

CELEBRATE FOOD... FROM FIELD TO TABLE! **SELECT RECIPES WITH CARE**



Dietitians of Canada's Nutrition Month 2011 campaign focuses on a celebration of food – right from where it's grown and harvested all the way to appetizing and healthy food on our tables. Choose Canada's finest healthy ingredients for every recipe you make.

Make the decision to start eating healthier. One reliable way to eat healthier is to cook at home more often. Cooking food in your own kitchen, whether it is from scratch or using some short cuts, allows you to have more control over the quality of ingredients you use, and how much you spend.

While many cookbooks, such as Dietitians of Canada's latest cookbook "COOK!", are focused on healthy eating and healthy cooking, some of your favorite cookbooks may not do the same. When choosing healthy recipes, first and foremost, choose recipes with ingredients that have lots of nutrients, such as fruits, vegetables, whole grains, lean meats, legumes, lower fat milk products and healthy oils like canola, olive, sunflower or corn, etc. If most of the ingredients are less healthy choices, find another recipe!

Here are some helpful hints of what to look for in a healthy recipe:

TIPS:

APPETIZERS AND SOUPS

- Look for dips made with yogurt or lower fat sour cream or mayonnaise instead of regular fat options.
- Look for soups that are clear or broth based, using homemade meat or vegetable stock, lower sodium broth or water as the base. For cream soups, look for those that use lower fat milk or puréed legumes or rice to achieve creaminess.
- Try chilled soups that feature fruits or vegetables as the star ingredient.

TIPS:

PASTA AND PIZZA

- Canned tomato products can contain lots of sodium; purchase lower sodium products for your recipes.
- Choose cheese in moderation. While cheese contains ample amounts of protein, calcium and other nutrients, most also come with a lot of fat. Smaller amounts of stronger tasting cheese like Asiago, old Cheddar or Parmesan will give you more flavor than milder cheeses like mozzarella.



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TIPS:

MEAT AND ALTERNATIVE ENTREES

- **Season it up!** Several world cuisines season foods with lots of herbs and spices instead of oils, butter or salt. Lucky for us, we have many of these seasonings readily available. For example, Thai dishes use hot chilies, lime juice, garlic and ginger. But watch for the high salt condiments like fish sauce. Mediterranean cuisines rely on garlic, lemon, tomatoes, basil and oregano for seasoning; be mindful of added oil, olives and anchovies. Asian cuisine features plenty of vegetables in stir-fries, but choose sodium-reduced soy sauce and use small amounts of salty sauces or condiments.
- **Look for lean!** Choose recipes that use lean cuts of beef and pork like round, sirloin or tenderloin. Choose lean or extra lean ground beef, pork, lamb, chicken or turkey.
- **Focus on fat friendly cooking!** Choose recipes that feature baking, roasting, broiling, grilling, stewing, braising, poaching or steaming and forego those that are deep fried. Drain cooked ground meats of fat before adding into recipes.
- **Vegetarian is no exception to the rules!** Just because it's a vegetarian dish, doesn't mean it's necessarily lower in fat or sodium. The same suggestions from above apply to vegetarian cooking.

TIPS:

BAKED PRODUCTS

- Choose recipes with whole grain flours like wheat, buckwheat, Kamut, spelt or rye, or other whole grains such as oatmeal or cornmeal.
- Salt, baking soda and baking powder all contain sodium; Per teaspoon, salt provides 2300 mg sodium, while baking soda provides 1300 mg and double acting baking powder provides 400 mg. Keep this in mind as you choose your recipes for baked goods.
- Choose muffins and quick breads with no more than 1/3 cup (75 mL) added fat (butter, non-hydrogenated margarine or oil) for 12 portions. Choose those with limited amounts of higher fat ingredients such as chocolate chips. Use nuts (almonds, walnuts, peanuts, etc) and seeds (sunflower and sesame) in moderation; they are higher fat choices, but contain healthy types of fat. Seek out muffins and quick breads with lower fat buttermilk; it adds moisture and richness to items along with nutrients like protein and calcium.
- If you're craving your favourite cake, pie or scone and you know it's not the healthiest option, enjoy a small piece guilt free. Moderation remains king!

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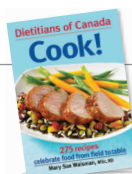


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Visit www.dietitians.ca to discover recipes from Dietitians of Canada's "COOK!"

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