

NUTRITION BITS AND BITES

Canada's Food Guide (2019)



It's hard to change!

Do it gradually! Some tips for making the change:

- White pasta to whole grain—start with just a few noodles and gradually add more until you make the full swap.
- Mash cooked veggies or add raw veggies to the meal
- Nut butters or hummus for plant-based protein
- Rehydrate with water instead of juice boxes or sports drinks

Canada's Food Guide

A new food guide was released in January, 2019. Here are some of the highlights:

- Tells Canadians not only *what* they should eat, but also *how* they should eat.
- Features [online resources](#), including advice, videos and recipes. *

What to Eat

- A plate (with $\frac{1}{4}$ protein foods, $\frac{1}{4}$ whole grains and $\frac{1}{2}$ fruits and vegetables) instead of serving recommendations
- More plant based protein foods, whole grains and lots of fruits and vegetables
- Water should be the beverage of choice--unsweetened milks are also a good choice

How to Eat:

- Be mindful of your eating habits
- Cook more often--develop food skills
- Enjoy your food—enjoy foods from your own culture and new foods too!
- Eat meals with others
- Use food labels
- Limit foods high in sodium, sugars and saturated fat
- Be aware that food marketing affects our choices

*<https://food-guide.canada.ca>

Mac and Cheese with a Veggie Twist

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 375 mL (1 ½ cups) whole grain macaroni or fusilli
- 10 mL (2 tsp) soft non-hydrogenated margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 125 mL (½ cup) finely chopped red bell pepper
- 125 mL (½ cup) grated zucchini
- 30 mL (2 tbsp) all-purpose flour
- 500 mL (2 cups) skim milk
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (½ tsp) dried thyme leaves
- 250 mL (1 cup) shredded light old Cheddar cheese
- 5 mL (1 tsp) Dijon mustard
- Pinch fresh ground pepper

Directions:

- In a pot, bring water to boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and set aside.
- In a large saucepan, heat margarine over medium heat and cook onion and garlic for 1 minute. Add carrot, red pepper and zucchini and cook, stirring for about 5 minutes or until softened. Stir in flour and cook, stirring until flour is absorbed. Slowly pour in milk and stir until smooth. Add thyme. Cook, stirring for about 5 minutes or until starting to bubble. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.

Recipe from Heart and Stroke Foundation of Canada

(<https://food-guide.canada.ca> --look under recipes)

To get your kids involved: Younger children can grate cheese using a box grater and help choose the type of pasta. Older kids and teens can also chop veggies and more if they have the cooking skills.



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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