

# GOOD FOOD BOX



## MARCH NEWSLETTER

### Nutrition Month 2012

#### Dietitians of Canada are busting food myths...

This year nutrition month is dedicated to busting up popular myths & misinformation about Canadians' food and nutrition.

Discover the truths from **Registered Dietitians**, the food and nutrition experts. Visit: [www.dietitians.ca/nutritionmonth](http://www.dietitians.ca/nutritionmonth)

"Get the real deal on your meal"...learn more about nutrition & watch some dietitian myth busting videos!

Here are some examples:

*"Myth: Cooking meals at home takes way too much time"*

**THE TRUTH:** Getting a healthy, home-cooked meal on the table doesn't take as much time as you think. Simple, nutritious foods can make tasty meals, and planning meals in advance lets you use your time wisely.

For example, try making "planned extras" (leftovers on purpose) that can be used for another meal. Make big batches of food on weekends, freeze small portions and defrost on nights when time is tight.

Cooking at home doesn't mean never using convenience foods.

Healthy versions of convenience foods, like pre-washed, ready-to-eat vegetables or pre-cut fresh meat skewers, can be time savers that help get meals to the table quickly.

*"Myth: Healthy food costs too much"*

**THE TRUTH:** How much food costs is an important issue for many Canadians. With some planning and wise choices, you can create tasty, healthy and affordable meals. To get the most value, choose foods that are big on nutrients and low on cost. Many healthy staple foods can be lower-cost items, including bulk flours and whole grains, in-season fresh produce, eggs, legumes (dried beans, peas and lentils), powdered milk, and sale-priced frozen or canned vegetables, fruits and fish. Scanning flyers for specials, stocking up on sale items and cooking meals from scratch can all save you money.

**Carrots:** a naturally sweet root vegetable.

Nutrition: excellent source of beta carotene, converted in the body to Vitamin A and a source of folic acid, fiber, Vitamin B6 & C & potassium

Storage: remove leafy green tops from fresh carrots and store in plastic in refrigerator for up to 3 weeks.

Preparation: rinse and scrub with a vegetable brush or scrape lightly rather than peel the skin. This will help retain more nutrients.

To keep carrots crisp for serving raw, cut into strips and place in cold water for half an hour. Enjoy carrots roasted, boiled or stir-fried.

**Bananas:** an inexpensive tropical fruit

Nutrition: high in complex carbohydrates, potassium, low in fat & a source of Vitamin B6 & fiber.

Bananas are picked green & ripen slowly.

Store: at room temperature for several days.

To speed up the ripening, put in a paper bag with an apple or tomato overnight.

To slow ripening, store in refrigerator.

The skins will turn dark but the flesh will stay just right for several days.

Don't throw out over-ripe bananas...

Peel, freeze & store in a baggie.

Use in smoothies or for baking banana bread or muffins

Do you have questions about nutrition and healthy eating?

EatRight Ontario provides free nutrition advice from Registered Dietitians

Call toll free: 1-877-510-510-2

or visit [www.eatrightontario.ca](http://www.eatrightontario.ca)

### SUPPORTERS OF THE GOOD FOOD BOX



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# RECIPES

*“Myth: Frozen & canned vegetables and fruit are not as nutritious as fresh”*

**THE TRUTH:** Nothing beats the taste of fresh produce in season. But frozen and canned produce can be just as nutritious since it’s usually picked and packed at the peak of ripeness when nutrient levels are highest.

Frozen or canned produce gives you benefits beyond health. It allows Canadians to enjoy a variety of vegetables and fruit year-round and is a practical choice for people living in remote areas. It’s also sometimes more affordable than fresh produce. And cooking with frozen or canned produce can save you time in the kitchen!

Read the labels: The healthiest choices are products that contain no added sugar, fat or salt.

*“Myth: Certain foods like grapefruit, cabbage soup or celery can burn fat & help you lose weight”*

**THE TRUTH:** Sorry! There is no food that burns fat or makes you lose weight more quickly.

Weight loss diets that focus on single foods, like grapefruit, cabbage soup or celery, are restrictive and lack nutrients needed for good health. It’s true that when you eat only one type of food, like cabbage soup, you might eat less and take in fewer calories than you need and maybe lose weight at first. But in the end, these diets are boring, don’t create healthy habits you can stick with, and don’t help with long-term weight loss. The best way to lose weight is to eat healthy foods in the right portions and be active.

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## **Carrot Potato Pancakes** *Recipe adapted from EatRight Ontario*

3 cups (750 mL) shredded carrots  
1 ½ cups (375 mL) peeled, shredded potatoes  
4 eggs, lightly beaten  
1/3 cup (75 mL) all-purpose flour  
2 Tbsp (30 mL) chopped fresh parsley or 2 tsp (10 mL) dried  
1 Tbsp (15 mL) chopped fresh dill or 1 tsp (5 mL) dried  
½ tsp (2 mL) salt + pepper to taste

**Preparation:**

In a large bowl combine carrots, potatoes & eggs. Mix until well combined. Stir in flour, parsley, dill, salt & pepper. Heat 1 Tbsp (15 mL) oil in a large non-stick skillet over medium heat. Add 2 Tbsp (30 mL) carrot mixture to pan, flatten slightly. Fry until golden brown on both sides. Serve as a crispy side dish with chicken, pork or fish.

## **Chicken & Peanut Curry**

For a vegetarian version swap two 540 mL cans of chickpeas for the chicken.

1 onion, chopped  
2 Tbsp (130 mL) canola oil  
3 cloves garlic, minced  
1 Tbsp (15 mL) curry powder  
1 -798 mL can diced tomatoes  
1/3 cup (85 mL) crunchy peanut butter  
2 medium sweet potatoes, peeled & cut into ½ “chunks  
250 g green beans, fresh or frozen – 1 cut into 1” pieces (1- 1 ½ cups)  
375 g boneless, skinless chicken breast, cut into ½ “pieces

**Preparation:**

Heat oil in large skillet; add onion & cook until lightly browned, about 3 minutes. Stir in garlic & curry powder & cook for 1 minute.

Stir in tomatoes & 1 cup water & simmer for 10 minutes.

Meanwhile, steam or boil potatoes & green beans until tender, about 5 minutes. Set aside.

Add chicken to the skillet & gently simmer until cooked, about 5 minutes.

Stir in potatoes & beans. Season with salt to taste.

Makes

*Recipe adapted from Nutrition Action Healthletter, March 2012*

## **Sauteed Cinnamon Apples & Bananas**

2 large apples, cored & sliced  
¼ cup (50 mL) unsweetened apple juice  
2 bananas  
2 tsp (10 mL) non-hydrogenated margarine  
1 ½ tsp (7 mL) cinnamon

**Preparation:**

Place apples & juice in a large non-stick skillet. Simmer on medium heat for 3 minutes. Remove from heat, cover & let stand for 5 minutes.

Meanwhile, cut bananas into 8 pieces each.

In small bowl, stir together margarine and cinnamon.

Uncover apples and return to medium high heat.

Stir in margarine mixture and bananas until margarine is melted and combined.

Cook for 1 minute to warm banana through.

Serve as a topping for plain yogurt or low fat frozen yogurt.

*Recipe adapted from Heart & stroke*

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