

MINUTE NUTRITION NEWS

February 2019

Meet the New Food Guide

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After 12 years since the last Food Guide was published, Health Canada has finally revised and unveiled the new food guide last month. There are many exciting changes in this newer version that brings it up to date with the latest scientific evidence, and is delivered in a way that is much more easy to understand. Read on to find out more.

No More Rainbow

The signature rainbow and food groups in the old food guide has now been replaced with a simple photo of a plate with food. The plate shows healthy food choices in the proportions that are recommended. Healthy food choices include plenty of vegetables and fruits, whole grain foods and protein foods (more so from plants than animals). Whole foods are emphasized and processed foods should be limited. Now with the new proportions, the old (and confusing) serving size recommendations have been removed. Water is also encouraged as the drink of choice.



Eating Habits are Just as Important

Healthy eating is more than the foods you eat. In the new version of the food guide, recommendations are included to address other important aspects to eating. Being mindful of your eating habits, cooking more often, enjoying your food, and eating with others are all things you can do to improve your eating and overall health. Influences that can affect our eating choices are also highlighted, such as food marketing and using food labels. To get more tips and information, visit <https://food-guide.canada.ca/en/>.

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food tradition can be a part of healthy eating

Eat meal with others

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

RECIPE OF THE MONTH

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Quinoa and Veggie Casserole

Try this delicious recipe that was shared with the launch of the new food guide last month – a simple recipe that highlights the healthy food choices that are recommended.



Makes 6 servings

Ingredients:

2 tsp	Extra virgin olive oil
1	Leek, white and light green part only, thinly sliced
3	Garlic cloves, minced
1	Red, orange or yellow bell pepper, chopped
2 tsp	Italian herb seasoning
1 cup	Quinoa, rinsed
2 cups	Broccoli florets
1 ¾ cup	Sodium reduced vegetable broth
1 cup	Corn kernels
¾ cup	Shredded light old cheddar cheese
1 tbsp	Chopped fresh parsley

Directions:

1. In a large nonstick skillet heat oil over medium heat and cook leek, garlic, red pepper and Italian herb seasoning for 5 minutes or until starting to soften. Stir in quinoa, broccoli and vegetable broth. Bring to a boil; reduce heat to low and cover and cook for about 15 minutes or until quinoa is tender. Stir in corn and cook for 5 minutes.
2. Spoon mixture into small casserole dish and sprinkle with cheese and parsley. Bake in preheated 200°C (400°F) oven for about 10 minutes or until cheese is melted.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

Nutrition information (per serving):

210 calories, Fat 6g (8% DV), Saturated Fat 2g (10%), Protein 10g, Carbohydrate 31g, Fibre 4g (14%), Sodium 135mg (6% DV), Potassium 425mg (9% DV)