

NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Read the ingredient list to find out if the product you are buying has been fortified.

Vegetable Quiche

Serves 8

Ingredients:

¾ cup (175 ml)	Compliments Balance rice, long grain brown, raw
1 tsp (5 ml)	Compliments canola oil
½ cup (125 ml)	Onion, minced
1 clove	Garlic, minced
2 tbsp (30 ml)	Parmesan cheese, shredded
2 cups (500 ml)	Egg substitute, Omega-3 fortified
1 cup (250 ml)	Broccoli, florets
1 medium	Red pepper, roasted, chopped
½ cup (125 ml)	Swiss cheese, light, shredded
2 tbsp (30 ml)	Basil, chopped
¼ tsp (1 ml)	Pepper, freshly ground
1	Plum tomato, thinly sliced

Directions:

1. Cook rice. Grease a 10" deep pie plate.
2. Sauté onions and garlic in oil until tender. Mix with rice, parmesan cheese and 2 tbsp egg substitute. Press into bottom of pan to make crust.
3. Top with broccoli, red pepper and cheese. Whisk remaining egg substitute, basil and pepper. Pour over vegetables and cheese. Top with tomato slices.
4. Bake at 350°F for 45 minutes, or until eggs are set. Let stand 5 minutes before slicing.

Nutrition Information per Serving (1/8 pie):

Calories	155
Fat	2 grams
Carbohydrate	19 grams
Fibre	2 grams
Protein	11 grams
Sodium	141 milligrams

Source: Adapted from Eat, Shrink, and Be Merry!

Fortify Your Grocery Cart

Stores are full of products claiming improved health by eating probiotics, prebiotics, vitamin D and omega-3. These ingredients are found naturally in some foods, but others have been fortified. "Fortified" means that ingredients have been added to increase the nutritional value of the product. You may wonder if you should buy these fortified foods. Not all fortified foods are healthy choices. Some may be high in calories, fat, salt or sugar.

Probiotics:

Probiotics are live bacteria added to foods. Probiotics may help keep your digestive tract healthy by increasing the number of good bacteria. Some yogurt, cheese and juice have probiotics added. Lactobacillus and Bifidobacterium are the most commonly used probiotics.

- Choose yogurt with 2% MF or less. Probiotic yogurt is often higher fat to support the extra bacteria.
- Buy the freshest yogurt possible. The closer to the expiry date, the fewer bacteria are still alive.
- Look for lower fat probiotic cheese (less than 20% M.F).
- Watch portion sizes of juice (½ cup is a serving). Choose unsweetened ones and limit amounts, even though they have probiotics.

Prebiotics:

Prebiotics are a type of fibre. Fibre is the part of a plant that your body can't digest. Fibre helps lower cholesterol, control blood sugars and keep bowels regular. Eating foods with prebiotics helps your digestive tract by encouraging good bacteria to grow. Some foods naturally contain prebiotic fibre, while other foods are fortified. Inulin is a common type of prebiotic fibre used to fortify foods. Inulin is found in Jerusalem artichokes, jicama and chicory root. Other sources of prebiotic fibre are soybeans, raw oats, unrefined wheat, unrefined barley and yacon.

Research on the health benefits of pre and pro biotics is ongoing. Keep basic healthy eating messages in mind when deciding to buy these products.

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

Sobeys
Dietitians

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Fact or Fiction?

Using Canada's Food Guide gives you enough vitamin D to prevent disease.

False

Having 2-3 servings of Milk and Alternatives each day will only prevent deficiency (keep bones and teeth healthy).

Tip:

Help prevent diseases like cancer and high blood pressure by making use of the safe range of vitamin D (400 to 2000 IU per day) from food and supplements.

White bread made with whole grains is a good choice if you do not like whole wheat bread.

True

White bread with extra fibre (i.e. SMART™, Compliments Grains +) has similar fibre to whole wheat bread.

Tip: Make at least half of your grains products whole grain each day. Read the label to see if your bread is whole grain.

Pharmacy Corner

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

Use these tips to make choosing the right supplement for you easier.

- Look for a NPN or DIN-HM number on the label. This means the product meets Health Canada's standards for quality and safety.
- Avoid products that have "mega-doses" of any ingredient.
- Check with your Sobeys Pharmacist to make sure the supplement will not interact with prescription or over the counter medications you are taking.

Vitamin D

Vitamin D helps you absorb calcium from foods. This helps build strong bones and teeth. Vitamin D may also reduce risk of some chronic diseases, such as diabetes, high blood pressure, cancer, multiple sclerosis and rheumatoid arthritis.

To get more vitamin D:

- Have fatty fish (salmon, mackerel, arctic char, sardines, herring or trout) and egg yolks.
- Include foods fortified with vitamin D:
 - Fluid milk, evaporated milk and powdered milk
 - Fortified soy beverages
 - Margarine
 - Some yogurt (if made with fortified milk)
 - Orange juice fortified with calcium and vitamin D
- Take a supplement of 400IU of vitamin D if over 50 years of age.
- Talk to your dietitian or pharmacist about a supplement if you are under the age of 50 to help prevent chronic disease.

Omega-3 Fat

Omega-3 fat from fish improves heart health by:

- Increasing HDL (good cholesterol) and reducing triglycerides
- Reducing inflammation and blood clotting
- Regulating heart beat
- Lowering blood pressure
- Reducing risk of heart attacks

Most people don't realize there are 3 types of omega-3: ALA, DHA and EPA. These do not have the same effect on health. Most omega-3 in the diet is from plants (ALA), but most of the health benefits come from fish (DHA and EPA). To get more DHA and EPA:

- Eat at least 2 servings of fish each week. Have fatty fish such as salmon, mackerel or trout more often.
- Check fortified foods to see which type of omega-3 is added. Look at the ingredient list or the front of the package for:
 - Flax or flax oil - ALA
 - Fish oil, marine oil or algal oil - EPA/DHA
- Consider taking a supplement of omega-3 if you have heart disease or high triglycerides or if you don't eat fish.

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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