

NEW-trition

November / December 2008

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Change your buying habits when shopping for one or two. Buy smaller packages or individual servings to reduce waste.

Frittata for 2

Serves 2

Ingredients:

1 medium	Potato
1 tsp (5 ml)	Compliments canola oil
1 cup (250 ml)	Broccoli florets
½ cup (125 ml)	Red pepper, chopped
½ cup (125 ml)	Onions, chopped
1 clove	Garlic, minced
2	Eggs
¼ cup (60 ml)	Swiss cheese, lower fat, shredded
1 tsp (5 ml)	Oregano, fresh
¼ tsp (1 ml)	Pepper

Directions:

1. Cook potato and cool. Grate.
2. Heat oil in a non-stick skillet. Cook broccoli and red pepper for 2 minutes; add onions and garlic. Cook over medium-high heat until tender-crisp, 4 to 5 minutes. Stir in potatoes.
3. In a small bowl, mix eggs, cheese, oregano and pepper. Pour over vegetables and tilt skillet to spread mixture evenly.
4. Reduce heat to medium-low. Cover and cook until eggs are set.

Nutrition Information per Serving:

Calories	237
Fat	8 grams
Carbohydrate	28 grams
Fibre	4 grams
Protein	14 grams
Sodium	118 milligrams

Good Health in the Golden Years

The senior years are a time when growth is complete and body systems are slowing down. Aging causes changes in the mouth, digestive tract and other organs. Some of these changes may increase the risk of nutrient deficiencies. The nutrients of most concern to those 50 + are discussed in this newsletter.

Calcium

Calcium helps prevent bone loss, fractures and osteoporosis. It also helps lower blood pressure.

- Have three servings of Milk and Alternatives each day.
- Take a calcium supplement if you don't get enough servings.

Vitamin D

Vitamin D helps absorb calcium to keep your bones strong. New research suggests vitamin D may also reduce risk of diseases such as cancer and diabetes.

- Have 2 cups (500 ml) of milk or fortified soy beverage every day. In addition to this, take 400 IU of vitamin D each day.
- Eat eggs and fatty fish (e.g., salmon or mackerel). You could also have foods fortified with vitamin D such as milk or margarine.

Vitamin B12

Vitamin B12 helps you use energy from food, keeps nerve cells healthy and may reduce risk of heart disease.

- Don't rely on B12 found naturally in food (found in animal foods). As you age, you absorb supplement forms of B12 better than natural sources.
- Choose foods fortified with B12 (have supplement form of B12). Try fortified soy or rice drinks or fortified meat substitutes.
- Consider taking a B12 supplement.

Protein

Protein is used to repair tissues, prevent muscle loss and keep your immune system healthy. Many protein foods also contain iron, an important nutrient.

- Choose foods from the Meat and Alternatives and Milk and Alternatives groups.
- Try softer protein choices such as fish, chicken, eggs, peanut butter, tofu, beans, milk, yogurt or cheese if chewing is a problem.

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

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Fact or Fiction?

Recipes for main dishes can be changed to serve one or two people.

True

Most recipes can be divided to serve less people.

Tip: Experiment with your favorite recipes. You could also make the whole recipe and freeze portions for later.

Tea and toast is a good breakfast.

False

Tea and toast is not a balanced meal. Have at least three of the four food groups from Canada's Food Guide at each meal.

Tip: Balance this meal by adding fruit and either peanut butter or an egg. This will give you energy and keep you full longer.

Pharmacy Corner

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

Are you taking the right medications at the right time? The PROfile® Pill Pack is a convenient bubble-pack card that holds prescription and nonprescription medications. It makes it easier to take medications and see at a glance if they have been taken on schedule.



Your PROfile Pharmacist will automatically refill your Pill Pack medications. Talk to your Sobeys Pharmacy team to find out more.

Nutrients of Concern (continued)

Fibre

Fibre helps lower cholesterol, control blood sugars and keep bowels regular.

- Make at least half your grain products whole grain each day (such as whole grain bread, oatmeal, brown rice or bulgur).
- Read the Nutrition Facts table and choose products higher in fibre.
- Eat vegetables and fruit for snacks. Leave the skin on when possible.
- Have legumes often, such as lentils, beans or split peas.
- Add flaxseed, bran buds or wheat germ to yogurt or cereal.

Fluid

Fluid is needed for your body to work well. It also helps prevent constipation and dehydration.

- Make sure you drink even if you don't feel thirsty. As you age, you may not notice thirst signals as well.
- Look at your urine to see if you are drinking enough. Drink more if your urine is a dark colour (multi-vitamins can darken your urine).
- Increase fluid when you eat foods high in fibre.
- Choose water or low fat milk most often.

Cooking for One or Two

You may feel it's not worth the effort to cook. These hints can make meal time easier.

- Create a meal plan and a shopping list. Keep the list on your fridge and add to it as you run out of foods.
- Cook once, eat twice. Cook larger amounts if you want leftovers.
- Make meals that freeze well such as soup, chili, baked beans or spaghetti sauces.
- Choose fresh fruit at various stages of ripeness (some ready to eat and some that will be ripe in a few days).
- Buy individually frozen foods so you can take out what you need (fish fillets, chicken breasts, shrimp, scallops, vegetables or fruit).
- Choose smaller cuts of poultry such as chicken or turkey pieces instead of whole birds or look for fryer rather than roasting birds.
- Ask a Sobeys employee to cut foods like steak, roasts or fish to the size you want. There is no charge for this.

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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