

MINUTE NUTRITION NEWS

March 2015

Conquer Eating 9 to 5

By Lisa Lau, Registered Dietitian at the Georgina Nurse Practitioner Led Clinic

March is Nutrition Month and this year's theme is *Eating 9 to 5*. Rushed mornings, lunch times and the mid-day slump are three challenging times for many people's days at work. This newsletter will provide some tips to help you combat these challenges. Check out our Facebook page on www.facebook.com/gnplc for a new nutrition tip on every day of this month.

Rushed Mornings. 40% of Canadians don't eat breakfast and the main reason is because they are pressed for time. Here are a few ideas for breakfast on the go:

- The night before, take a small jar and stir together dried oats, seeds, milk and fruit of your choice. You can eat this cold the next morning or heat it up before adding in the fruit.
- Bake and freeze large batches of high fibre, low fat muffins. Grab one along with a piece of fruit and a low-fat latte in a travel mug.
- Wrap a banana with peanut or almond butter in a whole wheat tortilla.



Lunch Time. This is the meal that people most likely eat out or skip altogether. If you do eat out, use these tips to make healthier choices:

- Downsize your portion if you notice that you feel full before finishing your lunch. Share an entrée with a friend or pack half the lunch away for the next day.
- Find ways to load up on veggies. Salads, wraps and stir-fries are great ways to do this. If you're a pizza or sandwich lover, choose the types with more veggies or ask for extra veggie toppings!
- Lunches brought from home don't have to be very time consuming. Keep it simple by bringing hard boiled eggs, fresh veggies, and whole grain crackers with guacamole.

The Mid-Day Slump. Rather than refilling on your coffee, try these 3 tips to conquer the mid-day slump:

- Move! Do a few stretches at your desk, walk to the washroom and back, stand up during phone calls, or walk to speak to a co-worker instead of emailing.
- Drink water. Sometimes we confuse thirst for hunger so be sure to stay hydrated. Spice up your water with cucumber, lemon or lime slices, and mint. Or sip on a hot herbal tea.
- If you are craving a snack, first ask yourself "Are You Hungry?" If you are, grab a snack that contains carbs and protein to refuel your energy level. Try cottage cheese with fruit or veggie sticks with hummus. If you aren't hungry, try the other two tips.



RECIPE OF THE MONTH

March 2015

Bean and Guacamole Pinwheels

Spice up your usual sandwich by trying this recipe. You can substitute the bean for any meat of your choice for more varieties. Save even more time by making this recipe with a smaller sized whole wheat wrap and wrapping it up in tin foil or parchment paper for an on-the-go lunch.



Makes 2 servings (1 serving = ½ wrap)

Ingredients:

1	large whole wheat wrap
2	romaine lettuce leaves
¼ cup	refried beans, canned
1	avocado
2 tsp	red onion, finely chopped
1 tbsp	mild salsa
1/16 tsp	ground cumin
3/16 tsp	chili powder
2 slices	swiss cheese, reduced fat
1 tbsp	sour cream, non-fat

Directions:

1. Place lettuce onto wrap.
2. Spread a thin layer of refried beans on top of lettuce.
3. In a separate bowl, mix together avocado, red onion, salsa, cumin and chili powder. Then spread a thin layer on top of refried beans.
4. Lastly, place two slices of cheese and sour cream on top of the avocado mixture.
5. Take one end of the wrap and roll it into a pinwheel. You can use some toothpicks to hold it into place before cutting into slices.

Nutrition information (per ½ wrap):

308 calories, Fat 21 g (32% DV), Carbohydrate 26 g (9% DV), Protein 16 g, Sodium 445 mg (19% DV), Fibre 16 g (64% DV), Sugars 3 g, Calcium 339 mg (31% DV)