

## PRICE MART: HEALTHY NUTRITION TOUR

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***Eat well-get energy from good nutrition-feel good-follow Canada's Food Guide to good nutrition!***

- GRAIN PRODUCTS are the largest group (includes samosas, dumplings) They give us energy and iron
- FRUIT and VEGETABLES supply us with vitamins and minerals. They help to prevent serious health problems such as heart disease and cancer
- MILK PRODUCTS and SOY drinks give us calcium and make our teeth and bones strong
- MEAT and ALTERNATIVES also form an important part of our diet

Dark coloured vegetables (e.g. broccoli, cabbage, kale) prevent cancer of the stomach and intestines. They are more nutritious than light coloured vegetables.

Orange fruit and vegetables (e.g. carrots, sweet potatoes, squash, spinach, apricots) give us beta carotene which is good for our eyes and night vision.

1/3 of our shopping basket should **always** contain food from the vegetables and fruit group.

Stick to the **outside** aisles of the store. They have more nutritious (and cheaper!) products than the aisles in the centre of the store which carry a lot of 'junk food'.

ORGANIC FOODS are products which do not contain chemicals. They are more expensive but the flavour is considered better.

TOFU is a vegetarian product made from the soya bean. It contains calcium. The taste is bland but it will absorb the taste of spices, salt and herbs.

BEANS contain fibre which is excellent for our intestines; they also lower our cholesterol level.

LENTILS are inexpensive and just as nutritious as beef and fish.

DRIED FRUITS are a very healthy snack for our kids to take to school

Try a variety of COLD CUTS (turkey, chicken) for sandwiches.

BREAD. Whole wheat is more nutritious than white bread (15 nutritious ingredients are removed, 7 are later added) Whole wheat is much higher in fiber, vitamins [B.sub.6] and E, magnesium, zinc, folic acid and chromium. Fibre has long been known to aid digestive health too.

FISH is good for our heart. Even if only eaten once a week, it will reduce the risk of heart attack and stroke. Salmon, tuna, sardines and mackerel are good fish. Trout contains more cholesterol so should be eaten less frequently.

**BUTTER and MARGARINE: Choose soft margarine:** The Heart and Stroke Foundation of Canada recommends the use of margarine as a substitute for butter. Many brands of soft margarine do not contain trans fat anymore. Check the Nutrition Facts label and choose one with zero trans fat and no more than 2 g of saturated fats per tbsp and with liquid vegetable oil as the first ingredient (BECEL is a good example)

**CHEESE** has a very high fat content (32%). Lower **fat cheeses** generally have less than 20% **milk fat** (M.F.)so it's a good idea to check before buying. The best choice for cream cheese is QUARK, which is made up of milk with a milk fat content of 4%.

**MILK:** Children and teenagers need fat to develop their brain and nervous systems. Children 2years and younger should drink HOMOGENISED milk, while adults and teenagers should drink either 1% or 2% milk. Skim milk contains no fat.

**YOGURT:** The highest quality yogurt in your grocery store contains live bacteria that provides a host of health benefits. Yogurt that contains live bacterial cultures may help you to live longer, and may fortify your immune system.

**EGGS** are good for you. There is no difference between white or brown eggs. Eggs contain nutrients such as choline which help brain development and function. Healthy adults can eat an egg a day without the risk of heart disease.

**JUICE:** when buying juice, look for 100% fruit juice or unsweetened juice. Cans containing 100% juice from the frozen section are much cheaper than the tetra packs.

**CEREALS:** Children need to eat healthy foods in order to obtain all the nutrients(vitamins, minerals, protein, carbohydrates, fat, etc.) necessary for proper growth. High fibre cereals are excellent sources of B complex vitamins, iron and fibre. Keep away from highly sweetened cereals, which have no nutritional value.

**MEAT** is one of the best sources of iron in the diet. The leanest form of pork, beef and lamb today contains less than 10% fat, compared to at least 25% in the 1970s.