

Words of Wellness

October 2012

NUTRITION

Special thanks to Ellie Lord and Jonathan Logan, ASD South; and Eileen Anderson, NBTA.

Did you know?

Which is leaner – beef or skinless chicken thigh?

Answer: 19 cuts of beef are leaner than skinless chicken thigh.

True or False... The best way of getting rid of water retention is to drink a lot of water.

Answer: True

Peanuts contain over 25% protein and are rich in heart-healthy monounsaturated fat, making them a perfect snack.

Green-tipped bananas are better for your health than over-ripe bananas.

Pumpkin seeds are high in zinc, which is good for building the immune system.

It is healthy to drink water with meals, as it aids in the process of digestion.

A 2% reduction of water levels in the body can lead to a 20% decrease in mental and physical performance.

Nutrition Apps

The Carrot
Restaurant Nutrition
Lose It!
Smoothie Selector
Slim Down Shopping List
Carrot Tracker



Websites

campbellnutrition.com/
the-fitness-motivator.com
nutrition-now.com
dairygoodness.ca
mealtime.org
myfitnesspal.com (free mobile apps)
lowfatlifestyle.com (food stats – recipes)

Quotes

“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.”
- Edward Stanley

“Water is the most neglected nutrient in your diet, but one of the most vital”
- Julia Child



Turkey Wraps

½ red onion, sliced very thin
1/3 cup fat-free mayonnaise
1 ½ tsp chipped chipotle peppers, in adobo, incl. some sauce
4 - 8 inch low fat flour tortillas
½ pound shredded or sliced roast turkey (or chicken)
¾ cup shredded romaine lettuce

1. Blend chipotles between plastic wrap in microwave for 30 to 40 seconds on high.
2. Spread 1 tablespoon chile mayonnaise mixture on each warm tortilla. Place one fourth of the turkey, onion and lettuce across the middle of each tortilla, season with salt and pepper to taste and roll up.
3. If you prefer cilantro to chipotle peppers, you can substitute 1 ½ tablespoons of chopped fresh cilantro for the pepper.

Mixed Fruit Salsa

1 package (16 oz.) mixed frozen berries, thawed and chopped
2 medium peaches, diced (can use canned peaches)
2 medium kiwi, peeled and diced
3 tablespoons sugar
2 tablespoons lemon juice
1 ½ teaspoons lime peel (I usually use lime juice and adjust the lemon accordingly)

Cinnamon Tortilla Chips

8 flour tortillas (7 inch)
3 tablespoons butter, melted
3 tablespoons sugar
1 ½ teaspoons cinnamon

1. In a large bowl, combine the first 6 ingredients and set aside. Brush both sides of tortillas with butter. Combine the sugar and cinnamon; sprinkle over both sides of tortilla. Cut each into 6 wedges.
2. Place on ungreased baking sheets. Bake at 400 for 6-8 minutes on each side or until crisp. Drain salsa; serve with tortilla chips.

Get Up and Go Breakfast Smoothie

1.5 cups (375 ml) 2% plain yogurt, divided
1 cup (250 ml) frozen mixed berries (blueberries, blackberries, raspberries and/or strawberries)
¼ cup (50 ml) natural wheat bran
2 tbsp (30 ml) sliced almonds (optional)
2 tbsp (30 ml) liquid honey

In a blender, puree half of the yogurt, along with the berries, bran, almonds and honey until smooth; add remaining yogurt and pulse until blended. Pour into chilled glasses or travel cups and serve immediately.