

# Words of Wellness

October 2011

## NUTRITION

*Heather Whittaker, Kathy Aubin-Martin, & Linda Myers from District 6, & Eileen McNeil, NBTA.  
We say Goodbye to Linda Myers who is stepping down as a District 6 Wellness Facilitator. We will miss her!*

### Egg-cellent Breakfast Tip

TRYING TO WHITTLE your waistline? You might want to rethink your morning meal. Eggs keep you more satisfied until your next meal which helps you stay to and succeed on a reduced calorie diet. Because keeping cholesterol intake down is important, try scrambling an egg yolk with two egg whites for a high-protein, cholesterol-conscious breakfast. Eating breakfast will help get your metabolism moving.



### News Flash!

Red, Pinto, and Kidney beans are high in antioxidants beating out blueberries and cranberries.

### Go Nuts – Nutty Goodness!

Why are nuts good for us? Daily nut eaters gain an extra 5 to 6 years of life free of coronary disease and longevity of up to two years. Nuts contain lots of “good” fats (unsaturated fats). Consuming natural nuts (not processed with salt or sugar) is best. So throw some almonds, cashews or walnuts on your salad or cereal!

### Food Mood Boosters

Did you know that certain foods can play a significant role in our moods? Tyrosine, an amino acid found in turkey, chicken and other proteins enhance energy, alertness and a sense of well being.

Omega 3 fatty acids like those found in salmon, allow feel good chemicals to make their way into the brain thus elevating our mood.

Including 1200 mg of calcium in your daily diet has been shown to reduce symptoms of irritability in a large percentage of the population.

Keeping blood sugar levels stable by eating sources of soluble fibre such as oatmeal and other whole grains has been proven to cut the risk of the mid day sugar crash.

### Expand Your Palate

Fruits and vegetables can taste as complex as any fine wine – a full sensory experience. Here are 10 harvest foods that will boost your health:

1. **Apples** – rich in pectin, a soluble fibre that helps lower cholesterol.
2. **Beets** - an excellent source of folate, which is linked to lowering the risk of birth defects. Beet greens are rich in calcium.
3. **Broccoli** – Sulphoraphane, the powerful plant chemical in broccoli, has potent anticancer properties.
4. **Cabbage** – a member of the cruciferous family, which is thought to lower the risk of several cancers, including colon cancer. It is also very low in calories.
5. **Carrots** – one of the richest sources of beta-carotene.
6. **Cranberries** – contain vitamin C. The red colour in cranberry's comes from anthocyanins, powerful antioxidants that may lower disease risk.
7. **Parsnips** – This root vegetable is tasty steamed, sautéed, baked, roasted or grilled. It is high in fibre and provides some potassium vitamin C and folate.
8. **Pears** – You can eat pears fresh, poached or baked. A pear's lower glycemic index can also help prevent the spiking of blood sugars.
9. **Squash (including pumpkin)** – Rich in beta-carotene, potassium and fibre, squash is great in soups or as a side dish or dessert.
10. **Sweet potatoes** – packed with beta-carotene, vitamin C, potassium, folate and fibre. They contain no more fat or calories than white potatoes and significantly more beta-carotene. Delicious baked, mashed or made into fries.



### Quotes

*“Never eat more than you can lift”*

- Miss Piggy

*“Never trust a skinny cook”*

- Iain Hewitson (Australian Celebrity Cook)