



**NutritionRx**  
Jennifer Broxterman

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# Nutrition Nibbles



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



A new year, a new you... isn't that how New Years resolutions are supposed to go?

I'm always in support of goals to eat healthier, exercise more, prepare more home-cooked meals, and other positive steps to improve health and well-being. Where I like to think I come in is to help my clients take those broad statements about wanting to eating better and actually help them design and implement a **SPECIFIC ACTION PLAN** to reach their goal.

I've created a **FREE 30-Day Nutrition Challenge** that guides people through one specific, positive action they can take each day to eat healthier. Download your [30-Day Goal Check List here](#) to start January off with your best foot forward.

Wishing everyone health, happiness, and continued success in 2013!

Jennifer

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

**Facts About Flaxseeds:** This tiny seed must be ground to be digested. Buy it ground or grind your whole flaxseeds before eating them to get all the nutrition they provide!

## Did You Know...

- You can buy flaxseeds in three forms: whole, ground, or as oil!
- Flaxseeds are high in protein, omega-3 fatty acids, fibre, and the phytochemical lignin.
- Flaxseed oil provides the most omega-3 fatty acids but it is low in protein and fibre.
- Ground flaxseeds are heat stable so add them to your muffin recipes for extra health benefits and nutrition!

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# Nutrition Nibbles Recipes

Below are two tasty winter 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 winter:

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



Makes 4 servings  
1 serving = 353 g (approx. 2 cups)

## Winter Vegetable and Quinoa Stir-Fry

This simple stir-fry features dark green leafy vegetables with quinoa into a fresh vegetarian winter meal. Quinoa is a complete protein and a nutritious change from pasta or rice. This light and delicious recipe can be quickly prepared for a nutritious mid-week meal.

### Ingredients:

Quinoa	1 cup	250 mL
Olive oil	5 Tbsp	75 mL
Garlic, finely chopped	2 cloves	2 cloves
Carrots, cut into thin sticks	3	3
Leeks, sliced	3 cups	750 mL
Broccoli, cut into small florets	4 cups	1 L
Sundried tomatoes, drained and chopped	2 cups	500 mL
Low sodium vegetable broth	¾ cup	175 mL
Tomato puree	2 tsp	10 mL
Juice of lemon	1 lemon	1 lemon

### Directions:

1. Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of the oil in a wok or large pan, then add the garlic and quickly fry for 1 min. Throw in the carrots, leeks and broccoli, then stir-fry for 2 mins.
2. Add the sundried tomatoes, mix together the broth and tomato purée, then add to pan. Cover, then cook for 3 mins.
3. Drain the quinoa, then toss in the remaining oil and the lemon juice. Divide between warm plates and spoon the vegetables on top.

Per serving (353 g): 490 Calories, 21g fat, 15g protein, 67g carbs, 12g fibre

*Adapted from: Good Food Magazine*

## Homemade Healthy Oatmeal Granola Bars

These granola bars are incredibly easy to make, packed with healthy ingredients and most importantly, they taste delicious. They are naturally sweetened with banana and applesauce and contain healthy fats from the seeds. These are a great addition to a simple breakfast of yogurt and fruit or a quick snack on the go!

### Ingredients:

Rolled oats	3 ¼ cup	875 mL
Pumpkin seeds	½ cup	125 mL
Sunflower seeds	½ cup	125 mL
Ripe banana	3 each	3 each
Unsweetened applesauce	¾ cup	160 mL
Dried cranberries	½ cup	125 mL
Cinnamon	1 tsp	5 mL
Ground flax seed	2 Tbsp	30 mL

### Directions:

1. Preheat oven to 350°F. Line a 6 by 13 inch baking sheet with parchment paper.
2. In a medium bowl mash the bananas and stir in applesauce until combined.
3. Transfer to the prepared baking dish and press down evenly.
4. Bake until the bars are golden brown and starting to separate from the sides of the pan, about 30 minutes.
5. Let cool for 15 minutes then cut into 15 bars. Store in an airtight container in the fridge.

Per serving (1 bar, 62g): 180 Calories, 7g fat, 6g protein, 23g carbs, 4g fibre

*Adapted from: Cookin' Canuk*



Makes 15 servings  
1 serving = 1 bar (62g)



# NUT-ritious Nuts and Seeds

Incorporate a **variety** of nuts and seeds into your diet this winter! Nuts and seeds are nutrient dense and are a good source of healthy unsaturated fats, protein, and fibre. They are tasty, have a crunchy texture, and make a great snack or can be incorporated into breakfast, lunch, and dinner.

When selecting nuts and seeds choose a plain and unsalted variety most often and remember to watch the portion size when you are consuming them. Although they are delicious and nutritious, calories can add up quickly if you eat them in excess. Nuts and seeds count as a Meat and Alternative, and one serving is just 60g or ¼ cup!

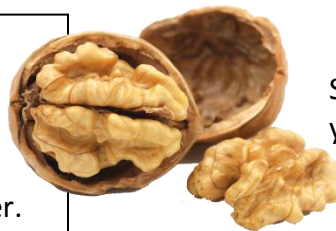
**One Canada's Food Guide serving is about the amount that will fit in the palm of your hand!**

## Incorporate a variety of nuts and seeds into your diet

- | Nuts        |              | Seeds       |
|-------------|--------------|-------------|
| • Almonds   | • Peanuts    | • Chia      |
| • Brazil    | • Pecans     | • Flax      |
| • Cashews   | • Pine       | • Sesame    |
| • Hazelnuts | • Pistachios | • Sunflower |
| • Macadamia | • Walnuts    |             |

## Six simple ways to eat more nuts and seeds!

**1** Add crunch to fish fillets or chicken breasts by sprinkling on chopped nuts like almonds or pine nuts before baking.



Sprinkle flax or chia seeds on yogurt, cereal, or salads. **2**

**3** Try almond, cashew or sesame butter (tahini) instead of peanut butter on your toast.

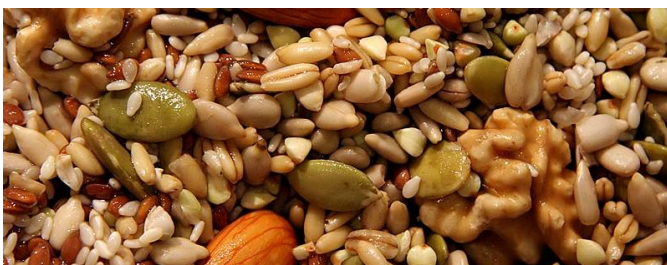
Add unsalted chopped nuts to hot or cold cereal, yogurt, smoothies, and muffins. **4**

**5** Toast unsalted nuts like walnuts or pine nuts in a hot skillet and add to pasta, stir fries, rice, or vegetable dishes.

Make your own trail mix for snacking! Use a variety of nuts and seeds mixed with dried fruit and dry breakfast cereal for a healthy and portable snack. **6**

### Buying and Storing Nuts and Seeds

- Purchase fresh looking nuts and seeds.
- Avoid those that are shrivelled, mouldy, bruised or give off a bad smell.
- Nuts that are in their shell will last longer.
- Choose plain unsalted nuts most often.
- The best way to store nuts is in the refrigerator and most varieties will keep for 3 to 9 months.
- Freezing is also an excellent way to store nuts. If you use an airtight container or freezer bag most nut varieties should last up to 12 months.
- If nuts develop an off flavour, bad smell, or grow mould, throw them out.



# Traditional vs. Greek-style Yogurt

You have probably noticed the invasion of this new 'Greek-style yogurt' in supermarkets and in advertisements pretty much everywhere, but what is it and how is it different from the traditional yogurt we know and love?

Greek style yogurt, also known as "strained yogurt," is just that: traditional yogurt that has been strained a second time. Both types of yogurt are strained following the fermentation process; however, additional straining occurs during the production of Greek yogurt. The extensive straining removes a great amount of the liquid whey and sugar, which alters the nutritional and sensory properties of the yogurt. Greek yogurt has a much thicker, creamy texture and a tangy taste!

## Nutritional Differences and Shopping Tips

**Higher in Protein:** A typical 175 g serving of Greek-style yogurt contains 15 to 20 g of proteins whereas traditional yogurt provides only 9 grams.

**Lower in Carbohydrates:** Greek-style yogurt contains roughly half the carbohydrates as traditional yogurt but both types can contain high amounts of sugar if they're sweetened. Choose the yogurt with less added sugar whether it is Greek-style or traditional.

**May be Higher in Fat:** If you're going Greek, stick to lower-fat (2% M.F. or less); some varieties can be quite high in fat (7-9% M.F.)!

**Lower in Calcium:** Due to the additional straining in the production of Greek-style yogurt, the final product is lower in calcium than traditional yogurt. However, it is still considered a good source of the mineral.



## Ways to enjoy Greek-style yogurt

1. Try it in your morning or post-workout smoothie!
2. Have it for breakfast with berries or other fresh fruit and nuts or seeds!
3. Make your own tzatziki or any other dip! Combine a teaspoon each of garlic powder, dried parsley, and dried dill with one large minced shallot and a dash of salt and pepper to 18oz of plain non-fat Greek-style yogurt for a tasty ranch style veggie dip!
4. Try it for dessert. Add coconut flakes and pineapple chunks for a tropical tasting dessert!
5. Use Greek-style yogurt instead of sour cream in tacos, on baked potatoes, in dips and other recipes for a healthier alternative.
6. Try making this Pumpkin Pie Greek Yogurt Smoothie for a tasty winter treat: <http://www.nutritionrx.ca/pumpkin-pie-smoothie-with-greek-yogurt/>

## Nutrition Nibbles Contributors

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# THANK YOU



## NutritionRx

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