March is Nutrition Month!

The Four Food Groups

- Vegetables and fruits
- Grain products
- Milk and alternatives
- Meat and alternatives

Grain Products

- Choose whole wheat or whole grain more often. These products provide more fibre, which can help lower blood pressure and cholesterol.

Vegetables and Fruits

- Choose more dark green leafy vegetables, like romaine lettuce, kale or broccoli. They contain more fibre and vitamins, helping you lower your blood pressure and cholesterol.
- Eat a variety of fruits each day as each fruit provides a different and unique nutrient profile.

Plating

- When serving a meal, half a plate should contain vegetables, one quarter should be for meat & alternatives, and one quarter should contain grain products.
- Try to mix it up as much as you can. Eat a variety of foods! This will ensure you get a wide assortment of vitamins, minerals and nutrients.

Meat and Alternatives

- Try to consume milk and/or yogurt to obtain enough calcium and protein.
- Choose cheeses with lower sodium and fat, especially saturated fat (check and compare nutrition labels).

Milk and Alternatives

- Choose lean cuts of meat, such as chicken breast, fish pork tenderloin, or extra lean beef, more often. They are lower in saturated fats which helps reduce cholesterol levels in your blood, helping you decrease your risk of cardiovascular diseases.
- Choose high fat meats such as salami, pepperoni, sausage, pork chops and steak less often.
- Include meat alternatives, such as chick-peas and kidney beans, in your diet. These foods are high in fibre which helps lower cholesterol and keep you feeling fuller for longer!

Make nutrition goals each month to provide the motivation to choose healthier food from the 4 food groups. Check the Canada’s food guide for portion sizes and recommended daily servings for your gender and age group.
Coconut Red Lentil Soup

Overview
This is not your average boring lentil soup! This soup is packed full or curry flavor, a touch of sweetness from golden raisins and a touch of heart-warming spiciness from the fresh ginger.
For a hearty main dish serve over brown rice.
Source: Adapted from Esalen Cookbook by Charlie Cascio

Ingredients
Yield: 6 Servings
- 2 Cups red split lentils (masoor dal)
- 7 Cups low-sodium vegetable stock
- 1 Large carrot, diced
- 2 Tbsp fresh ginger root, peeled and minced
- 2 Tbsp curry powder
- 1 Tsp cumin
- 1/8 Tsp cayenne pepper
- 2 Tbsp vegetable oil
- 8 Green onions (scallions), diced
- 1/3 Cup golden raisins
- 1/3 Cup tomato paste
- 1 14 Ounce can light coconut milk
- Salt and pepper, to taste
Garnish with chopped fresh cilantro

Nutrition Information
Per 1/6 of recipe (1 serving):
- Calories: 375
- Protein (g): 16 g
- Fat (g): 11.3g
- Sodium (mg): 229mg
- Carbohydrate (g): 52 g
- Fibre (g): 1 g

Directions
- Rinse lentils until they no longer make the water a murky colour.
- Place lentils in a large soup pot with the vegetable stock and bring to a boil.
- Reduce the heat to a simmer and add the carrot and 1/4 of the ginger. Simmer for 30 minutes covered.
- In a dry skillet, toast the curry powder, cumin and cayenne until fragrant. Be careful not to burn the spices.
- Add the oil, green onions, raisins, tomato paste and remaining ginger to the skillet with the spices and sauté for 5 minutes.
- Add the mixture from the skillet to the lentils, along with the coconut milk and salt and pepper if desired.
- Simmer uncovered for 20 minutes, or until the soup thickens to desired consistency.
Did you find this newsletter interesting and helpful?

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