March is Nutrition Month!

A healthy diet includes balance & variety. Don’t be fooled by nutrition myths that tell you to avoid certain types of nutrients!

**Nutrition Myths**

**Do all fats contribute to heart disease risk?**
No. Fats from nuts, avocados and fish actually reduce risk of heart disease. Fat also helps the body absorb vitamins A, D, E and K, improve satiety and supply the body with a dense source of energy.

**What about Omega-3 Fatty Acids?**
Omega-3 fatty acids can help prevent blood clots, lower triglycerides and reduce the risk of stroke. The best source of this heart-healthy fat is cold-water fatty fish like salmon and mackerel.

**Are carbs “bad” for you?**
No. There is a common belief that carbohydrates are unhealthy and cause weight gain. However, a diet rich in high-fibre complex carbs may reduce your risk of heart disease and promote regularity and a healthy digestive system.

**True or False?**
Supplements help ensure good health.
False: Supplements are recommended for some people to maintain good health. It does not, however, replace a balanced, varied diet. A diet comprised of whole grains, vegetables, fruit and lean proteins provide fibre, antioxidants as well as energy in the form of calories.

**How can I make better food choices?**
A healthy diet is important to feel well and enjoy life to the fullest. Planning meals to achieve variety and balance can help you meet nutrient needs and improve energy levels. Here are some tips:

**Add variety:** Enjoy fish & poultry more often than red meats. Go meatless with high-fibre beans & legumes.

**Make it count:** Choose whole grain products over refined grains for more vitamins, minerals & fibre. Eat dark green & orange coloured vegetables everyday to optimize nutrient intake!

**Be adventurous:** Enjoy a new food every week - have you ever had brussel sprouts? Beets? Quinoa? Widen your dietary horizon!

Fat-free items may appeal to some consumers, but these items often contain more refined sugar.

A healthy diet can include moderation - choose nutrient dense foods more often and practice portion control!
Whole Grains vs. Refined Grains

Health Canada recommends that you make at least half of your grain product choices whole grain every day. Whole grains are a source of fibre, provide valuable nutrients like B-vitamins and help keep you feeling full longer. Sugary cereals that claim to be *whole grain* are made mostly of refined flour and sugar. Refined grain products like white bread not only lack the fibre and nutrients found in whole grain bread, but they tend to rise blood sugar levels more quickly resulting in a crash of energy levels. Read the label on grain products and make sure that the first ingredients listed are whole grains.

Saturated & Trans Fat

Eating a diet high in saturated and manufactured trans fats put you at risk for plaque build-up in your arteries. This is a major risk factor for heart disease. Trans fat is especially harmful to health as it not only increases bad cholesterol, but it reduces good cholesterol in the blood. Try to limit fast foods, junk foods and other highly processed foods. Saturated fat is found in animal-based food products. Although meats, cheese and milk contain saturated fat, they also provide important nutrients. Try low fat milk, enjoy cheeses in moderation, and remove visible fat from meats and skin from poultry.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>260</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>5g</td>
<td>25%</td>
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<tr>
<td><strong>Trans Fat</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
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<tr>
<td><strong>Sodium</strong></td>
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<td>28%</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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</tr>
<tr>
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<td>0%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
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</tbody>
</table>

Want to see how you’re doing?

Visit [http://www.eatracker.ca/](http://www.eatracker.ca/) and use their free eTools to help you plan meals, analyze foods & track activities so you can meet your goals!

What if you’re already affected?

If you are affected by heart disease, nutrition and healthy eating become an important part of your treatment. A Registered Dietitian will be a key member of your health care team!
Zesty Veggie and Bean Salad

Serve over greens as a salad or enjoy with crusty whole grain bread. The veggies add variety and colour and are a great source of fibre. The lemon and cilantro dressing makes this dish fresh and zesty. Olive oil and avocado are a source of monounsaturated fats, which make this a heart healthy dish. Protein from the beans make this a satisfying meal on its own. Enjoy!

Adapted from whatsgabycooking.com, 2012

Ingredients
- 2 cups fresh corn, cut off the cob
- 1 red bell pepper, chopped
- 1 zucchini, chopped
- 1/2 red onion, sliced
- 1 avocado, cut into chunks
- 3 plum tomatoes, chopped
- 1 can black beans, rinsed & drained
- 1 lemon, juiced
- 1/4 cup fresh cilantro
- 3 tbsp olive oil
- salt and pepper to taste

Directions
1. Heat a large skillet over medium heat.
2. Add the corn, bell pepper, and zucchini and sauté for about 4-5 minutes until the vegetables are just cooked.
3. Remove from pan and set aside.
4. In a large bowl combine the sautéed vegetables, red onion, tomato, black beans and avocado and gently mix.
5. In a small food processor combine the lemon, cilantro and olive oil. Process for about 20 seconds until the cilantro is finely chopped.
6. Drizzle dressing over the vegetables and season with salt and pepper as needed.
7. Enjoy!

Nutrition Information
Per serving (1/6th of Recipe)
- Calories: 300
- Fat: 17.5 g
- Carbohydrate: 33.0 g
- Fibre: 11.2 g
- Protein: 8.0g

Adapted from whatsgabycooking.com, 2012
Brought to you by the Dietitians at the HPC

Lindzie O’Reilly, MAN, RD
Lisa Armstrong, MAN, RD

References and Further Reading

- Nutrient Standards for Fat: http://www.heartandstroke.com
- Zesty Veggie & Bean Salad: http://whatsgabycooking.com/cowboy-caviar/

Did you find this newsletter interesting and helpful? Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC. Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at 519-767-5011