

Nutrition Times

Prepared monthly by South Zone dietitians, Nutrition Services

Eating Well for a Healthy Heart

Heart Healthy Eating Includes:

Following these healthy eating tips can help lower your risk of heart disease:

- Achieve and maintain a healthy body weight.
- Choose a variety of vegetables and fruit every day.
- Choose whole grain and fibre-rich foods.
- Eat two fish servings (2 ½ ounces or 75 grams) at least two times per week.
- Use healthy fats every day.
- Avoid trans fats, when possible.
- Choose and prepare foods with little or no-added salt.
- Keep alcohol limits within Canada's Low Risk Alcohol Drinking guidelines:
<http://www.albertahealthservices.ca/assets/info/hp/edu/if-hp-edu-amh-low-risk-drinking.pdf>

What are healthy fats?

Healthy fats include monounsaturated fats such as:

- Avocado, canola, olive and peanut oils.
- Almonds, hazelnuts, peanuts, pecans and pistachios.
- Avocados and olives.

Healthy fats also include polyunsaturated fats such as:

- Flax seed, safflower, soybean, sunflower and walnut oils.
- Nuts and seeds such as chia seeds, hemp seeds, pumpkin seeds, sesame seeds, walnuts and pecans.
- Non- hydrogenated (soft) margarines and nut butters made from foods in the lists above.



How can I reduce my intake of trans fats?

- Look for foods with 0 grams trans fats in the Nutrition Facts table on food labels



- Limit your intake of hard margarines, shortenings and foods prepared with hydrogenated or partially hydrogenated oils.

- Limit your intake of high fat baked goods such as cakes, donuts, cookies and store-bought muffins as well as microwave popcorn.

Red Pepper and Walnut Dip

Ingredients:

4 medium	Red bell pepper	4 medium
1 small	Red chili pepper	1 small
4 cloves	Garlic	4 cloves
¾ cup	Walnuts, toasted	175ml
2 slices	Dry white bread (crust removed)	2 slices
2 Tbsp	Fresh lemon juice	30ml
1 Tbsp	Pomegranate Molasses (syrup)	15ml
1 tsp	Ground cumin	5ml
½ tsp	Salt	2ml
6 whole	Whole grain pita bread	6 whole

Directions:

1. Roast peppers and garlic. Cool and remove skin.
2. Place walnuts in food processor and grind.
3. Add peppers, garlic, bread, lemon juice, molasses, cumin and salt to food processor and blend until smooth.
4. Stir in 1 or 2 tablespoons of warm water if dip is too thick.
5. Cover and refrigerate for at least 2 hours for better taste.
6. Serve with pita bread.

Makes 12 servings (60ml/1/4 cup + ½ pita/ 94g)

For more information please visit:

- <http://www.ahs.ca/nutrition/Page5620.aspx>
- <http://www.ahs.ca/nutrition/Page10996.aspx>

Upcoming Classes

Brooks (All classes are free)

Feeding Tiny Tummies - Infant Nutrition: March 2, 10-11:30 a.m., call 403-501-3315 to register.

Toddler Nutrition: February 9, 10-11:30 a.m., call 403-501-3315 to register.

Baby Building and Prenatal Nutrition Class: TBA, call 403-501-3300 to register.

Alberta Healthy Living Program Classes: Ongoing, call 403-793-6659 to register.

Medicine Hat (All classes are free)

Nutrition and Healthy Eating during Pregnancy: February 6 or April 3, 7-9 p.m., call 403-502-8215 to register. Not just for first-time moms; come find out what's new!

Mealtime Struggles: March 20, 7-8:30 p.m., Medicine Hat Public Library, call 403-502-8525 to register.

Baby Steps Infant Nutrition: March 6 and April 17, drop in at Community Health Services (2948 Dunmore Rd SE), call 403-502-8215 for info.

Alberta Healthy Living Program Classes: Ongoing, call 403-529-8969 to register.

Lethbridge (All classes are free)

Pre- and Postnatal Nutrition Classes: Ongoing, call 403-388-6668 to register.

Alberta Healthy Living Program Classes: Ongoing, call 403-388-6654 to register.

Contact:

If you have questions about information in this article, contact your local Registered Dietitian at Community Health Services:

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