

NEW-trition

January / February 2010

SOBEYS DIETITIANS HAVE A WORLD OF HEALTHY IDEAS FOR YOU

Shopping Tip

Read the Nutrition Facts table and choose foods higher in fibre that have less sugar.

Pears with Peanut Butter Dip

Serves 6

Ingredients:

2 tbsp (30 ml) Peanut butter, smooth
¼ cup (60 ml) Compliments Balance
French vanilla yogurt
3 medium Pears, sliced into wedges

Directions:

1. Stir peanut butter and yogurt together.
2. Arrange pears on a plate and serve with 1 tbsp of dip.

Nutrition Information per Serving (1/2 pear + 1 tbsp dip):

Calories	64
Fat	2 grams
Carbohydrate	12 grams
Fibre	2 grams
Protein	2 grams
Sodium	27 milligrams

Beat the Winter Blues

Many people notice a change in their energy levels in the winter. It may be hard to get moving or do regular activities. People who suffer from the winter blues will benefit from following a healthy lifestyle. Mood and energy levels can be affected by food choices and the timing of meals and snacks.

Load Up on Carbohydrate

Carbohydrate fuels your muscles and brain. It can also boost serotonin, a brain chemical that gives a calming effect. Carbohydrate comes from fruit, vegetables, grains, milk, milk alternatives and legumes. Carbohydrate is stored in two places for later use:

- Sugar in your blood (glucose). Your brain uses glucose so you can think clearly and react quickly.
- Carbohydrate stored in your muscles and liver (glycogen). Your body uses glycogen for exercise and to keep blood sugars stable.

Maximize Your Energy

You need the right balance of carbohydrate, protein and fat in your meals. This will give you a steady supply of energy until your next meal or snack. You can do this by choosing foods from 3 of the 4 food groups in Canada's Food Guide.

- Limit foods which give quick energy followed by a crash. Limit items with sugar or caffeine like bars, pop, cookies or caffeinated drinks.
- Make sure you get enough iron since it affects energy levels. Iron is found in foods like shellfish, meat, poultry, eggs, legumes and enriched grains.
- Limit foods high in fat since they digest slowly and may drag you down.
- Drink enough fluid since fatigue is a symptom of dehydration. Drink water or low fat milk most often.

Timing is Everything

Eat smaller meals more often to maintain your energy levels. Have a snack if you go longer than 3 to 5 hours between meals.

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

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Fact or Fiction?

Energy drinks are a good way to maintain your energy levels.

False

You should not rely on energy drinks since they are mostly sugar and caffeine.

Tip:

Eat regular and balanced meals to have a constant supply of energy. You should also drink enough during the day to prevent dehydration and low energy levels.

The winter blues are always due to poor diet.

False

Sometimes the winter blues are due to more serious issues such as depression. When this is the case, other treatments are needed.

Tip:

Talk to your doctor if you need further advice on this topic.

Pharmacy Corner

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

Considering St. John's Wort for mood symptoms?

While it is likely effective for mild to moderate depression symptoms, be aware that this natural health product (NHP) has many drug interactions, including with birth control pills.

Talk to your Sobeys Pharmacist about NHP's and supplements you are considering taking.

Energize with Snacks

Snacks will keep your energy levels up, especially if you go longer than 3 to 5 hours between meals. Balance snacks by having slightly smaller meals so that calories are spread through the day. This will help prevent weight gain. Limit high calorie snacks like baked goods, candy, chips or pop. Have them on special occasions only.

Try something new so you don't get bored.

- Fruit and veggie bars
- Fresh, canned or frozen fruit or raw vegetables
- Plain granola bars
- Crackers with peanut butter or cheese
- Pita bread with hummus
- Milk
- Yogurt or cheese
- Yogurt with fruits and nuts
- Smoothie (milk, yogurt and fruit)
- Trail mix (dried fruit, nuts, seeds and dry cereal)

Exercise

Exercise relieves stress and gives you energy. The effects of a good workout can last for several hours after the activity.

- Check with your doctor before starting a new exercise program.
- Start slowly and build up. Aim for 30 to 60 minutes of moderate activity each day.
- Have small amounts of carbohydrate foods or drinks after your activity to replace energy stores.

Get Some Zzzz's

Lack of sleep can cause you to be forgetful and less productive and can also lead to serious health problems such as weight gain, diabetes and heart disease. People need different amounts of sleep, but on average, adults need 7 to 9 hours per night.

Help Others Improve Their Health

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