



# Nutrition Resource Kit



# GET THE REAL DEAL ON YOUR MEAL!

March (also known as National Nutrition Month) is around the corner. This year's theme, brought to you by *Dietitians of Canada*, is **"Get the real deal on your meal."** Dietitians across Canada will be busting myths surrounding food and nutrition.

Nowadays, so much nutrition information is circulating on the Internet, and to some this may sound like a good thing. However, we all know that not all the information we read on the Internet is advice that is trusted and reliable. As Mitchell Kapor once said, *"getting information off the internet is like taking a drink from a fire hydrant."*

Dietitians of Canada will be bringing the truths to Canadians throughout Nutrition Month with their 39 popular nutrition myths. Here are some examples:



## Myth #1: Avoid Carbs If You Want To Lose Weight

### The truth!

- If you want to lose weight, there's no need to take carbohydrates off your menu.
- You might lose weight in the short term because you are eating less food.
- You will miss out on healthy choices.
- The best weight loss plan is one you can stick with.

**SUGGESTED RECIPE: NUTTY AND FRUITY QUINOA SALAD WITH MAPLE VINAIGRETTE (SEE BELOW)**

## Myth #2: Healthy Food Costs Too Much

### The truth!

- With some planning and wise food choices, you can create tasty, healthy and affordable meals.

**SUGGESTED RECIPE: THAI FISH EN PAPILLOTE (SEE BELOW)**

**For the truth about other myths, please visit:**

**<http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2012/Myths.aspx>**

When you speak with your Homewood Human Solutions™ registered dietitian through your Employee and Family Assistance Program (EFAP), you are receiving advice from a qualified professional with a degree in food and nutrition from an accredited university. Dietitians provide science-based nutrition advice that is realistic and easy to follow. They understand your specific nutrition challenges, interests and lifestyles. Access your Assistance Program's nutritional counselling services today!

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# Nutty and Fruity Quinoa Salad with Maple Vinaigrette

Nutrients per serving - Calories 233, Fat 8.3 g, Carbohydrate 36 g, Saturated Fat 1.1 g, Protein 6 g, Fiber 4 g (16% DV), Sodium 29 mg (1% DV), Calcium 47 mg (4% DV), Iron 3.1 mg (22% DV)

**VERY HIGH IN: MAGNESIUM**



Dietitians of Canada  
Les diététistes du Canada

As we were testing this salad, we realized that a dressing from another recipe might work well with it, so we paired the two for a winning combination. The salad has natural sweetness from the dried fruits, and the nuts give it crunch.

1 cup quinoa, rinsed	250 mL
1/2 cup sliced almonds	125 mL
1/2 cup coarsely chopped apple	125 mL
1/2 cup coarsely chopped dried apricots	125 mL
1/4 cup toasted unsalted sunflower seeds	60 mL
1/4 cup dried cranberries	60 mL
1/4 cup raisins	60 mL
2 tbsp finely chopped fresh mint	30 mL
1/2 cup maple vinaigrette	125 mL
1/3 cup pure maple syrup	75 mL
1/4 cup cider vinegar	60 mL
1/4 cup honey mustard	60 mL
2 tbsp canola oil	30 mL

1. In a medium saucepan, combine quinoa and two (2) cups (500 mL) water; bring to a boil over high heat. Reduce heat to low, cover and simmer for about 20 minutes or until liquid is absorbed and quinoa is tender. Let stand for five (5) minutes. Fluff with a fork.

2. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Pour in vinaigrette and toss gently to coat.

3. For the maple vinaigrette: In a jar, combine maple syrup, vinegar, mustard, oil and 2 tbsp (30 mL) water. Seal and shake until well blended. Store in the refrigerator for up to one (1) week, shaking well before use. Makes one (1) cup (250 mL).

Makes eight (8) servings.

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## TIPS

- Quinoa is an ancient grain from South America. Some brands need to be rinsed before cooking, to remove a bitter outer coating; others do not. Familiarize yourself with the quinoa brands available in your area to learn whether rinsing is required.
- If you're making quinoa on the weekend, cook extra to make this salad during the week.
- You can also use reduced-sugar maple-flavored syrup in the dressing.



# Thai Fish en Papillote

Nutrients per serving - Calories 269, Fat 13.5 g, Carbohydrate 13 g, Saturated Fat 3.3 g, Protein 23 g, Fiber 2 g (8% DV), Sodium 310 mg (13% DV) Calcium 27 mg (2% DV)

**VERY HIGH IN: VITAMIN C, VITAMIN D, VITAMIN B6, VITAMIN B12, THIAMINE AND NIACIN**



4 sheets parchment paper, each about 16 by 12 inches	(40 by 30 cm)
4 pieces skinless salmon fillet or white fish fillets	(about 1 lb/500 g total)
1 tbsp grated ginger root	15 mL
1/4 cup light coconut milk	60 mL
2 tsp fish sauce	10 mL
1 tsp hot chili and garlic sauce	5 mL
Grated zest and juice of 1 lime	1
1 red bell pepper, julienned	1
1 green mango (see tip, at right), julienned	1
2 tbsp fresh cilantro leaves	30 mL
1 lime, cut into 4 wedges	1

Preheat oven to 425°F (220°C)

1. Place 1 piece of fish on each sheet of parchment paper. Fold all four sides of the paper to form creases about 4 inches (10 cm) from the edge, but do not close. (This will prevent liquids from spilling off the paper).

2. In a small bowl, combine ginger, coconut milk, fish sauce, chili and garlic sauce, lime zest and lime juice. Drizzle evenly over fish. Divide red pepper and green mango evenly on top of fish. Bring the two long sides of the parchment paper together on top of the fish and fold over repeatedly to close the center, then fold the sides together, tucking the ends under the packet to hold them in place.

3. Place packets on a baking sheet. Bake in preheated oven for 10 to 12 minutes or until fish flakes easily when tested with a fork. For aromatic Thai ingredients, add hot, sweet, salty and tangy flavors as the fish steams in individual parcels.

4. Transfer packets to serving plates. Cut paper open with a sharp knife or scissors and add cilantro and a lime wedge to each packet.

Makes four (4) servings.

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## TIPS

- Mature green mangos have a flavor and texture similar to those of a crisp, tart green apple. Choose one that has an unblemished skin and firm flesh.
- Opening the packets at the table makes a dramatic presentation, as guests are enchanted by the aromas.
- You can also use frozen fish fillets. Increase the baking time to 15 to 18 minutes.

*Our relationship with food can affect our physical and psychological well-being. We become especially aware of this during those times in our lives when our relationship with food changes and becomes unhealthy. When this happens, food is no longer seen as nourishment for the body but as a means of dealing with some emotional or psychological problem. Some people react to these problems by eating too much or going on a crash diet. Here are some considerations that can help you keep a healthy relationship with food.*

## HOW TO MAINTAIN A HEALTHY RELATIONSHIP WITH FOOD

**TRUST YOUR BODY'S SIGNALS.** The body is a very reliable instrument. It tells you when it needs food (feeling hungry) and when it does not (feeling you've had enough). An important key to a healthy relationship with food is to trust the signals your body is sending.

**THE PROBLEM WITH DIETS.** There are several problems with popular weight loss diets. One is that weight loss diets upset and distort the body's built-in signals that tell us when we're hungry and when we're satisfied. The other serious consequence is that diets tend to decrease the body's metabolism, that is, they slow the rate at which the body burns calories. Since burning off calories is how the body controls weight, a diet can result in the opposite of what is intended.

**COMFORT FOOD IS GOOD.** Healthy eating does not mean you have to give up your favorite comfort food. Comfort food increases our feeling of psychological well-being which is a healthy place to be.

**FOOD IS NOT A MAGIC HAPPY PILL.** Turning to comfort food — or any food for that matter — in response to an emotional downturn is counterproductive. Anxiety over work or money, feelings of guilt for not having called a friend or done something you promised to do are often the cue for people to reach for the cookie jar. It may almost become an automatic reaction. Rather than go for the cookie, deal with the problem, whatever it might be. Using food as a magic happy pill just doesn't work.







**LOOK FOR OTHER SOURCES OF GRATIFICATION.** One way to avoid using food to ease feelings of anxiety or guilt is to make a mental list of those things that make you feel good about yourself. These could include your friends and family, your love of gardening, whatever. Rather than reach for the box of donuts, take a walk, weed your garden, call a friend. These are much more reliable sources of well-being, and they are fat free!

**FEEL GOOD WITH YOUR BODY.** Some people worry that they don't look like a skinny fashion model or a hunky life guard. This only keeps them from feeling good about their body and themselves. Consider the parts of your body that you like.

**MAKE YOUR COFFEE BREAK A HEALTH BREAK.** Rather than another coffee, go for some fruit, fruit juice, or yogurt on your morning or afternoon break at work. A small, healthy snack every three or four hours boosts your energy level and helps reduce your craving for a big lunch or dinner.

**GIVE YOURSELF TIME TO PLAY.** Exercise has benefits beyond providing a good workout. While it is good for your physical and psychological health, there is also the satisfaction of learning a new sport or of having fun in a recreational activity.

**WHEN TO SEEK HELP.** Some eating behaviours upset the organism and can pose definite health risks. These include dental problems, menstrual problems for women, and definitive loss of bone supply. If you restrict your food intake excessively, abuse laxatives, practice self-induced vomiting or train seven days a week to burn calories, you should consult your physician.

*An unhealthy relationship with food is often related to learned attitudes but it is possible to learn new ones. If you have trouble learning these new attitudes by yourself, you should seek professional help.*

Eating on the job:

# HEALTHY EATING FOR A HECTIC LIFESTYLE



*Do you feel tired at work? Unable to keep up? Perhaps it's time to take a look at what you eat and how it affects you. Each year, Canadians spend almost 2,000 hours on the job. For many people, work is literally a "home away from home." Given the time that we spend behind the steering wheel or out in the field, the food choices we make on the job can have a huge impact on our health and wellness. Healthy living can come to work — all it takes is a little knowledge, effort, and planning.*

*We should begin by having healthy eating habits at home. Once we do, we should then take these habits to work with us. When we're on the job or working long hours, we need to stock up on healthy snack foods, bring brown bag meals that pack a nutritional punch and make sure we are getting what we need in order to get through our busy work days.*

**IF YOU NEED A LITTLE BIT OF HELP FIGURING OUT HOW TO EAT BETTER ON THE JOB, BELOW ARE SOME TIPS THAT WILL ASSIST YOU.**

**MAKE YOUR BROWN BAG MEALS COUNT.** Packing your lunch or other meals can be better than buying them, if you pack properly. When you pack your lunch, include choices from all four of the food groups. For example, for lunch you could bring a whole-wheat pita (grain product group) stuffed with shaved turkey (meat and alternative group) plus a baggie with raw vegetables (vegetable and fruit group), and a container of low-fat yogurt (milk product group). Vary your choices each day to prevent boredom.

**PLAY IT SAFE.** Use insulated containers and ice packs to keep foods at safe temperatures. Put food that's meant to be hot in containers that lock the heat in, and use ice packs to make sure cold food remains that way.

**PACK A WATER BOTTLE.** A lack of water can make it harder to concentrate and can affect your work performance. Keep a water bottle with you throughout the day. Avoid specialty coffees and teas and soft drinks. Instead, enjoy water with your workplace snacks and meals. A person working at a high pace or in a very hot environment loses water and salt through sweat. This loss should be made up by consuming more water and salt. Fluid intake should equal fluid loss.

**CARBOHYDRATES WILL FUEL YOUR DAYS.** It's easy to tell when you haven't had enough carbohydrates. Your feet will drag, and you will feel sluggish even when you are not exerting yourself. If you are involved in very physical work, you may want to consider increasing carbohydrate intake to compensate. If you have concerns about meeting your nutritional needs, ask a dietitian, your family doctor, or contact the Assistance Program.

**STOCK UP ON HEALTHY SNACKS.** Create a small "stash" of non-perishable snacks you can keep in your vehicle, locker, or in your lunchroom fridge. This is food that you can snack on or use to round out a meal on the go. Examples of foods to stock up on include dried fruits, canned fruit or applesauce, whole-grain crackers, mini-boxes of whole-grain cereal or trail mix. A more detailed listing of tips on snacks you should stock up on for work, and where you can keep them, is below.

## TIPS ON SNACKS YOU CAN KEEP AT WORK

### Store in the lunchroom fridge

- Bagels / Bread
- Bran muffins
- Yogurt
- Cottage cheese
- Fresh fruit
- Raw vegetables
- Cheese
- Milk

### Store in your desk or locker

- Crackers
- Dried fruit / Canned fruit
- Juice box
- Rice cakes
- Cereal
- Granola bars
- Peanut butter
- Canned fish

### Keep with you on the road

- Baby carrots
- Celery sticks
- Bagel bits
- Rice cakes
- Apples
- Crackers
- Pretzels

Access your Assistance Program's nutritional counselling services today! For more information, speak with us 24 hours a day, seven days a week, in English or French. All calls are completely confidential.

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