibre you need each day. They also have protein and are low in fat.

Tip: Have beans, peas or lentils more often. Use them instead of meat to increase fibre and decrease saturated fat.

Pharmacy Corner

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

Many Sobeys pharmacies offer heart health screenings. You can:

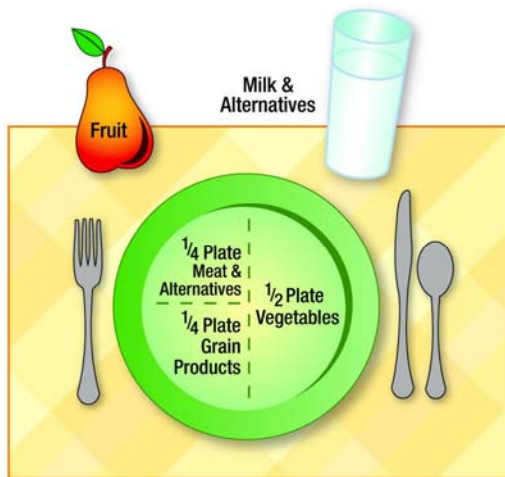
- Have your total cholesterol levels screened *
- Check your blood glucose (blood sugar levels) *
- Have a blood pressure check
- Get information on reducing your risk for heart disease

*fee may apply

Ask your local Sobeys Pharmacy for details and to arrange an appointment.

What's on Your Plate?

Balance your plate for heart healthy meals. Include 3 of the 4 groups from Canada's Food Guide at each meal.



Eat More Vegetables and Fruit

Fill half your plate with vegetables and fruit. This will increase fibre and fill you up. It will also leave less room for meat, which will decrease saturated fat.

- Aim for 7-10 servings of vegetables and fruit each day.
- Choose brightly colored vegetables and fruit more often.

Make the Most of Meat and Alternatives

Choose lean meat, meat alternatives and fish to reduce saturated fat. Limit the amount to 1/4 of your plate.

- Have at least two Food Guide servings of fish each week.
- Get omega-3 by choosing fatty fish such as salmon, mackerel, arctic char, sardines, herring and trout (SMASH T).

Great Grains

Choose whole grains or higher fibre grains. They are usually lower in fat.

- Limit the amount to 1/4 of your plate so you have more room for vegetables and fruit.
- Make at least half your grain choices whole grain each day.
- Try grains you haven't eaten before such as barley, quinoa, millet or flax.

Help Others Improve Their Health

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

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