YOUR
Nutrition Resource Kit

Plan…Shop…Cook…Enjoy!

Call us to get started (translation to other languages available.)
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Best Food Forward: Plan Shop Cook Enjoy!

March (also known as National Nutrition Month) is around the corner. Brought to you by Dietitians of Canada, the slogan for this year’s campaign is *Best Food Forward: Plan Shop Cook Enjoy!* During the month of March, dietitians will be dedicated to helping Canadians navigate the grocery store with ease, and to put their ‘best food forward’ among the many choices. After all, healthy eating begins at the grocery store.

Dietitians of Canada will be dishing up 31 simple and practical tips when it comes to planning, shopping and cooking, such as:

**Save time! A little planning before going to the grocery store goes a long way.**

- At the beginning of each week, take a few minutes to plan healthy meals and snacks.
- Get inspired: Check store flyers and online coupon sites for specials.
- Before heading to the grocery store, create a grocery list based on your meal plan.
- At the grocery store, stay on track, and shop only for the foods you need.

**Get stocked! Five must-have foods for your pantry.**

Interested in creating tasty, healthy and affordable meals? Here are some must-have foods for your pantry: legumes such as chickpeas and lentils, whole tomatoes (diced or crushed), dried fruits, salmon or light tuna packed in water, and whole grains such as quinoa, parboiled brown rice and oats.

**Make grocery shopping a family affair.**

Try bringing your kids grocery shopping. Explain to them where food comes from, and how to make healthy food choices. In the produce section, let your child discover new fruits and vegetables by picking them up and touching them. Why not add an element of fun, and make grocery shopping like a scavenger hunt for healthy foods? If you have older kids, ask them to read the Nutrition Facts table with you and compare products.
Putting Your Best Food Forward!

A Baker’s Dozen

The idiom ‘a baker’s dozen’ would not require any explanation for British people who are familiar with The Assize of Bread and Ale — a 13th century law that regulated the production and sale of food. Because making a loaf of bread with exacting attributes was nearly impossible, bakers began giving more than what the statute outlined to make sure they went over and never under. The bread rules were abandoned after 750 years, allowing bakers to sell loaves of bread of different weights. However, the phrase has remained in today’s language, and is used to describe ‘getting more than what you paid for’.

This year, Dietitians of Canada are launching Nutrition Month in March, with a campaign aimed at empowering people ‘to put their best food forward’ when shopping for groceries. According to Dietitians of Canada, at least half of the time, 63% of Canadians are having difficulty making healthier food choices when shopping. How do you get ‘a baker’s dozen’ when you shop for food in your local store? Here are our 12 guidelines.

12 Guidelines for Making Healthy Food Choices

1. Try to include a variety of foods in your meal plan.
2. Prepare a grocery list based on your meal plan, and have fun doing it.
3. Read food labels, nutrition tables, and ingredients lists.
4. Keep it simple. Choose foods that are fresh and the least transformed possible. Opt for packaged foods that have a short ingredient list.
5. Buy more fruits, vegetables, whole grains, low fat dairy products, fish, and lean meats.
6. Buy snacks that boost energy by fueling you with carbohydrates and protein, (e.g. Greek-style yogurt and berries, hummus and veggies, and apples with dry roasted nuts).
7. Choose water, milk, fortified soy beverages, or 100% pure juice.
8. Choose healthy, time-saving products that speed up food preparation (e.g. canned tomatoes, canned legumes, and water-packed salmon and/or light tuna. Choose low-sodium versions when possible.
9. Cook beans, lentils, and other legumes in place of meat, a few times a week.
10. Be mindful of what accompanies your food. Toppings, sauces and condiments boost flavour, but be aware that they can also add calories and fat.
11. Discover new flavours or various ethnic cuisines offering healthier choices. Purchase fruits, vegetables, or grains that you have never tried before.
12. Buy whole-wheat flour to increase the fibre content of your recipes for muffins, cookies, and cakes.

Here’s your ‘baker’s dozen’:

13. Eat before you shop. This will help you shop only for the foods you need.

Visit www.dietitians.ca for more tips on how to keep a well-stocked pantry, cooking large batch meals, transforming leftovers into new recipes, and packing nutritious lunches for the whole family.
Recipes

Pinto Bean Tortilla Soup

MAKES 8 SERVINGS

This hearty, warming soup is a delicious way to get some great soluble fibre from beans. It’s perfect for a cold Canadian winter weeknight supper. Make the soup on the weekend and reheat it to serve during the week.

Nutrients Per Serving

<table>
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<th>Nutrient</th>
<th>Amount (Per Serving)</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
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<tr>
<td>Calcium</td>
<td>122 mg (11% DV)</td>
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<tr>
<td>Iron</td>
<td>2.8 mg (20% DV)</td>
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</tbody>
</table>

Diabetes Food Choice Values Per Serving

1 1/2 Carbohydrate
1 Meat and alternatives
1 Fat

**Rimmed baking sheet**
Food processor or blender
1 1/2 cups dried pinto beans (375 mL)
1 Large onion, cut into 6 wedges
5 plum (Roma) tomatoes*, quartered
4 tsp canola oil, divided (20 mL)
4 5-inch (12.5 cm) corn tortillas, divided
2 cloves garlic, minced
1 jalapeño pepper, seeded and finely minced
2 tsp ground cumin (10 mL)
1 tsp ground coriander (5 mL)
4 cups reduced-sodium chicken broth (1 L)
1 bay leaf
2 tbsp tomato paste (30 mL)
1 cup frozen corn kernels (250 mL)
Pinch of salt
1/2 avocado, chopped
1/2 cup shredded cheddar cheese

1. Place beans in a large bowl and add enough cold water to cover by at least 3 inches (7.5 cm). Cover and let soak overnight. Drain soaked beans and rinse well under cold water. Discard any shriveled beans or those that did not swell.
2. Place beans in a large pot and add enough fresh cold water to cover by 3 inches (7.5 cm). Bring to a boil over high heat. Reduce heat and simmer for 30 to 35 minutes or until beans are tender. Drain and set aside.
3. Meanwhile, preheat broiler. Place onion and tomatoes on baking sheet and brush with 1 tsp (5 mL) of the oil. Broil, turning every 5 minutes, for about 15 minutes or until charred. Transfer to food processor and process until smooth. Set aside. Reduce oven temperature to 350°F (180°C).
4. Cut tortillas into 2- by 1/4-inch (5 by 0.5 cm) strips.
5. In a clean large pot, heat 2 tsp (10 mL) oil over medium heat. Add half the tortilla strips, garlic and jalapeño; sauté for 3 minutes. Stir in cumin and coriander. Add broth and deglaze the pot, scraping up any brown bits stuck to the bottom. Add bay leaf and bring to a boil. Stir in puréed onion mixture and tomato paste; return to a boil. Reduce heat and simmer, stirring occasionally, for 20 minutes. Stir in corn and cooked pinto beans; simmer for 10 minutes to blend the flavors. Discard bay leaf.
6. Meanwhile, gently toss the remaining tortilla strips with the remaining oil and the salt. Spread on a baking sheet. Bake for about 10 minutes or until crisp.
7. Ladle soup into bowls and garnish with baked tortilla strips, avocado and cheese.

* The tomatoes and onions can be broiled up to 1 day in advance. Let cool, cover and refrigerate until ready to use.

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Mediterranean Roasted Beef and Veggies

MAKES 6 SERVINGS WITH LEFTOVERS

This colorful, nutrient-rich dinner cooks all at once, for minimal fuss. Serve with cooked couscous, quinoa, rice or pasta.

Preheat oven to 275°F (140°C). Rimmed baking sheet, linked with foil, foil greased. Heavy ovenproof sauté pan or skillet with rack.

Prep Time: 30 minutes
Cook Time: 1 hour 30 minutes
Total Time: 2 hours 30 minutes

Nutrients Per Serving
- Calories 257
- Fat 7.6 g
- Saturated Fat 2.1 g
- Sodium 388 mg (16% DV)
- Carbohydrate 37 g
- Fibre 11 g (44% DV)
- Protein 13 g
- Calcium 122 mg (11% DV)
- Iron 2.8 mg (20% DV)

Very high: Zinc, vitamin C, vitamin B₁₂ and niacin
High in: Vitamin B₆ and riboflavin

Diabetes Food Choice Values Per Serving
- 3 Meat and Alternatives

Ingredients:
- Vegetable cooking spray
- 6 cloves, garlic peeled
- 3 plum (Roma) tomatoes*, cored and quartered
- 1 small Spanish onion, cut into 12 wedges
- 1 baby eggplant, cut into chunks
- 1 red bell pepper, cut into chunks
- 2 yellow bell pepper, cut into chunks
- 8 oz zucchini (about 2 small), cut crosswise into 1/2-inch (1 cm) slices (250 g)
- 4 oz mushrooms, quartered (125 g)
- 4 tbsp basil pesto, divided (60 mL)
- 2 tsp olive oil (10 mL)
- 3 lb boneless beef sirloin tip or inside round oven roast (1.5 kg)
- Pinch each salt and freshly ground black pepper
- 1 tbsp balsamic vinegar
- 1 tsp liquid honey (5 mL)

Instructions:

1. Lightly spray prepared baking sheet with cooking spray. In a large bowl, combine garlic, tomatoes, onion, eggplant, red pepper, yellow pepper, zucchini, mushrooms and 3 tbsp (45 mL) of the pesto; toss to coat. Spread evenly on prepared baking sheet; set aside.

2. In ovenproof sauté pan, heat oil over medium-high heat. Season beef with salt and pepper. Cook beef, turning with tongs, for about 10 minutes or until browned all over. Spread the remaining pesto over roast. Place on rack in the same sauté pan.

3. Roast beef and vegetables in preheated oven for about 1 1/2 hours or until a meat thermometer inserted in the thickest part of the roast registers 140°F (60°C) for medium-rare, or until desired doneness. Transfer roast to a cutting board, tent with foil and let stand for 10 to 15 minutes.

4. Using a rubber spatula, scrape vegetables into a large bowl. Add vinegar and honey; toss to coat.

5. Carve roast across the grain into thin slices. Serve with vegetables.

* Set aside 2 cups (500 mL) each of the roasted veggies and slivered thinly sliced roasted beef to make the next day’s main course salad or sandwich.
The 30 Day Nutrition Challenge to a Healthier You!

Are you getting tired of always wishing that you could eat healthier and be more in control of how to nourish your body so that you can feel your best? The thought of changing your lifestyle habits can be overwhelming and discouraging at times.

Launching this March 2013... for one month only.

The 30 Day Nutrition Challenge to a Healthier You is designed to help you achieve your nutrition goals with the support of your personal nutrition coach — a Homewood Human Solutions™ registered dietitian.

Benefits of the 30 Day Nutrition Challenge:

This creates an opportunity for you to take control of your health. You become the main player in pushing your limits for change in your own well-being.

• The challenge will consist of a weekly 30 minute phone conversation with your registered dietitian.
• The initial phone call will help establish your main goal and break it into manageable tasks.
• The following phone calls will help support you on your journey.
• You will also receive key information on your nutrition goal, fun facts, online videos, recipes and practical tips throughout the 30 Day Nutrition Challenge to keep you motivated, strong and successful!

Challenge Accepted?

Whether it's the weight loss challenge or the healthy heart challenge or the sugar buster challenge we are ready when you are.

Don't let the next 30 days pass you by!

MAKE A LASTING CHANGE — AND SIGN UP TODAY!