

Healthy Eating Tips from the PEI Healthy Eating Alliance for **September 2011**

**Home Grown Goodies!**

PEI has an abundance of fresh produce and seafood produced right here on our Island! These locally grown goodies can be purchased at local farms, local farmers' markets or even local grocery stores. Although PEI tends to be known for our potatoes and lobster, we have so much more to offer.

Here is a guide to show you what's in season. Some local produce, meat, poultry, eggs, fish and shellfish may be found **year-round** on PEI.

Month	Vegetables	Berries and Fruit	Fish	Shellfish
May	Asparagus, english cucumbers, & greenhouse tomatoes		Cod & trout	Scallops & lobster
June	Leaks, snow peas, spinach, radishes, and zucchini	Rhubarb	Herring & mackeral	Quahogs & lobster
July	Beans, beets, broccoli, lettuce, onions, & potatoes	Strawberries	Halibut	Scallops
August	Beans, beets, broccoli, cauliflower, tomatoes, carrots, corn, peppers, pumpkins, & herbs and garlic	Blueberries, cranberries, raspberries, & strawberries	Cod, herring, mackeral, & trout	Scallops and lobster
September	Brussel sprouts, carrots, cauliflower, broccoli, corn, potatoes, pumpkins	Apples, blueberries, grapes, pears, & plums	Cod, herring, & tuna	Lobster
October	Brussel sprouts, carrots, cauliflower, broccoli, parsnips, potatoes, & turnip	Apples, cranberries, grapes, & pears	Hake, mackeral, & tuna	Softshell clams & lobster
November	Brussel sprouts, onions, & potatoes	Apples & cranberries	Hake & mackeral	Bar clams & scallops
December	Onions		Hake & mackeral	Bar clams

PEI Fall Flavours Festival takes place September 2-25, 2011. You can join farmers, producers, crafters and artists for Farm Day in the City. This event will be held in Charlottetown on Sunday, September 25, from 11-4pm. You can see all the local culinary Fall Flavours events held in communities across the Island at [www.fallflavors.ca/index.php](http://www.fallflavors.ca/index.php).

Sources: PEI Flavours Trail [http://peiflavours.ca/images/uploads/Flavours\\_Trail\\_Guide\\_EN.pdf](http://peiflavours.ca/images/uploads/Flavours_Trail_Guide_EN.pdf)

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## Healthy Eating Tips from the PEI Healthy Eating Alliance for **October 2011**

### **Colour Your Day!**

*Eating Well with Canada's Food Guide* recommends that children ages 4-13 years eat 5-6 servings of vegetables and fruit per day. Vegetables and fruit have important nutrients such as vitamins, minerals and fibre. Eating lots of colorful vegetables and fruit each day will ensure kids get the nutrients they need to grow and the energy they need to learn and stay active. Eating vegetables and fruit may help to lower the risk of developing chronic diseases such as cancer, heart disease and stroke in the future. It is important to include vegetables and fruit at breakfast, lunch, supper and snacks.

Here are some quick and easy ideas to incorporate more vegetables and fruit into snacks throughout the day:

- Raw broccoli, cauliflower, carrots, green peppers, cherry tomatoes, or celery served with low-fat ranch salad dressing, hummus or bean dip.
  - Try a combination of two or more veggies.
- Celery sticks, apple slices and/or banana pieces with peanut butter.
- Apples, oranges, bananas, grapes, kiwi, pear, peaches, pineapple, mango, watermelon, honeydew, cantaloupe, grapefruit, strawberries, blueberries, or raspberries.
  - Try a combination of two or more fruit.
  - Serve fruit with yogurt.
  - Make a fruit salad. Cut a variety of fruit into pieces and add orange juice.
  - Try making fruit kabobs! (eg. apple slices, grapes and cheddar cheese on a skewer)
- Unsweetened applesauce served on whole grain toast or added to plain yogurt.
- Pita bread topped with real cheese & vegetables (heat in microwave or oven).
- Fruit smoothie (blend a mixture of berries & other fresh fruit with yogurt and milk for a tasty nutritious snack).
- Make a veggie kebob! See recipe below.

## **Veggie Kabob**

Adapted from Simply Great Food, Dietitians of Canada, 2007. [www.dietitians.ca](http://www.dietitians.ca)

### **Ingredients:**

- 6 grape or cherry tomatoes
- 12 ½ inch slices cucumber
- 12 ½ inch cubes lower fat cheese
- 12 ½ inch squares red, green or yellow bell pepper
- 6 black olives, pitted (optional)
- 1/3 cup tzatziki sauce or other low fat dressing

### **Directions:**

1. Thread ingredients onto skewers in the following order: 1 tomato, 1 slice cucumber, 1 cube cheese, 1 square red pepper, 1 slice cucumber, 1 cube cheese, 1 square red pepper, 1 olive.
2. Serve with tzatziki sauce or other low fat dressing.

Makes 6 servings

Note: For smaller children you may want to use toothpicks rather than skewers. In this case you will need only one of each type of vegetable.

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## Healthy Eating Tips from the PEI Healthy Eating Alliance for **November 2011**

### **Snack Ideas for Kids!**

Kids don't always meet their nutritional needs during mealtimes. Snacks throughout the day will give them the extra energy they need for school and other activities!

It's always a good idea to keep healthy snacks close by- school bags are a great place.

Packing healthy snacks is the way to go. Pack mini rice cakes, fresh fruit or nuts along with a bottle of water or a juice box.

### **Some other snack ideas include:**

- fruit cups
- bite-sized vegetables (carrot sticks, celery sticks, cherry tomatoes, cucumber slices, turnip slices)
- cheese and whole-grain crackers
- yogurt with granola topping
- whole grain toast with unsweetened applesauce or nut butter
- whole wheat pita with hummus or bean dip

Try this healthy snack recipe that kids can take in a thermos when they are on the run!

### **The All Canadian Blueberry Smoothie!!**

- 1 cup (500 mL) of milk
- 1 cup (500 mL) of local blueberries, frozen
- 1 cup (125 mL) of plain or vanilla yogurt
- 1 tbsp (30 mL) of honey

Instructions: In a blender, combine milk, blueberries, yogurt and honey; blend until smooth. Pour into glasses; serve immediately.

Makes about 2-3 cups.

Sources: [www.cancer.ca](http://www.cancer.ca) & [www.dairygoodness.ca](http://www.dairygoodness.ca)

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## Healthy Eating Tips from the PEI Healthy Eating Alliance for **December 2011**

### **Healthier Holiday Eating**

During the holiday season sweets and treats are often at hand. Here are some healthy holiday eating tips to get you and your family through the holiday season.

#### **Healthy Holiday Eating Tips**

- Plan several healthy meals and have healthy snacks ready to grab.
- Include daily physical activity as part of holiday gatherings (skiing, skating, sledding, carolling).
- Instead of denying yourself during the holiday season, have smaller portion of your favourite dish or dessert.
- Balance high fat, high calorie choices with lower calorie choices.
- Have a snack before going out shopping or to a party.

#### **Recipe Substitutions**

- Use skim milk or 1% milk instead of whole milk.
- Use evaporated skim milk instead of heavy cream.
- Use yogurt instead of sour cream.
- Use 2 egg whites instead of 1 whole egg.
- Use applesauce instead of oil in baking recipes.

***Try this healthier version of a traditional holiday favourite! But remember it is still a treat to be enjoyed in small portions on special occasions.***

#### ***Double Chocolate Brownies***

Recipe source: Bake it up! Tasty treats for healthier school bake sales

#### ***Ingredients***

1 1/2 cups	canned black beans, drained, rinsed and mashed
3/4 cup	whole wheat flour
1/2 cup	unsweetened cocoa powder
1 tsp	baking powder
1/2 tsp	salt (optional)
3	eggs
1 cup	sugar
1/4 cup	unsweetened applesauce
3 Tbsp	canola oil
2 tsp	vanilla
1/4 cup	miniature semi-sweet chocolate chips

#### ***Directions:***

1. Preheat oven to 350F. Line an 8-inch square metal baking pan with foil, leaving a 2 inch overhang at opposite ends. Lightly spray foil with non-stick cooking spray.
2. In a large bowl, combine beans, flour, cocoa powder, baking powder and salt (optional). With a

wooden spoon, beat in eggs, sugar, applesauce, oil and vanilla until well blended. Stir in chocolate chips. Pour batter into prepared pan.

3. Bake for 30-35 minutes, or until just a few moist crumbs cling to a tester inserted in the centre. Do not over-bake. Let cool in pan on a wire rack. Using foil overhangs as handles, remove from pan and transfer brownies to a cutting board. Cut into squares.

Makes 16 squares

Nutrition Facts per 1 square (65 grams)

160 calories, 5 g fat (1.5g saturated fat, 0.1 g trans fat), 105mg sodium, 26g carbohydrate, 4 g fibre, 14g sugar, 4 g protein

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## Healthy Eating Tips from the PEI Healthy Eating Alliance for **January 2012**

### **Quick & Simple Weeknight Suppers!**

The week nights can be busy with work, school, sports practices and games, lessons, homework and friends. Preparing supper can sometimes seem like a hassle. It can be tempting to stop into a fast food drive thru or to pick up something you can cook in the microwave.

Here are a few tips to help you prepare a healthy meal that is quick and simple!

It all starts with a little planning and organization. First step is to have a week's worth of menus in mind. Choose some options that are popular with everyone. Once you have a main dish such as tacos, spaghetti, or oven baked chicken you will just have to add a vegetable and/or fruit and perhaps a whole grain roll to complete the meal.

Another tip is to keep your kitchen stocked with quick and easy to prepare food. Whenever you shop, look for specials on rice, pasta, beans, etc. as well as frozen and canned fruits (in juice) and vegetables. Having a wide variety of quick and easy to prepare foods will make supper time less stressful on everyone.

One last tip is to involve the whole family in the planning and preparation of supper. Choose age appropriate jobs for the kids - for example: choosing the fruit for dessert or setting the table. When everyone is involved it makes supper time a more relaxed and enjoyable time.

Try this quick and easy suppertime favourite:

#### **Green Macaroni and Cheese**

Preparation time: 5 minutes/Cooking time: 10 minutes

Yield: 5 servings

1 bag (10oz/300g) baby spinach  
2 tbsp freshly squeezed lemon juice  
1 tbsp extra-virgin olive oil  
12oz whole wheat macaroni  
1 cup shredded white cheddar cheese  
1/2 cup slivered almonds, toasted  
freshly ground black pepper

1. In food processor, pulse spinach, lemon juice and olive oil for 15 seconds, until roughly pureed (don't overdo it).
2. Cook macaroni according to package directions until al dente (tender to the bite). Drain and return to pot. Add spinach mixture, tossing to coat evenly. Stir in cheese and almonds. Season to taste with pepper.

Source: Dietitians of Canada *Simply Great Food* Cook Book, 2007

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## **Potatoes and Root Vegetables**

### **What are root vegetables?**

Root vegetables refer to a group of vegetables that are actually plant roots. There are several popular root vegetables which are grown on PEI and available year-round, including potatoes, sweet potatoes, carrots, turnip, parsnips, radishes, and beets.

### **Local root vegetables**

Root vegetables can be purchased from farmers all over PEI, and they are also sold in local grocery stores and farmers' markets!

### **Nutritious roots!**

Root vegetables make a great addition to a balanced diet, as they are generally low in calories, fat, sodium (salt), and high in fibre, potassium, and vitamin C! Keep in mind that the way in which we cook root vegetables often has a big impact on their overall nutritional quality. When preparing these vegetables, try to use low-fat method like baking, boiling, and grilling, opposed to frying as often as possible. Also keep in mind that serving these vegetables with items like ketchup, full fat ranch dressing, sour cream, and butter adds calories, fat, sodium, and sugar. Try to limit the amount and frequency that these toppings are served.

### **Eating Well with Canada's Food Guide**

It is important for all Canadians to eat a variety of vegetables each day. Canada's Food Guide also recommends that we eat at least one orange vegetable each day. Orange colored vegetables are a great source of vitamin A, which helps keep our eyes and immune system healthy and supports normal growth and development. Root vegetables like carrots and sweet potatoes are great choices for this recommendation. Some tips for incorporating more orange vegetables into your diet include keeping carrot sticks cut up in the fridge for a quick snack or lunch item, and alternate between serving sweet potatoes with white potatoes with dinner.

**Try this recipe for an easy and healthy root vegetable side dish!**



**Roasted Root Vegetable Medley**  
**Yield: 5-6 servings**

**Ingredients:**

2 PEI carrots, peeled  
1 sweet potato, peeled  
2 PEI potatoes, peeled  
1 PEI parsnip, peeled  
1 small PEI turnip , peeled  
1 small PEI onion  
1 PEI beet, peeled  
2-3 PEI garlic cloves  
1-2 fresh sprigs of rosemary, thyme, or sage (if you do not have fresh, you can use 2 a tsp of dried!)  
1-2 tsp each black pepper and salt  
2-3 Tbsp olive or vegetable oil

**Note:** If you cannot find PEI grown vegetables, vegetables grown in other locations will work as well!

**Directions:**

1. Preheat oven to 400°F.
2. Chop all vegetables (except onions and garlic) into similar sized pieces, about 1"x1".
3. Fine chop the onions and garlic.
4. Place all vegetables and herbs into a large baking dish. Season with pepper and salt and drizzle oil evenly over the vegetables and toss to coat.
5. Bake for approx. 45-55 minutes (oven times vary) stirring occasionally throughout baking process, until they are tender and golden brown.
6. Portion, serve, and enjoy!

**Tips:**

- Try experimenting with different herb combinations and see which ones your family likes best! Spices like paprika, chili powder, and curry powder would be great options!
- You can chose to keep the skins on the vegetables, just be sure to wash them well.

Nutrition facts per serving: 245 calories, 4.8 g protein, 7 g fat (all unsaturated!), 6.5 g fibre

Adapted from: Food Network Recipe - <http://www.foodnetwork.com/recipes/wolfgang-puck/roasted-root-vegetable-medley-recipe/index.html>

Recipe analyzed using Dietitians of Canada Recipe Analyzer: [www.dietitians.ca](http://www.dietitians.ca)

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### **Eating Together as a Family**

If you feel like your family doesn't have time to eat meals together, you are not alone! Many families have difficulty finding time to eat meals together because of being busy and having conflicting schedules. Despite everyone's hectic schedules, it's important to find some time during the week to get everyone together for a family meal.

- Children who eat at home with their families have a greater tendency to eat more vegetables and fruit, and therefore get more fibre, vitamins and minerals. They also eat fewer fried foods, saturated fat, trans fat and drink less soda.
- Eating together gives you an opportunity to be a good role model. Display good eating habits such as choosing a variety of foods from *Eating Well with Canada's Food Guide* and eating moderate portions.
- Family meals also provide a chance to spend time together. Enjoy this special time to talk and catch up on the day's events.

### **Getting Everyone Together at Mealtime**

**Make it a Priority.** Eat together at least **four times a week**, if possible. If you are not eating any meals together now, start by making one meal a week together a habit then increase the number of weekly family meals from there. Mark it in on the calendar so everyone knows what nights are for family meals.

**Plan Ahead.** After you have scheduled your family meal nights, plan what you will eat and who will be responsible for each task. If you have a meal planned and all the groceries on hand, you are more likely to make sure the meal happens.

**Get Your Kids Cooking!** Children are more willing to try new foods if they helped choose and/or prepare them. Allowing them to help with the meal will also provide them with the skills they need to become independent and give them a sense of pride and accomplishment.

**Get Set to Save Time.** Assign small tasks for each member of the family to do the evening before like set the table or cut up vegetables. This will help speed up meal preparation and allow your family to spend more time together.

**Make Family Meals Fun.** Give everyone a turn to tell a joke or describe the most interesting thing that happened during their day. This will get the kids looking forward to spending mealtimes with the family.

**Focus on Family Time.** Make it a rule – no TV, texting or phone calls during mealtime!

Source: Kellogg's Nutrition, 2011; <http://www.kelloggsnutrition.com/eat-well/family-meals.aspx>

## Salsa Bean Salad

Source: Todays Parent, [www.todaysparent.com](http://www.todaysparent.com)

Makes about 8 servings

### Ingredients

1 cup	small pasta, uncooked
19 oz can	mixed beans (or red kidney beans, romano beans or chick peas)
1 1/2 cups	corn niblets, or cooked corn from the cob
1/2 each	chopped red pepper, green pepper, red onion
1 cup	salsa (mild, medium or hot)
2 Tbsp	olive oil
2 tbsp	vinegar
	pepper to taste
1/2 cup	cheese, shredded

### Directions

- Cook the pasta just until tender but not mushy, Drain thoroughly, then rinse under cold running water and drain again. Dump into a large bowl.
- Open the cans of beans and corn and empty them into a strainer. Rinse under cold water and drain thoroughly. Dump into the bowl with the pasta. Hand your child a wooden spoon, and have him gently mix the beans pasta while you chop the peppers and onion.
- Add the chopped peppers and onion, salsa, oil and vinegar. Stir carefully – you don't want to mash up the beans – then taste for seasoning. Add pepper if you need it – the salsa may be spicy enough.
- Chill, then just before serving, toss again and top with shredded cheese.
- Serve with pita wedges or whole grain crackers.

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### **Cooking with kids!**

Looking for a great activity that you can do at home with kids that doesn't cost a bundle? Try cooking! Cooking with kids doesn't have to be a big production or a lot of work. Whether you have toddlers or teens, and whether you've got five minutes or 50, your kids can cook and they'll love it.

Get them cooking with healthy habits now, and chances are they'll keep up those good habits as they grow older. We're not just talking about cookies, either. It could be any food or dish for any meal.

Remember you're making more than meals together. You're making memories together!

### **Different stages for different ages.**

To make the cooking experience a positive one be sure to give your child an age appropriate task that he or she can be successful at. Also, remember to keep your kids safe by supervising them closely in the kitchen.

### **Secrets to success**

There are a few basics to keep in mind to maximize the positivity and fun in the kitchen.

1. **Think safety first.** Like many places in the house, your kitchen has hazards. Supervise your kids at all times.
2. **Wash up.** Teach your kids why, how, and when to wash their hands thoroughly before getting started.
3. **KISS.** Keep It Super Simple. Your first goal is for your child to think, "Hey this is fun, let's do it again!" So choose something you're sure will work. The main thing is for your child to feel successful.
4. **Don't rush.** Allow more time than you would need to make a recipe on your own. When you are in a hurry, give your child a specific, manageable task. For example, they could find and wash fruit to make a fruit salad.
5. **Get organized.** Keep your kids interested and engaged by avoiding downtime. Assemble what you'll need and maybe even get a head start on some parts of the recipe before inviting your kids to join you in the kitchen.
6. **Give your child a task.** Children learn much more by doing than by watching so let them do as much as they can. If they seem to be struggling, ask if they want any help.
7. **Oops! Keep a damp cloth handy.** You have to expect some mess. Here's the best way to handle it: without showing your child you are upset, help them tidy up a mess rather than doing it all for them.
8. **Don't expect your child to eat it.** Your kids will be more interested in cooking if they know they won't have to try everything they make. At least they are more familiar with that food now than before they helped cook it!
9. **Create a kid-friendly kitchen:** Can your kitchen be organized so that children can work more independently (with your supervision)? Perhaps you need a good sturdy stool, a

kid-sized pitcher or a drawer just for them with their lunch bag, re-useable containers, a plastic bowl, plate and cutlery.

For more information on this topic and age appropriate cooking tasks and tasty recipes to cook with kids please visit

<http://www.eatrightontario.ca/en/ViewDocument.aspx?id=6&Topic=5&Cat=158>.

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### **Lively Legumes**

Legumes are dried beans, peas and lentils; they fall into the Meat and Alternative group in Canada's Food Guide. Legumes are excellent sources of protein and fibre while being very low in saturated fat. For these reasons, it's recommended to include legumes often when planning your family meals.

Legumes can be found dried or canned. Dried legumes take longer to prepare but are less expensive than the canned versions. When using canned legumes be sure to drain and rinse well to reduce sodium.

Not only are legumes healthy, but they are also inexpensive and easy to use! Challenge your family to have a meatless meal at least once a week. This is a good way to introduce meat alternatives to your kids and save money at the same time. When introducing legumes to your family for the first time, have fun! Start by adding them to family favourite dishes so your children will get used to the texture slowly, eventually make them the star of the dish!

Below are some ideas on how to include legumes into your family's favourites:

- Add lentils to spaghetti sauce
- Make chili with kidney beans
- Replace mayonnaise with hummus as a spread on sandwiches
- Add a layer of refried beans on tacos
- Use chickpeas on salads

### **Hummus**

#### **Ingredients:**

1 can Chick peas, drained, rinsed  
¼ cup Lemon juice, fresh  
¼ cup Tahini  
2 cloves Garlic, chopped  
2 tsp Extra virgin olive oil  
2 tbsp Parsley, fresh, chopped  
Garnish Paprika

#### **Directions:**

1. Place chick peas, lemon juice, tahini, garlic, oil and parsley in a food processor. Blend to desired consistency.
2. Add a bit of water to smooth consistency if desired.
3. Garnish with paprika.

**Source: Sobeys Dietitians, Charlottetown**

### **Whole grain goodness**

*Eating Well with Canada's Food Guide* recommends that at least half of your grain products should be whole grain each day.

### **What are whole grains?**

Foods made with whole grains (i.e. whole grain bread or brown rice) contain all three edible layers (bran, endosperm and germ) of the grain seed or kernel whereas refined grains (ie. white bread or white rice) contain only the endosperm layer.

### **Why are whole grain foods important?**

Choosing whole grain foods is important because each layer of the seed or kernel provide a unique combination of nutrients. Removing the bran and germ layer in refined grains result in the loss of fibre, vitamins, minerals and phytochemicals. The nutrients in whole grains work together with other naturally occurring components to provide an overall health benefit.

### **Easy ways to incorporate more whole grains into your day:**

- Start your day with a bowl of oatmeal, whole grain cereal, or whole wheat toast.
- Try whole grains used in different cultures, such as bulgur, barley, quinoa, and wild rice.
- Substitute brown rice in recipes that call for white rice.
- Use whole wheat pasta instead of regular pasta.
- Bake with whole wheat flour. In most recipes, you can substitute half the white flour for whole wheat flour!
- Pick cereals that are made with whole grains or bran.
- Make homemade (or order) pizzas with whole wheat crust.
- Use whole grain bread to make sandwiches or french toast.
- Choose whole grain tortillas, flat breads, pitas, bagels, baguettes or buns instead of white.
- Have whole grain crackers as part of a snack.

Source: *Eating Well with Canada's Food Guide; A Resource for Educators and Communicators*, 2007

**See attached recipe for an easy, delicious whole grain side made with quinoa!**

### **Quinoa, Black Bean, and Corn Salad**

#### **Ingredients**

3/4 cup	quinoa
1/2 teaspoon	salt (optional)
1- 2/3 cups	canned or cooked corn
1 can (15 ounce)	black beans, rinsed and drained
3/4 cup	salsa
2 tablespoons	lime juice
2 tablespoons	chopped cilantro

## Directions

1. Rinse quinoa under cold running water. In a medium saucepan, combine 3/4 cup quinoa with 1-1/2 cups water. Heat to boiling over high heat. Stir in salt, reduce heat to low, cover, and simmer for 20 to 25 minutes or until liquid has been absorbed. Set aside.

2. In a large bowl, combine corn, beans, and salsa. Stir in quinoa, lime juice, and cilantro.

Makes 6-1 cup servings

### **Nutrition Facts** per 1 cup serving

193 calories, 2 g fat, 38 g carbohydrate, 7g fibre, 9g protein

Recipe adapted from: Parents; <http://www.parents.com/recipe/beans/quinoa-black-bean-and-corn-salad/>

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