

2008/2009

Monthly Healthy Eating Tips for School Newsletters from the PEI Healthy Eating Alliance

Healthy Eating Tips from the PEI Healthy Eating Alliance for **September 2008**

Food Safety in Lunches

As another school year begins, it is time to start packing lunches again. An important issue to consider when packing a lunch is food safety! Foods that you normally keep in the fridge (ie: cheese, yogurt) should be kept cool at less than 4°C. Using an insulated lunch bag and an ice pack is a great way to keep food cool and prevent food borne illnesses.

Foods that you eat hot should be kept above 60°C or cooled down and reheated to 60°C when ready to eat. The “danger zone” is between 4°C - 60°C. Bacteria can grow rapidly at these temperatures and it is recommended that food be refrigerated or reheated properly within two hours to prevent the growth of bacteria. A good rule to remember is “keep hot foods hot and cold foods cold”.

Here are some other simple food safety tips to help you pack a healthy lunch:

1. Wash your hands before making the lunch.
2. Make sure all counter tops, cutting boards and utensils used to prepare lunch are clean.
3. Dishes used to pack lunches should be cleaned daily.
4. Wash fruits and vegetables before cutting them.
5. Wipe lunch boxes/bags clean with a wet cloth and mild detergent daily.
6. Discard any perishable leftovers at the end of the day.
7. Place a frozen 100% juice box in the lunch, this will keep the lunch cold and provide a refreshing drink at lunch time.
8. Do not store lunches in direct sunlight or in a hot space.
9. Use opened luncheon meats within 3-5 days. For information about the listeria investigation and recall please visit the Canadian Food Inspection Agency’s website at www.inspection.gc.ca.
10. Encourage your kids to wash their hands before eating their lunch.

For more information on food safety please visit www.fightbac.org.

Try this easy to prepare last minute lunch or dinner dish as a yummy way to use up leftover chicken!

Pinwheel Bites

2 large whole wheat soft flour tortillas	1 tsp finely chopped green onion
½ cup shredded Cheddar cheese (approx. 4 oz)	Salsa and guacamole
4 oz cooked chicken, shredded	

Place 1 tortilla in large frying pan. Scatter with cheese, chicken, and green onion. Cover with second tortilla and cook over medium heat for 3-4 minutes on each side or until cheese is thoroughly melted and tortilla is beginning to brown. Using scissors or a knife, cut quesadilla into 8 triangles and serve with salsa and/or guacamole. Serves 2 small children or 1 adult.

Source: The Good Food Book for Families

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **October 2008**

Orange and Green Vegetables

Eating Well with Canada's Food Guide recommends eating at least one dark green and one orange vegetable each day. Vegetables are an excellent source of many nutrients. Dark green and orange vegetables are great sources of folate and vitamin A. Folate is a nutrient that has been linked to decreased risk of heart disease, cancer, and neural tube defects. While vitamin A can help with your eye sight, boost your immune system, and keeps your skin, bones, and teeth healthy. Eating a diet with adequate amounts of folate and vitamin A will contribute to your overall health!

Examples of orange vegetables:

- Carrots
- Pumpkins
- Orange colored squash
- Sweet potatoes

Examples of dark green vegetables

- Broccoli
- Romaine lettuce
- Spinach
- Green peas

Try this tasty recipe, sweet potatoes are a great source of vitamin A.

Sweet Potato Fries

- | | |
|---------|---|
| 1 lb | Sweet potatoes wash and cut into wedges |
| 2 tsp | Vegetable oil |
| ¼ tsp | Paprika |
| 1/8 tsp | Garlic powder |
| | Black pepper |

Place potatoes in a bowl. Add oil, paprika and garlic powder. Season to taste with pepper. Toss to coat. Transfer to baking sheet. Bake at 375 °F for 25 minutes or until tender and golden brown, turning once.

Source: Dietitians of Canada, Great Food Fast

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **November 2008**

Kick Start your Day with Breakfast!

Breakfast is the most important meal of the day. Kids need a good breakfast to help them concentrate and to make the most of their learning experiences in school. Breakfast prepares your body for the rest of the day. Food is your body's fuel and it needs a full tank to make it through the day!

Try to include 3 of the 4 food groups at breakfast. Including foods such as whole grain breads, milk, cheese, eggs, fruit, oatmeal, and whole grain cereals at breakfast will keep stomachs full until break time.

The number one reason people skip breakfast is because they do not have time to eat. Plan breakfast the night before and get out some of the products you will need to help speed up the process. Some people skip breakfast because they are not hungry. In this case, try tempting them with a healthy breakfast bar or homemade breakfast muffin and a glass of 100% juice or milk.

These healthy muffins can be a quick breakfast and are a good source of fiber which keeps us feeling fuller longer.

Banana Applesauce Muffins

2 Cups	Whole wheat flour
1 Tbsp	Baking powder
1 tsp	Baking soda
½ tsp	Salt
3	Ripe bananas, mashed (about 1 1/3 cups)
1	Egg, lightly beaten
1 Cup	Unsweetened applesauce
½ Cup	Granulated sugar
¼ Cup	Vegetable oil

1. In a large bowl, combine flour, baking powder, baking soda and salt.
2. In a medium bowl, combine bananas, egg, applesauce, sugar, and oil. Stir into flour mixture until just combined.
3. Divide batter evenly among prepared muffin cups
4. Bake at 400 °F for 15-20 minutes or until tops are firm to touch and a tester in the center of a muffin comes out clean. Let cool in tin for 10 minutes then remove to a wire rack to cool completely.

Source: Dietitians of Canada, Simply Great Food

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **December 2008**

Bigger is not Always Better

Eating Well with Canada's Food Guide is a great resource and it tells us how many servings we should be getting daily from each food group. So, how do we know what is in a food guide serving? With all the “monster” and “super size” products on the market today, it is no wonder why many of us suffer from portion distortion!

The following examples are all equal to 1 serving from *Eating Well with Canada's Food Guide*:

Vegetables and Fruit

- ½ cup (125 mL) fresh/frozen/canned
- ½ cup (125 mL) 100% fruit juice
- 1 medium sized fruit = tennis ball
- 1 cup (250 mL) leafy raw vegetables or salad

Grain Products

- 1 slice (35g) of bread
- ½ bagel, english muffin, or pita bread = a hockey puck
- ½ cup (125 mL) cooked rice or cooked pasta = a light bulb

Milk and Alternatives

- 1 cup (250 mL) milk (any type)
- 1 ½ oz (50g) of cheese = two fingers
- ¾ cup (175 g) yogourt

Meat and Alternatives

- 2 ½ oz (75 g) cooked fish or meat = a deck of playing cards
- 2 eggs
- 2 Tbsp peanut butter or nut butter = golf ball
- ¼ cup nuts or seeds

For speed, simplicity, flavor, and kid appeal, this recipe is a must!

Lemon Yogurt Sole

2 tbsp	light mayonnaise
2 tbsp	plain yogurt
1 tsp	all-purpose flour
1 tsp	lemon juice
½ tsp	dried thyme
14 oz	frozen sole fillets, thawed and thoroughly patted dry

In a bowl combine mayonnaise, yogurt, flour, lemon juice and thyme; mix well. Arrange sole fillets in a single layer on baking sheet. Spread mayonnaise-yogurt over fish. Broil for about 8 minutes or until fish flakes easily with a fork. Serves 8.

Source: Better Food for Kids- Your Essential Guide to Nutrition for all Children from 2 to 6.

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **January 2009**

Vitamin D

Vitamin D is a fat soluble vitamin. It helps with the absorption of calcium and is important for the maintenance of bones and teeth, most importantly helping to prevent osteoporosis. Vitamin D can also be made in the skin when exposed to summer sunlight. Because of our long winter and limited summer sunlight, vitamin D is much more important through diet and we cannot rely on the skin to make it.

Here are some easy ways to incorporate vitamin D:

- Consume foods which are fortified with vitamin D.
- If possible, drink the recommended amount of milk each day; milk is fortified with vitamin D. Yogurt and cheese will give you calcium, however not all products are fortified with vitamin D. Check the label for this information.
- To help meet your needs, expose your hands, face and arms to the sun for 10-15 minutes 2-3 times a week without sunscreen. To prevent sunburn, avoid the hottest times of the day.
- Incorporate fish such as salmon and cod into your diet to help meet your needs.
- Most breakfast cereals are fortified with vitamin D. When choosing a breakfast cereal, make sure to take note of the label to see if vitamin D is added.
- Vitamin D needs increase with age. In addition to following *Eating Well with Canada's Food Guide*, it is recommended that all adults over the age of 50 take a daily vitamin D supplement of 10 micrograms or 400 IU.

Try this fruit smoothie to increase your calcium absorption with vitamin D fortified milk.

Orange Frosty Smoothie

½ cup orange juice
½ tsp. vanilla
1 cup white milk
6 ice cubes

Combine all ingredients in a blender and serve immediately.

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **February 2009**

Role Modeling

Children's eating patterns are influenced by the eating patterns of those around them, especially by their parents. If healthy eating patterns are adopted early in life, these habits will follow along for years to come. Here are some tips parents or guardians can follow to help encourage healthy eating habits for their kids!

- Make sure to incorporate at least three meals a day. If you have a structured pattern of eating, your child is more likely to as well!
- Don't take too much! Take all that you think you can eat and if you are still hungry, you can help yourself to seconds. This will influence your child to eat more appropriate servings of food.
- Eat a variety of foods. Trying new foods is important, but remember not to force them upon your child.
- Encourage your child to decide when they have had enough to eat. This will allow them the ability to eat when they're hungry and not just for something to do.
- Don't eat in front of the TV. Children are more likely to request unhealthy foods advertised on TV.
- Incorporate your child in the meal planning process; they are more likely to eat a healthy food if they have helped to pick it out.
- Choose vegetables and fruit for snacks instead of high sugar packaged foods. If the healthy options are available and accessible, your child will be more likely to enjoy them.

Potatoes are high in potassium and vitamin C and are fat-free and are a good source of fibre and vitamin B6. This easy recipe is a fun way for kids to help in the cooking process.

Tater Boats

- 1 medium baked potato
- 1/8 cup grated cheddar cheese
- 2 Tbsp milk
- 1/2 Tbsp margarine
- extra grated cheddar cheese, carrot sticks, red or yellow pepper
- salt and pepper to taste
- 1 Tsp olive oil for baking

Preheat oven to 350°F. Wash potato and poke with a fork 6-12 times to allow steam to escape during baking. Place a baking sheet in the oven a rack below potato to catch any drippings. Lightly coat potato in oil and place in oven for approximately an hour, depending on its size.

Once cooked, cut potato in half lengthwise and scoop the insides into a bowl. Mash together the potato filling, cheese, milk, butter, salt and pepper, and scoop back into the potato skins. Warm for 2 minutes on high in the microwave. Decorate the halves with extra grated cheese and use carrot sticks for masts and the peppers for sails!

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **March 2009**

Sports Nutrition

A healthy lifestyle includes eating right and incorporating physical activity. But how do you eat right to support physical activity? Here are some tips on what to eat to obtain the best results!

- Before an event, a small meal high in carbohydrates, low in fat and moderate protein are best!
- Stay hydrated! Before exercise (2-3 hrs), drink 400-600mL. During exercise, drink 150-350mL every 15-20 minutes, and after exercise replace fluid losses (450-675mL/0.5kg body weight lost during exercise)
- To sustain exercise, following the upper range recommended by *Eating Well with Canada's Food Guide* will allow enough caloric energy.
- No need for protein powders! The body has an increased need for overall calories including carbohydrate, fat, and protein. It is important to keep in mind that enough protein can be obtained from a balanced diet.

Try this recipe before a big game! Snacks high in carbohydrates provide energy for sport!

Muesli Mix

4 cups	quick-cooking rolled oats	1L
½ cup	flax seeds	125 mL
½ cup	wheat germ	125 mL
½ cup	oat bran	125 mL
½ cup	wheat bran	125 mL
1 cup	dried cranberries	250 mL

Mix together all ingredients and pour into an airtight container. Store in a cool, dry place From

Source: Dietitians of Canada: Cook Great Food

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for April 2009

Fast Food

Although tempting, fast food should not be taken for granted! Many choices at fast food restaurants are very high in fat, sugar and salt and are easy on the wallet. Although not the best options, these chains are also starting to offer “healthier” items to their menus to appeal to the health-conscious population. Here are some tips to choosing healthier options!

- Control portion size! “Supersizing” may seem like a great deal at the time, but this adds extra calories and fat. Try a small or junior size fries and drink instead.
- Choose the grilled chicken over fried.
- Choose milk or 100% fruit juice over soda. They may be comparable in calories, but the milk and juice offer many vitamins and minerals your body needs.
- Try sharing fries with a friend.
- Add veggies to your burger! Adding tomato, lettuce, pickles and onions and ketchup and mustard instead of mayonnaise add taste without adding fat.
- Many fast food salads are accompanied by dressings which are high in fat. Try a lower fat dressing and be cautious of how much is added; the whole package is not necessary!

Take This!	Leave This!
Grilled Chicken Burger Side Salad w/ Fat free French Dressing Bottle of Water ----- Total Calories: 420 Total Fat: 7 g Saturated Fat: 1.5 g Sodium: 1150 mg	(Deep-fried) Chicken Club Burger Side Caesar Salad Medium Sweetened Iced Tea ----- Total Calories: 910 Total Fat: 45 g Saturated Fat: 12 g Sodium: 1870 mg
Hamburger Small Fries 250 mL 1% White Milk ----- Total Calories: 590 Total Fat: 21 g Saturated Fat: 7 g Sodium: 810 mg	Double Cheeseburger Medium Fries Medium Cola ----- Total Calories: 1010 Total Fat: 39 g Saturated Fat: 15 g Sodium: 1440 mg
Sub with Chicken Breast w/ wheat bread, lettuce, tomatoes, onions, pickles, olives, green peppers 1 tbsp Fat-free honey mustard sauce 1 pkg apple slices Bottle of Water ----- Total Calories: 365 Total Fat: 5 g Saturated Fat: 1.5 g Sodium: 920 mg	Sub with Deli Meats (pepperoni, salami) w/ wheat bread, lettuce, tomatoes, onions, pickles, olives, green peppers and cheese 1 tbsp mayonnaise 2 cookies Bottle of Water ----- Total Calories: 1010 Total Fat: 57 g Saturated Fat: 21 g Sodium: 1840 mg

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **April 2009**

Nutrients, Nutrients, Nutrients!

Nutrients are found in all foods we eat. Carbohydrates, protein, and fat give us energy, and vitamins and minerals boost the immune system, and support normal growth and development. Each food group offers a variety of nutrients, but all nutrients are not found in one food group. Therefore, it is important to eat a variety of foods from Canada's Food Guide to ensure that you get the recommended types and amounts of nutrients that you need for optimal health.

The following shows the nutrients that are most common in each food group.

Vegetables and Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
Vitamin A	Fibre	Calcium	Iron
Vitamin C	Thiamin	Vitamin D	Protein
Fibre	Riboflavin	Vitamin B12	
Vitamin B6	Niacin		
	Folate		
	B Vitamins		

Well balanced meals and snacks are great ways to get these important nutrients. Remember, a balanced meal includes foods from three of the four food groups, and a balanced snack includes foods from two of the four food groups.

Try this for a fun, balanced lunch!

Almond Butter Banana Sushi

3 tbsp almond butter

1 large whole wheat soft flour tortilla (10 inches)

1 banana

- Evenly spread the almond butter over the tortilla.
- Place banana on one side of the tortilla and roll tortilla around banana.
- Slice roll into 1-inch segments.

Source: *The Good Food Book for Families* by Brenda Bradshaw, & Cheryl Mutch, MD 2008

Check out the PEI Healthy Eating Alliance website at www.healthyeatingpei.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance for **June 2009**

Let's Look at Labels

Do you know where to find out important nutritional information about the foods you eat? The nutrition label on the packaged product! They can be easy to use, and help you make better choices about the foods you buy.

What can be found on the label?

- Nutrition facts panel.
- Ingredient list.
- Health claims, and/or nutrition claims.

The nutrition facts panel includes:

- Serving size, but remember that the serving size is not always the amount that you may eat.
- Amount of energy (calories) in the serving as well as how many carbohydrates, protein, fats, and vitamins and minerals.
- The percent daily value (% DV) is a great tool for helping us choose between two products. The % DV puts nutrients on a scale from 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving of the packaged food. You can then compare it to other similar products and decide which is a better choice for you and your family.

The ingredients are listed according to how much of that ingredient is found in the product. The ingredient that is most abundant in the product is listed first.

Health and nutrient claims are regulated by Health Canada, and can help you choose foods that suit your needs. An example of a health claim is: "A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (_____) is a good source of calcium". An example of a nutrient claim is: "Fat-free". For more information about food labels, and health and nutrient claims you can visit www.healthyeatingisinstore.ca.

Easy, homemade **Strawberry Popsicles**

1 lb fresh strawberries

3/4 cup orange juice

1 tsp liquid honey

- Puree strawberries and orange juice in food processor until smooth.
- Add just enough honey to sweeten the fruit.
- Pour into popsicle moulds and freeze.

Source: *The Good Food Book for Families* by Brenda Bradshaw & Cheryl Mutch, MD 2008

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Healthy Eating Tips from the PEI Healthy Eating Alliance

Mighty Milk

Tasty and good for you! Milk provides essential nutrients, calcium and vitamin D, for growing and maintaining healthy bones and teeth. If your kids will drink chocolate milk, but not white milk, don't worry! Chocolate milk provides the same amounts of calcium and vitamin D as white milk but with more sugar and small amount of caffeine, so they will still be able to grow and maintain healthy, strong bones! *Eating Well with Canada's Food Guide* recommends children age 4-8 years get 2 servings of milk and alternatives each day and children and teens age 9-18 years get 3-4 servings a day. So, what is a serving of milk and alternatives?

- * 1 cup (250 ml) of white or chocolate milk
- * 1 cup (250 ml) fortified soy beverage
- * 3/4 cup (175 g) of yogurt
- * 1 1/2 oz (50g) of hard cheese or 2 cheese slices

Eating Well with Canada's Food Guide also recommends drinking low-fat (1% and 2%) milk everyday for maximum nutritional benefits.

Try this recipe for a new spin on milk! This side dish is easy to make and sure to please the whole family.

Mashed Sweet Potatoes with Cheese

3/4 pound (336 g) sweet potatoes (approximately 1 large)
1/4 cup (60 ml) milk
1 tablespoon (15 ml) butter or non-hydrogenated margarine
Salt and pepper to taste
1/4 teaspoon (1 ml) thyme
1 cup (250 ml) Cheddar cheese, grated

Preparation:

Peel and cut sweet potatoes into pieces. Boil in same way as regular potatoes. Once cooked, strain and mash potatoes with milk and butter. Season and add half the cheese. Transfer to a greased baking dish. Sprinkle remaining cheese and broil until cheese is golden brown.

Source: *dairygoodness.ca*

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Healthy Eating Tips from the PEI Healthy Eating Alliance

Fats & Fish

Did you know that there are two types of fat that our bodies cannot make, and we must get from the foods we eat? Omega-3 (EPA and DHA) and omega-6 are essential fats in our diet. They are important for heart health, as well as brain and eye development. *Eating Well with Canada's Food Guide* suggests that we eat at least two food guide servings of fish each week to get the maximum benefits of the omega-3 fat.

Some fish that are good sources of omega-3 fats are:

- Char
- Herring
- Mackerel
- Rainbow trout
- Salmon
- Sardines

Salmon with Fresh Dill

Serve with your choice of side (salad, rice, baked potato, and/or vegetables).

Ingredients	Directions
1 ½ lb salmon 1/4 onion, thinly sliced 1/4 cup finely chopped fresh dill 1 lemon, quartered	1. Preheat oven to 400°F 2. Evenly spread onion over fish and sprinkle with dill. 3. Squeeze lemon over fish. 4. Bake in over for 15-20 minutes or until fish is moist, opaque throughout and flakes easily with a fork.

Source: *The Good Food Book for Families* by Brenda Bradshaw & Cheryl Mutch, MD 2008

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