



# Nutrition Nibbles



## IN THIS ISSUE

- Pg 2** Recipes of the Month:
- Easy Guacamole
  - Greek Lentil Salad
- Pg 3** Body Composition Testing with a Bod Pod
- Pg 4** Buying Local Food This Summer

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



Well, it's been a very busy and exciting year to say the least! I had to take a short hiatus from publishing Nutrition Nibbles so that I could focus on writing my thesis dissertation on my prediabetes research at the University of Western Ontario. Not only have I been in school full-time for the past two years completing my Masters degree, but I've also been busy expanding NutritionRx, as well as teaching two university nutrition courses at Brescia University College. Excellent time management, regular exercise, good nutrition, and yoga have all been essential to help me stay grounded.

I'm very happy to share that my Masters defence went well this past July, and I successfully graduated with my Masters of Science in Foods & Nutrition after working very hard to juggle my roles as a student, professor, and business owner!!! I'm looking forward to some much deserved vacation time, and continuing to help others improve their eating habits.

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

**Fun Fact About Cherries:** The average cherry tree grows enough cherries to make 28 pies!



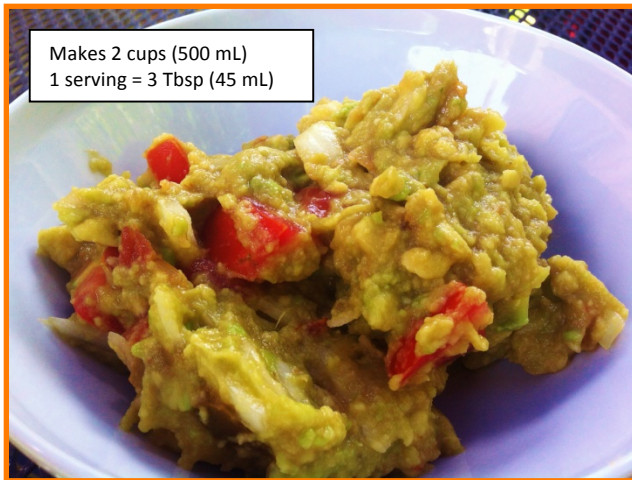
## Did You Know...

- In Ontario, cherries are in season during June and July.
- More than 17,000 tonnes of cherries are produced in Canada per year.
- There are 2 types of cherries, sweet (the ones we eat raw) and sour (the ones used in most recipes).
- One cup of raw sweet cherries contains about 85 Calories and is a source of vitamin C and Potassium.



# 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/>



Makes 2 cups (500 mL)  
1 serving = 3 Tbsp (45 mL)

## Easy Guacamole

This simple and delicious recipe for guacamole is great as a dip or on a sandwich. Avocados are a good source of folate, vitamins E, C and B6, potassium, and healthy fats. Avocados are ripe when they are soft to the touch.

### Ingredients:

Avocados	2 whole	2 whole
Salsa	3 Tbsp	45 mL
Lemon juice	2 Tbsp	30 mL
Garlic, minced	1 clove	1 clove
Onion, finely chopped	½ cup	125 mL
Tomato, chopped	1 tomato	1 tomato

### Directions:

1. Cut the avocados in half, remove pit and scoop fruit into a medium sized bowl.
2. Add salsa, lemon juice, and garlic to the avocado. Mash ingredients together with a fork.
3. Stir in onion and tomato.
4. Can be eaten right away or chilled for half an hour to marinate before serving.

Per serving (3 Tbsp): 65 Calories, 5.4g fat, 1g protein, 4.7g carbs, 2.7g fibre

*Adapted from: All Recipes*

## Greek Lentil Salad

This salad is easy to prepare and is a great summer side dish. Lentils are high in fibre and protein and a great source of folate, potassium, and iron. They are also naturally low in fat and sodium.

### Ingredients:

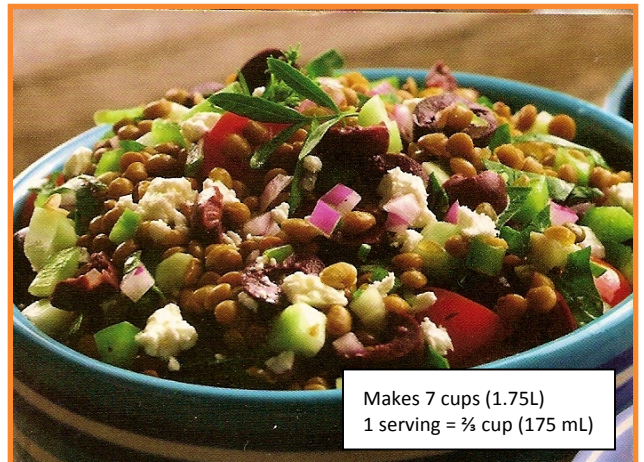
Lentils	one 19 oz can	540 mL
Calamata olives	½ cup	125 mL
Onion, chopped	½ cup	125 mL
Grape tomatoes, halved	1.5 cups	375 mL
Green peppers, chopped	½ cup	125 mL
Feta cheese, crumbled	¼ cup	50 mL
Fresh parsley, chopped	¼ cup	50 mL
Olive oil	¼ cup	50 mL
Lemon juice	¼ cup	50 mL
Dried oregano	1 Tbsp	15 mL

### Directions:

1. In a large bowl, combine lentils, olives, onion, tomatoes, green peppers, cucumber, feta cheese, and parsley.
2. Whisk oil, lemon juice, and oregano together.
3. Toss salad with dressing.
4. Can be eaten right away or chilled for 2 hours to marinate before serving.

Per serving (¾ cup): 133 Calories, 6g fat, 6g protein, 15g carbs, 3g fibre

*From: Pulse Canada*



Makes 7 cups (1.75L)  
1 serving = ¾ cup (175 mL)



# Body Composition Testing with a Bod Pod

Body composition testing can be a very useful piece of information to active individuals to help you understand your lean body mass, fat mass, and body fat percentage. Knowing your numbers can help you determine if weight loss is an appropriate goal for performance enhancement, and how many pounds of fat can be safely lost without jeopardizing health by cutting into your essential fat stores. As a guide, body fat percentage differs for men and women with different cut-off values for health:

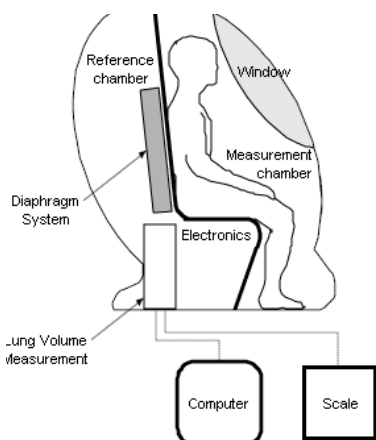
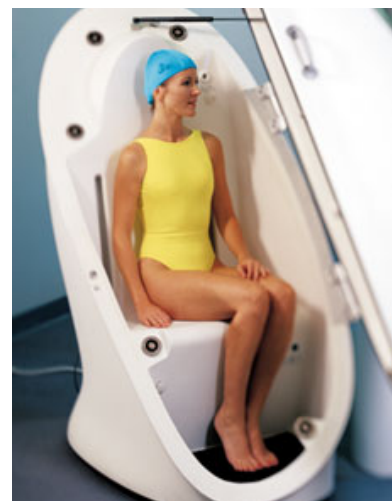
Body Fat Percentage	Men	Women
Risky (High Body Fat)	> 30%	> 40%
Excess Fat	21-30%	31-40%
Moderately Lean	13-20%	23-30%
Lean	9-12%	19-22%
Ultra Lean	5-8%	15-18%
Risky (Low Body Fat)	< 5%	< 15%



However, getting an accurate reading can be difficult without the right piece of equipment. Using bioelectrical impedance analysis (BIA), calipers, or other methods for body composition testing can vary greatly from the true answer, giving you false information about your current body composition status.

A BOD POD is an expensive piece of research equipment and is the current “practical gold standard” in sports science research when it comes to body composition testing. This is because testing is easy and offers quick and accurate results with excellent repeatability. The BOD POD uses a simple 5-minute test to measure a subject’s mass (weight) on a very accurate electronic scale, as well as volume, determined to the millilitre by air displacement plethysmography, which works by moving a volume of air around a seated subject inside the egg-shaped chamber. From these two measurements, a highly accurate body composition reading can be calculated, giving you information about your overall:

- **density (body mass / body volume)**
- **fat mass (in pounds)**
- **lean body mass (in pounds)**
- **body fat percentage (%)**
- **fat-free percentage (%)**



To set up an appointment for body composition testing in a sports science research lab at the University of Western Ontario, please contact Jennifer Broxterman, Registered Dietitian & Sports Nutritionist at [info@nutritionrx.ca](mailto:info@nutritionrx.ca). The cost per body composition analysis is \$50.

## Buy Local Foods This Summer!

### COMMUNITY SUPPORTED AGRICULTURE

Community Supported Agriculture (CSA) is a farming system in which the consumer (that's you!) pays a set fee to the farmer **before** the growing season. In return, you receive 'shares' in the form of produce from the farm! CSA farms typically offer fresh vegetables and fruit, but some also offer eggs, poultry, meat, herbs, and honey.

### FARMERS MARKETS

Farmers' markets are public markets usually held outside where farmers gather and sell their local, farm-fresh products to consumers. Be aware that not every product sold is locally grown so ask the retailer where it came from.

### EAT GREEN ORGANICS

Eat Green Organics (EGO) is a small, independent business in London that provides **home delivery** of organic produce from a variety of local suppliers on a convenient, weekly schedule. EGO offers dairy, meat, and other grocery items in addition to produce. Check them out online at [www.expressorganics.com](http://www.expressorganics.com).

### ON THE MOVE ORGANICS

On The Move Organics (OTMO) provides fresh food from local suppliers to consumers by home delivery system, a permanent retail location comprised of a grocery store with an organic juice bar, and a recently developed a CSA system. Visit OTMO's retail location Saturdays from 8am-3pm on the 2<sup>nd</sup> floor of The Western Fair Farmers' Market or online at [www.onthemoveorganics.ca](http://www.onthemoveorganics.ca).

### AT THE GROCERY STORE

In your grocery store, look for foods marked with the 'Foodland Ontario' symbol. These are foods that have been grown in Ontario.



A map of London & Middlesex Local Food is available at:

[www.tourmiddlesex.ca/sites/default/files/pdfs/getFresh\\_eatLocal\\_map.pdf](http://www.tourmiddlesex.ca/sites/default/files/pdfs/getFresh_eatLocal_map.pdf)



### Why Buy Local Foods?

Local food is fresher and tastes better than food that is shipped long distances; it supports your local economy, it sustains food diversity, and it is better for the environment! Local fruits and vegetables that have been fully vine-ripened are more nutritious and delicious! They also travel a much shorter distance, reducing pollution associated with transportation. In addition, buying local connects consumers (that's you!) with the local farmers that produce a wide variety of fruits, vegetables, meats and other foods. Keeping our local farmers in business helps to create jobs and ensures that farms will stay in the community for future generations.

### Nutrition Nibbles Contributors

**Sarah Roney:** Nutrition & Dietetics Student, Brescia University College

**Jennifer Broxterman:** Registered Dietitian & Sports Nutritionist, Owner of NutritionRx

**THANK YOU**



### NutritionRx

Jennifer Broxterman, Registered Dietitian

Phone: (519) 520-9549 • Email: [info@nutritionrx.ca](mailto:info@nutritionrx.ca)

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

**NutritionRx**  
Jennifer Broxterman