



NutritionRx  
Jennifer Broxterman

# Nutrition Nibbles



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### A Message from Jennifer Broxterman, Registered Dietitian, Owner of NutritionRx



Hello and welcome to the first edition of Nutrition Nibbles! I am pleased to offer you our first quarterly newsletter full of nutrition tips and delicious recipes to help keep you healthy and slim this summer.

NutritionRx officially opened our doors on May 1, 2011, and we are off to a busy start! If you aren't already familiar with what I do, I'm a Registered Dietitian and Sports Nutritionist, and owner of NutritionRx. Just like a personal trainer helps get you motivated and in better shape, as a nutrition coach, I can help you improve your diet and stay on track with healthy eating. I offer 1-on-1 nutrition counselling sessions, computerized diet analysis, meal plans, and nutrition seminars. If you're looking to eat better, lose some weight, or get advice on sports nutrition strategies, I'm here to help you! Visit our new website to learn more.

[www.nutritionrx.ca](http://www.nutritionrx.ca)

**Fun Fact About Strawberries:** Folklore states that if you split a double strawberry in half and share it with the opposite sex, you'll soon fall in love.



## Did You Know...

- Strawberries are in season each June and July.
- The average strawberry has around 200 seeds.
- Strawberries are a member of the rose family.
- Strawberries are low in fat, low in calories, and high in vitamin C, fibre, folic acid, potassium.
- Seven strawberries (about ½ cup) contain only 27 calories and offer 2 grams of dietary fibre.



# Nutrition Nibbles Recipes

Below are two tasty summer recipes to try. Need more help getting quick and nutritious dinners on the table that will satisfy the entire family? Visit NutritionRx's website for many more great recipe ideas to keep your taste buds happy this summer:

<http://www.nutritionrx.ca/category/recipes/>

## Tasty Summer Recipes

With summer comes BBQ season and dinner parties, but that doesn't mean that eating healthy has to fly out the window! Here are some simple meal ideas including a quick, no-bake, tasty dessert that won't throw off your summer diet.

By: Megan Firth



Prep: 20 minutes  
Makes 6 servings  
(210g /serving)  
1 serving = 1 pepper

### Quinoa Stuffed Peppers

This dish is a great way to use up left over quinoa. Prepare as a side dish to a summer BBQ dinner or a light meal all on its own! With quinoa containing all 9 essential amino acids, this dish is a source of **complete protein** and is high in **vitamin C, beta-carotene, potassium** and **folate**.

#### Ingredients

Red bell pepper	6 each	6 each
Cooked quinoa	2 cups	500 mL
Chopped onion	½ cup	125 mL
Chopped garlic cloves	3 each	3 each
Shredded carrot	1 large	1 large
Chopped chives	2 Tbsp	30 mL
Fresh basil	2 Tbsp	30 mL
Lemon juice	1 Tbsp	15 mL

#### Directions:

1. Preheat oven to 375 F (190 C).
2. Cut off and reserve the tops of the bell peppers. Scoop out and discard the seeds.
3. In a large bowl, combine quinoa, onion, garlic, carrot, chives, basil and lemon juice. Fill each pepper with the quinoa mixture. Place a reserved top on each of the peppers.
4. Gently place the peppers in a glass baking dish. Bake for 30 minutes. If the peppers begin to burn on the bottom, add about 2 tablespoons of water to the baking dish.

For a different variation, try substituting quinoa for whole grain couscous, or for a heartier alternative, top each pepper with grated cheese.

Per serving: 120 Calories, 1.5g fat, 4g protein, 24g carbs, 5g fibre

*Adapted from: Foods that Fight Disease*

### Frozen Chocolate Banana Bites

A delicious chocolate dessert made from simple ingredients, and is a great treat to enjoy on a hot summer's day. With banana, chocolate, and peanut butter, this classic flavour combination delivers a sweet snack to satisfy that dessert craving, along with a source of **folate, fibre** and **protein**, and is an excellent source of **potassium**.

#### Ingredients:

Large Banana	2 each	2 each
Chocolate Chips	¼ cup	50 mL
Natural Peanut Butter	¼ cup	50 mL
Unsweetened Coconut Flakes	1 Tbsp	15 mL

#### Directions:

1. Line a large, shallow Tupperware container with parchment or wax paper.
2. Chop both bananas into 1-inch pieces. Each banana should give you about 5-6 pieces.
3. Melt chocolate chips and peanut butter together in the microwave on high for about a minute. Stir until smooth.
4. Dip banana pieces in chocolate-peanut butter mixture to coat (if bananas are cold, this may be tricky) and place in the prepared Tupperware. You can spoon any excess chocolate over the tops of the banana pieces.
5. Sprinkle with unsweetened coconut flakes.
6. Close container and freeze for an hour. Enjoy!

Per serving: 210 Calories, 12g fat, 5g protein, 56g carbs, 3g fibre

*Adapted from: foodgawker*



Makes 4 servings  
(87g /serving)  
1 serving = ½ banana



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## 1-Day Healthy Summer Meal Plan

### Breakfast

High fibre breakfast cereal with fresh berries and low-fat milk

### Morning Snack

Peach and a low-fat cheese string

### Lunch

[Tuna melt sandwich](#) on whole grain bread with cucumber slices and an apple

### Afternoon Snack

Celery and carrot sticks and whole wheat pita triangles with hummus

### Dinner

Grilled chicken with a [fresh mixed greens summer salad](#) and brown rice

### Evening Snack

Bowl of juicy strawberries



### Tuna Melt Sandwich:

<http://www.nutritionrx.ca/open-face-apple-tuna-melt/>

### Summer Salad:

<http://www.nutritionrx.ca/strawberry-spinach-salad/>

### If you like these...

## Delicious, Healthy Alternatives to your Favourite Summer Drinks!

### ...try these instead!

By: Lisa Doerr

Instead of a **Tim Horton's Real Fruit Smoothie**, try **making your own** and adding a couple of handfuls of spinach – you won't taste it, we swear, and you'll get the added bonus of iron, folate, and vitamin C.

Instead of a **Starbucks Caramel Frappuccino**, try a **Starbucks Caramel Frappuccino Light** – it will come nonfat, no whip, and sugar-free automatically, decreasing the sugar and saturated fat.

Instead of a **regular draft beer**, try a light version or a **shandy** made with diet ginger ale – this beer cocktail has half the calories of a regular beer, and is perfect for sitting on a patio.

Instead of a **whiskey sour**, try a **Bloody Mary** – clear alcohols like vodka and gin are lower in calories than alcohols like rum and whiskey. An added benefit to the Bloody Mary: half a cup of tomato juice is one vegetable serving according to Canada's Food Guide.

Instead of **sangria**, try a **white wine spritzer** – although white wine doesn't have the heart-healthy benefits of red, it has been proven to control bacteria that cause sore throats and tooth decay. Mixed with club soda to create a spritzer, it's only about 80 calories per glass.





## Best Times for your Favourite Fruits and Vegetables

By: Shannon Smith

Fruits and vegetable markets are a feast for your eyes and your body. All fruits and veggies contain essential vitamins, minerals, and fibre that may help protect you from chronic diseases. Use this useful guide to learn the best time to purchase your fruits and vegetables this summer!

### Fruit

	May	June	July	Aug	Sept
Apples				✓	✓
Blueberries			✓	✓	✓
Cherries		✓	✓		
Grapes				✓	✓
Nectarines				✓	✓
Peaches			✓	✓	✓
Pears				✓	✓
Plums			✓	✓	✓
Raspberries			✓	✓	✓
Rhubarb	✓	✓			
Strawberries		✓	✓		
Watermelon			✓	✓	✓

### Vegetables

	May	June	July	Aug	Sept
Artichoke				✓	✓
Asparagus	✓	✓			
Broccoli		✓	✓	✓	✓
Carrots		✓	✓	✓	✓
Cauliflower		✓	✓	✓	✓
Corn			✓	✓	✓
Cucumber		✓	✓	✓	✓
Lettuce		✓	✓	✓	✓
Onions			✓	✓	✓
Potatoes			✓	✓	✓
Tomatoes			✓	✓	✓

## Quick Tips for Seasonal Fruits & Vegetables this Summer!



### Peaches

Select fresh peaches that have a fragrant aroma and yield to gentle pressure. They may be gold to reddish brown, but shouldn't be green. Avoid those that are too hard or have soft, mushy spots or bruises.

### Tomatoes

Choose firm, unblemished tomatoes with bright colour. Do not refrigerate tomatoes. If tomatoes are still green, leave them at room temperature to ripen.



### Cherries

Fresh cherries should be clean, bright, shiny, and plump; the darker the cherry the sweeter the flavour.

### Corn

Good quality corn has full, evenly formed and filled ears with straight rows of kernels. The husks should be fresh looking, bright green, and the silk ends free of decay. Be sure the colouring of the kernels is bright and shiny.



## Nutrition Nibbles Contributors

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# THANK YOU



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