

# NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

## Shopping Tip

Read the information on the Nutrition Facts table. Choose foods with a higher % Daily Value for vitamins and minerals.

## Mexican Rice and Bean Bake

Serves 8

### Ingredients:

1 tsp (5 ml)	Compliments olive oil
1 medium	Onion, chopped
3 cloves	Garlic, chopped
1 tbsp (15 ml)	Cumin
¾ cup (175 ml)	Compliments Balance brown rice, uncooked
1 can (540 ml)	Tomatoes, no salt added
1 cup (250 ml)	Chicken stock, sodium reduced
1 cup (250 ml)	Water
1 can (540 ml)	Black beans, no salt added, drained, rinsed
1 cup (250 ml)	Compliments salsa
1½ cups (375 ml)	Corn, frozen

### Directions:

1. Heat oil in a saucepan and sauté onion, garlic and cumin for 2-3 minutes. Add rice; stir to coat and set aside.
2. Mix with remaining ingredients in a large casserole dish.
3. Bake at 375° F for 1 hour.

### Nutrition Information per Serving:

Calories	173
Fat	2 grams
Carbohydrate	35 grams
Fibre	6 grams
Protein	8 grams
Sodium	217 milligrams

## Vitamins and Minerals

You need vitamins and minerals to stay healthy. If you don't get enough, you may develop deficiency symptoms (you may get sick or your body may not work well). Your body can't make all the vitamins and minerals you need, so make sure you get them from food.

There are 14 vitamins needed by your body.

- Fat soluble vitamins are stored in the body so be careful not to get too much. Toxicity is more likely to happen when taking supplements.
- Water soluble vitamins are not stored in your body. Toxicity is not likely to happen from having too much food.

There are 16 minerals needed by your body.

- Minerals are stored in the body so it is possible to get too much from supplements.
- Most people are at greater risk of becoming deficient than getting too much.
- Many people get too much of the mineral sodium.

## Increased Risk

The recommended amounts of vitamins and minerals are for healthy people. Certain people may be at greater risk for deficiency than healthy people.

- Those on some medications
- People with diseases that affect digestion of food or absorption of nutrients
- Those with poor diets due to poverty
- Alcoholics

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

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## Fact or Fiction?

**Vitamins are a good source of energy.**

**False**

Vitamins do not give energy (or calories) like carbohydrates, protein and fat do. There are some vitamins that help your body make energy from food.

**Tip:** Eat regular meals and snacks to stay energized.

**Vitamins are destroyed by cooking.**

**True**

Some vitamins (mostly water soluble ones) are destroyed by heat.

**Tip:** Reduce vitamin loss by cooking vegetables quickly or eating them raw.

## Pharmacy Corner

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

Your Sobeys Pharmacist can help you choose a supplement to meet your needs. Consider these tips:

- Choose a product with a DIN, NPN, or DIN-HM number on the label. This means the product meets Health Canada's standards for quality, safety and effectiveness.
- Avoid products that have "mega-doses" of any ingredient.
- Check that the supplement will not interact with other prescription or nonprescription medications you are taking. Ask your Sobeys Pharmacist for help with this.

## Boosting Vitamins and Minerals

Eating a variety of foods from Canada's Food Guide will give you most of the vitamins and minerals you need everyday. Food also gives you much more than just vitamins and minerals. It gives you energy, unsaturated fat, protein, carbohydrate, fibre and antioxidants. Because of this, there are more benefits from eating food than taking supplements.

- Choose at least one dark green and one orange vegetable each day.
- Have orange fruit like apricots, peaches, cantaloupe or mango.
- Make at least half of your Grain Products whole grain each day.
- Choose whole grain breads, brown rice or wild rice.
- Snack on popcorn.
- Drink 2 cups (500 ml) of milk or fortified soy beverage every day.
- Eat 2 food guide servings of fish each week.
- Choose fatty fish more often such as salmon, mackerel or trout.
- Add legumes to salads, soups or pasta sauces.
- Use hummus as a dip or sandwich spread.
- Snack on nuts and seeds.
- Use 2-3 tbsp (30-45 ml) of unsaturated fat every day. Choose soft margarines, vegetable oils, salad dressing or mayonnaise.

## Make Sure You Get Enough

Improve your eating habits to get the vitamins and minerals you need. Then, if you can't get enough from food, be responsible and choose a supplement.

- Talk to your dietitian or pharmacist about supplements.
- Follow directions carefully since some supplements can cause toxicity.
- Avoid taking too much. Supplements will only help if you aren't getting enough from your diet.

Canada's Food Guide does not give all the vitamins and minerals needed by some people. They need supplements in addition to following Canada's Food Guide.

- Men and women over the age of 50 should take a daily vitamin D supplement of 400 IU.
- Women of childbearing age need a multivitamin that has folic acid.

## 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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