

NEW-trition

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SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Limit high calorie, high fat and high sugar snacks and drinks. Read the Nutrition Facts table to find items lower in these nutrients.

Crunchy Chicken Fingers

Makes 4 servings

Ingredients:

2 cups (500 ml) Compliments Oatie O's
½ tsp (2 ml) Pepper
¼ cup (60 ml) Milk, 1%
2 tbsp (30 ml) Honey
½ tbsp (7 ml) Mustard
1 lb (454 g) Chicken breasts, boneless, cut into strips

Directions:

1. Heat oven to 400° F (200° C). Spray a cookie sheet with cooking spray.
2. Crush cereal and mix with pepper in a large bowl; set aside.
3. In another bowl, mix milk, honey and mustard.
4. Dip chicken strips in milk mixture. Coat chicken with cereal. Place on cookie sheet.
5. Bake for 10-15 minutes or until chicken is no longer pink in center.

** Cooked chicken strips freeze well.

Nutrition Information per Serving:

Calories	255
Fat	3 grams
Carbohydrate	26 grams
Fibre	2 grams
Protein	30 grams
Sodium	286 milligrams

A Weighty Issue

Look around and you will see that children are gaining weight. A government report states that Canada has one of the highest rates of childhood obesity in the developed world.

- Only 9% of parents think their children are overweight or obese, yet 26% of Canadians aged 2-17 actually are overweight or obese. The Atlantic provinces have higher rates than the national average.
- Overweight and obese children are more likely to be overweight or obese adults.
- As weight increases, so does the risk of developing diabetes, heart disease and mental health problems (e.g., low self esteem or bullying).
- Children are not as active as they were years ago. They burn fewer calories because screen time (TV, movies, computer) has increased.

Get Moving

Calories from food need to be balanced with calories burned during activity. It is recommended that children be active for at least 90 minutes per day.

- Increase the amount of time your child is active. Add 10 minutes of activity per day until 90 minutes is reached.
- Decrease the amount of time your child spends sitting (TV, movies, video games or computer). Do this slowly, by 10 minutes per day, until activity goals are met.
- Try different activities to get the most health benefits. Activities should last at least 10 minutes.
- Visit www.healthcanada.ca/paguide for a copy of Canada's Physical Activity Guide for Children.

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

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Fact or Fiction?

Drinking juice is a good way to get servings of Vegetables and Fruit.

False

Fruit juice offers calories and vitamins, but very little fibre. One serving of juice (½ cup) gives 65 calories. Calories can add up if your child drinks a lot of juice.

Tip: Give your child the whole fruit more often than juice. Limit portions of juice to ½ cup at a time.

Cutting fat from a child's diet will prevent weight gain.

False

Many factors are involved in weight problems. Preventing weight gain is more than just cutting fat.

Tip: Help your child control portions, limit high calorie foods and be active.

Pharmacy Corner

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

Some medicines taste awful, but your Sobeys Pharmacist can help them go down a little easier! The FLAVORx™ Medical Flavouring System is a tool to safely flavour prescription and over-the-counter liquid medications. It makes them taste better without changing how they work.

There are many flavours. Our “Wheel of Yuck” can help you choose the best one for your child's medication.

Ask your Sobeys Pharmacist for more information.

How Much is Too Much?

Many children get extra calories from eating large portions. Extra calories equal weight gain, whether they are from healthy choices or unhealthy ones.

Eating reasonable amounts of all foods is important, but especially for foods high in calories, fat or sugar. Examples are granola bars, ice cream, donuts, muffins, French fries, potato chips, nachos, fruit drinks, pop and sports drinks. Many of these foods are low in nutrients needed for growth.

A Closer Look at Snack Foods

Item	Portion	Calories
Cookies, homemade	2	125
Sports drink	1 bottle (710 ml)	180
Chocolate bar	1 (40 g)	200
Caramel cake	1	220
Donut	1	245
Pop	1 bottle (591 ml)	250
Potato chips	1 bag (75 g)	400
Popcorn, microwavable	1 bag (10 cups popped)	410

Lead by Example

Parents can help children enjoy food by setting a good example.

- Encourage children to eat when hungry and stop before they're full.
- Sit down and eat with your child. Turn off the television so you can enjoy your meal together.
- Prepare foods in new or different ways so your family can enjoy variety.
- Make meals with foods from at least three of the four food groups.
- Split servings from food groups between all meals and snacks.
- Reduce calories by filling up on vegetables and fruit. Studies show children who eat five or more servings per day are less likely to be overweight than those who eat less than five.
- Serve lower calorie foods. Examples are plain chicken instead of nuggets, baked fish sticks instead of battered, fruit instead of pies or muffins.

Help Others Improve Their Health

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