

Nutrition Times

October 2019 Nutrition Services

Eat More Vegetables & Fruits



A key message from Canada's Food Guide is to eat plenty of vegetables and fruit. They have fibre and important vitamins our bodies need. In fact, eating plenty of vegetables and fruits can help lower blood pressure. It can also decrease your risk of heart disease, stroke and some types of cancer.

To get the vegetables and fruits you need, fill half of your plate with vegetables and fruits and try some of the tips below.

For more information go to: Canada.ca/FoodGuide

Tips to eat more fruit

- Serve fruit kabobs for a kid-friendly snack
- Freeze seedless grapes to snack on
- Dip cut up fruit into yogurt or peanut butter
- Top salads with fresh fruit
- Add mashed, pureed or grated fruit to baked goods
- Store pre-cut, ready to eat fruit in your fridge

Tips to eat more vegetables

- Serve veggie sticks with a healthy dip like hummus or tzatziki
- Try different cooking methods like stir-frying, baking or roasting
- Add shredded vegetables to sauces, sandwiches, wraps, soups and salads
- Flavour your vegetables with herbs, lemon juice or vinegar



Did You Know?

Frozen or canned vegetables and fruits are healthy and budget friendly options. Choose products with no added sugar, salt or fat.

Banana and Carrot Bread

Ingredients:

- 2 cups whole wheat flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ cup canola oil
- 1 egg
- ½ cup sugar
- 1 ½ cups bananas, mashed
- 1 cup carrots, grated
- ½ cup raisins
- Non-stick cooking spray

Directions:

1. Preheat oven to 350°F.
2. In a medium bowl, combine flour, baking soda and cinnamon, and stir.
3. In a large bowl, add canola oil, egg, sugar, bananas, carrots and raisins, and mix together.
4. Add dry ingredients into wet ingredients. Mix well.
5. Spray a 9 x 5 inch loaf pan with non-stick cooking spray. Put batter into pan.
6. Bake for 50 minutes. Remove from oven and cool on rack.

Makes 12 servings.

Upcoming Nutrition Classes (most classes are free)

Brooks: Call 403-501-3315 or visit ahsbrooksnutrition.eventbrite.ca for information or to register.

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more! **Thurs. December 5, 2019 5:30 - 7 p.m.**

Infant Nutrition: Information on feeding babies 0 to 12 months. **Thurs. November 14, 2019 10a.m. – 12 p.m.**

Mealtime Struggles: Tips and strategies for dealing with picky eaters **Thurs. October 17, 2019 5:30 - 7 p.m.**

Alberta Healthy Living Program Classes: Ongoing, see below.

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more!

Oct. 28, 2019 or Nov. 25, 2019 6 – 8 p.m. Register: 403-502-8215.

Infant Nutrition: Information on feeding babies 0 to 12 months. **Oct. 7, 2019 or Dec. 2, 2019 2:30-4 p.m.** Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Mealtime Struggles: Tips and strategies for dealing with picky eaters. Register: 403-502-8525 or at ahsmedhatnutrition.eventbrite.ca

Alberta Healthy Living Program Classes: Ongoing, see below.



Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.

Grocery Store Tour: Oct. 10, 2019 1:30 – 4 p.m. Register by calling 403-388-6654 or 1-866-506-6654

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: Lethbridge and area, 403-388-6654 or 1-866-506-6654

Medicine Hat, 403-529-8969

Brooks, 403-793-6659

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

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For more information on this or other nutrition topics, go to www.healthyeatingstartshere



Nutrition, Food, Linen & Environmental Services

