

# MINUTE NUTRITION NEWS

March 2019

## Nutrition Month: Unlock the Potential of Food

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Have you ever thought about the different roles that food plays in your life? Eating is something we do everyday, yet many of us have probably never thought about all the ways that food can be beneficial for our health. Nutrition Month this year is going to help you learn about and unlock the full potential of food!

### The Potential to Fuel

Snacks that are planned in advance and well thought out can help fuel our bodies on a busy day. If you feel hungry between your meals, try out some of these healthy combinations!

- Tuna on crackers
- Peppers with hummus
- Almond butter on banana slices
- Greek yogurt topped with berries
- Cheddar cheese on apple slices
- Roasted chickpeas and popcorn mix
- Trail mix with nuts, seeds and raisins



### The Potential to Discover

Shopping for and preparing healthy meals can be a fun and rewarding learning experience for kids. Get your kids involved and let them discover the benefits of food in a hands-on way!

- Cook with them! Give age-appropriate tasks from tearing lettuce leaves all the way to using a knife to chop vegetables.
- Bring your kids to a farmer's market and try something new.
- Sign up for a cooking class.



### The Potential to Prevent

The foods we eat can have a huge impact on our health, especially when it comes to preventing illness and decreasing our risk of chronic diseases. Eating patterns that are most effective in preventing disease contain the following:

Vegetables and fruit

Whole grains

Legumes (beans, lentils)

Nuts and seeds

Milk, cheese and yogurt

Fish, seafood, poultry

Healthy oils like canola and olive oil

### The Potential to Heal

Ever heard of the phrase "food is medicine"? In some health conditions, food is the key to good management of the disease. Conditions like diabetes, celiac disease, high blood pressure and cholesterol, and other digestive issues rely on a healthy diet to keep the condition under control. In some cases, the diet can be as effective as certain medications. Book an appointment with the Registered Dietitian to see how you can improve your health via your diet!

### The Potential to Bring Us Together

Canadians are busy and more and more people are eating on the go. However, eating with others can bring many benefits to the family:

- Children who eat with their family have more nutritious diets and perform better in school.
- Teens who eat with their family get better grades and are less likely to smoke, or use drugs or alcohol.
- Adults and older adults who eat with others eat healthier foods and have better diets.

# Recipe of the month

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## Bruschetta Fish

This is one of ten feature recipes for Nutrition Month. You can find all ten feature recipes at [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca).



Makes 4 servings

### Ingredients:

2 tbsp	Canola oil
4	Firm white fish fillets (4 oz or 125g each)
¼ tsp	Pepper
2 cups	Chopped Roma tomatoes
½ cup	Crumbled feta
½ cup	Minced red onion
1	Garlic clove, minced
1 tbsp	Balsamic vinegar
1 tbsp	Canola oil
¼ tsp	Salt
¼ tsp	Pepper
½ cup	Fresh basil leaves chopped

### Directions:

1. Preheat oven to 400°F.
2. Pour 1 tbsp of canola oil in the bottom of a 9 x 13 inch baking dish and place fish fillets on top. Drizzle with remaining 1 tbsp of canola oil and sprinkle with 1/4 tsp pepper.
3. In a medium bowl, combine tomatoes, feta, red onion, garlic, balsamic vinegar, canola oil, salt and pepper. Mix to evenly combine.
4. Top fillets evenly with tomato mixture and bake in the oven for 20 minutes, until fish is cooked through and flakes easily with a fork.
5. Sprinkle basil evenly over top before serving.

The recipe is provided by Canola Eat Well and can be found on [www.cookspiration.com](http://www.cookspiration.com).

### Nutrition information (per serving):

340 calories, Fat 21g (28% DV), Saturated Fat 4.5g (23%), Protein 26g, Carbohydrate 10g, Fibre 3g (11%), Sodium 380mg (17% DV), Potassium 757mg (16% DV)