

# Nutrition



# Bites

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*This recipe is high in carbohydrates, protein, healthy fats, iron, calcium and fibre.*

*Enjoy as lunch or as main dish or an*

Newsletter Content is adapted from the following resources:

Hamilton Public Health  
Alberta Health Services  
Guelph Family Health Study  
Fraser Health.ca  
[Lentils.org](http://Lentils.org)

## Community Nutrition Newsletter

### Making healthy choices on a budget

Every time you spend money on food, you instantly think on cost. There are many ways to save money when choosing healthy foods in the grocery store. Start with a plan and with a variety of best buys from each of the food recommended and compose the Canada Food guide healthy plate. You can also try some tips:

- Plan some meals, make a list of food you will need. Check the food you already have at home before going to the store.
- Check the flyers for deals or search for money-saving apps including rebates and coupons.
- Go shopping when you have time to compare prices, you are not tired, the Store is not too crowded and you are not hungry.
- Buy the food you need from grocery stores and produce markets, not from convenience stores.
- If possible, buy in bulk, as it is often cheaper. Use unit price to compare products.
- Look for less expensive brands placed on higher or lower shelves. In addition, no name products are as healthy as brand name ones.
- - Buy meat, bread, cheese, fruit and vegetables on sale and freeze them.
- Plan to buy dry items when they are on sale, such as pasta, rice, cereal, flour, etc.
- Buy fruit and vegetables in season or buy them already frozen for later use.
- Add lentils or beans to your meals, those provide protein and are less expensive than meat.
- Try can meat like salmon, tuna, or sardines packed in water.

At home, arrange and store food safely so food will not spoil and money will not be wasted.

#### [Recipe: lentil pasta bake](#)

Makes: 10 servings

**Ingredients:** 2 tsp (10 ml) canola oil, 250 ml (1 cup) yellow onion minced, 30 ml (2 tbsp.) garlic minced, 3 cups (750 mL) whole red lentils, cooked and drained well, 1 cup (250 mL) brown mushrooms, roasted and roughly chopped, 2 tsp (10 mL) salt, 2 Tbsp.(30 mL) dried oregano, 1.5 quarts (1.5 L) passata sauce, 1 lb. (500 g) rigatoni pasta, uncooked, 3 cups (750 mL) mozzarella cheese, shredded.

#### **Directions:**

Heat oil in a large pot. Add onions and garlic and stir until onions have softened. Add lentils, mushrooms, salt, and oregano. Stir well and cook for an additional two minutes to warm through. Add passata and bring to a simmer, cooking for an additional 5 minutes. In a separate pot, prepare pasta per package directions to an al dente state, reserving  $\frac{1}{2}$  cup (125 mL) of pasta water. Add pasta water to your sauce. Preheat oven to 350°F (180°C). Combine pasta and sauce in a greased hotel pan and cover with foil. Bake for 20 minutes. Uncover and sprinkle with cheese. Cook for an additional 10 minutes until cheese is browned.

<https://www.lentils.org/foodservice/foodservice-recipes/lentil-pasta-bake/>

## Omega-3 Fatty acids

Omega-3 fats are heart healthy fats that have many functions in our body. They are important for good health. There are three types of omega-3 fats:

1. **ALA** - alpha-linolenic acid
2. **DHA** - docosahexaenoic acid
3. **EPA** - eicosapentaenoic acid

**ALA:** it is called an essential fat because the body cannot make it, so it must be provided in your diet. ALA can be changed in the body to DHA and EPA.

Natural food sources of ALA include:

Flaxseeds, Hemp seeds and their products, Flaxseed oil, Canola and soybean oil, Soy products, Walnuts, Non-hydrogenated margarine, made with canola or soybean oil.

**DHA and EPA:** have many health benefits and functions:

- Role in brain, nerve, and eye development in infants.
- can help prevent and treat heart disease.
- may help in reducing the symptoms of rheumatoid arthritis.
- may help in the prevention of dementia including Alzheimer's Disease.

The best way to get enough DHA and EPA is to eat at least two servings of fish a week. One serving is equal to 75 grams (2½ oz.) of fish. This will provide about 0.3-0.45 grams of DHA and EPA per day. Choose fatty fish more often, such as Salmon, Mackerel, sardines, herrings, artichoke, anchovies and trout.

To optimize omega-3 intake:

- Limit intake of processed and deep fried foods containing Trans fats, which can reduce the conversion of fatty acids to long chain fatty acids
- Limit alcohol intake, as OH inhibits conversion of enzymes and depletes stores of long chain fatty acids (DHA & EPA)

### DID YOU KNOW...? FACTS?

- Supplements with fish liver oil (such as cod liver oil) may have high amounts of vitamins A and D. These vitamins can build up in your body and become toxic for some people. If you are pregnant, or planning to get pregnant, do not take omega-3 supplements that have vitamin A.

- People who take blood thinners should talk to their doctor before taking omega-3 supplements.

Call and book your appointment to see a Dietitian/Nutritionist today!

We cover a wide range of conditions including: Healthy Eating – Cholesterol – Low Iron – Weight Loss/Gain – Celiac Disease – Kidney Stones – Picky Eaters – Sports Nutrition – Vegetarianism – Osteoporosis and more.....

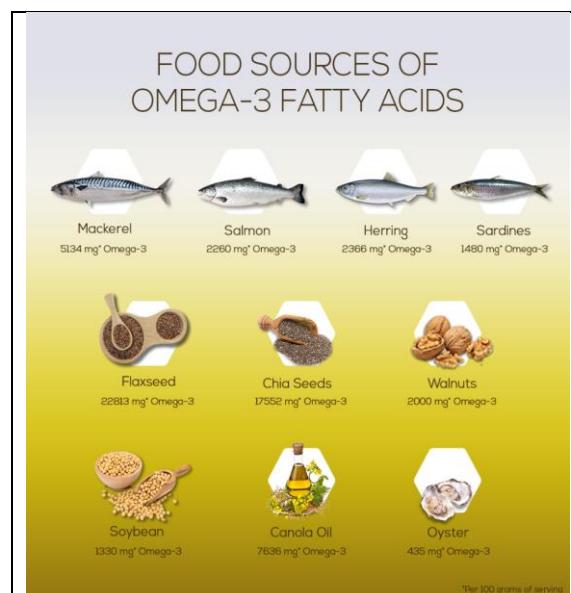
You don't need to have a Doctor's referral !

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\*Per 100 grams of serving

The best way to increase omega-3 fats in your diet is to choose fish more often.

Eat at least two 3½ oz (100 g) servings of fish each week. Choose fatty fish from the Food sources table on this page.

If you don't eat fish, you can get some EPA and DHA from eating kelp and seaweed (wakame).

You can get ALA from nuts, oils, and soy products. Foods higher in ALA are sources of healthy fat, but they don't lower your heart disease risk as much as fatty fish.

## Upcoming Program and Events

Weekly in person  
Prenatal Nutrition Program

Tuesday at 10 a.m.

At 222 Dixon

Wednesday at 10 a.m.

At 21 Panorama Cr

Monthly Spanish Senior group  
teleconference  
Third Thursday of the month