

Nutrition Newsletter



TBNPLC Nutrition Newsletter May 2016

Nutrition Programs at TBNPLC this Month

We are excited to announce some nutrition programs this month to help you reach your health goals.

Taste and Learn

Mental Health
May 10th 2016
6:00- 7:30 pm
at Twin Bridges

Diabetes Education Seminar

Wednesday's:
May 11th
May 18th
May 25th
2:30 - 4:00 pm
at Twin Bridges

Our programs are offered to our patients as well as members of the community. Program calendars and registration information is available at our front desk or on our website at www.tbnplc.com

Twin Bridges NPLC
109 Crawford St, Sarnia ON, N7T 2Y7
226.776.9030 www.tbnplc.com

Mental Health Week

The first week in May is mental health week.

Read about some frequently asked questions about mental health and nutrition:

1. Can some nutrients delay or prevent dementia?

Maybe!

- **Antioxidants** like vitamins A, C, and E might be helpful in preventing brain cell damage. It's best to get these antioxidants from foods. Food sources include vegetables, fruits, whole grains, beans, nuts and green tea
- **B vitamins** like folic acid, vitamin B6 and vitamin B12 may help improve memory, prevent depression, maintain brain health and may delay the progress of dementia
- A number of studies have found that eating **omega 3** rich foods like fatty fish such as salmon, rainbow trout and mackerel, may protect brain function in older adults.
- To get the benefits of all of these nutrients:
 - Choose a variety of foods from Canada's Food Guide
 - Enjoy fruits and vegetables, including bright, orange and dark green coloured ones.
 - Eat whole grains, nuts, seeds, leafy vegetables, oils and fatty fish.

2. Will a gluten-free diet help manage ADHD?

No!

- For a child with ADHD, a gluten-free diet will not help unless they have been diagnosed with celiac disease.

3. When I'm stressed all I want to do is eat and I gain weight. My friend always loses weight when she is stressed. Why is this?

- Studies have shown that stress can cause chemical reactions in the body that either increase or decrease appetite
- Many people tend to overeat when stressed. This provides comfort. But it is a temporary solution.

Tips you can try if you react to stress by overeating:

- Keeping healthy snacks handy
- Being active
- Talking it out: Have a chat with a friend or family member.
- Get enough sleep
- Try calming activities
 - Yoga, meditation, deep breathing, mindfulness
- Do something you enjoy to get your mind off your stress

Content from: <https://www.eatrightontario.ca/en/Articles/Frequently-Asked-Questions/Mental-Health-FAQs.aspx#.VyjkDBaWTlJ>

Seeking support? Get on track with these apps from Dietitians of Canada

Get daily support with these top 3 dietitian-designed apps:

1. Tracking your eating habits can help you stick with your goals. eaTracker helps you set goals, track habits and get feedback along the way.
2. Need fresh meal ideas? Get inspired with Cookspiration! Find hundreds of dietitian-approved recipes to suit your mood and schedule.
3. eaTipster gives you a new dietitian-approved tip every day to motivate you to stick with your small change!

To download these apps, visit:
dietitians.ca/gettheapps

Information from the Dietitians of Canada Nutrition
Month Campaign Materials.
www.nutritionmonth2016.ca

Make an Appointment with a Dietitian Today!

A dietitian can help you assess your eating habits, set achievable goals and put strategies in place for lasting change. If you are a patient at Twin Bridges you can make an appointment with clinic Registered Dietitian, Andrea Green. Appointments are free of charge. Make an appointment at the front desk or call 226-776-9030.

Twin Bridges NPLC
109 Crawford St, Sarnia ON, N7T 2Y7
226.776.9030 www.tbnpplc.com

Healthy Recipes

Ingredients: **Salmon with Avocado Salsa** Yield: 4 servings

4 frozen salmon fillets
1 tbsp canola oil
1 tsp ground cumin
1 tsp paprika powder
1 tsp onion powder
½ tsp chili powder
1 tsp black pepper

For the salsa:

1 avocado, chopped
1/2 small red onion, chopped
Juice from 2 limes
1-2 tbsp finely chopped cilantro

Nutrition Information per serving:

calories: 100 kcal, fat: 7.25 g,
saturated fat: 1.1 g, sodium:
4 mg, protein: 1 g,
carbohydrate: 5 g, fibre: 3 g

Directions:

1. Pre-heat oven to 450.
2. Mix the salt, chili powder, cumin, paprika, onion and black pepper together. Rub the salmon fillets with olive oil and seasoning mix.
3. Bake in oven for 20 minutes or until cooked through

For the salsa:

4. Combine the avocado, onion, cilantro and lime juice in a bowl and mix well.
5. Chill until ready to use.
6. Serve as a fresh topping for fish (could also be used on sandwiches or burgers)

Recipe adapted from: <http://www.thecookierookie.com/salmon-with-avocado/>



Edamame

Edamame is an immature soybean and it comes in a pod. Edamame is a great source of protein, fibre, and other nutrients including calcium, folate, healthy fats and iron. Edamame and other soy products are also a good source of isoflavones, which are antioxidants. Soy foods may help to improve your heart health by lowering your LDL (bad) cholesterol and also help prevent breast cancer.



How to Prepare:

1. **To microwave:** Put the frozen edamame in a microwave-safe dish with ¼ cup water and microwave on high until bright green, 1 to 5 minutes, depending on your microwave power.
2. **To boil:** Bring a large pot of water to a boil. Add the frozen edamame, return to a boil and cook until bright green, 3 to 5 minutes. Drain.
3. Add black pepper to taste. Toss and serve hot, warm or chilled with an empty bowl on the side for the pods.

Nutrition Information per 1/2 cup : calories: 95 kcal, fat: 4 g, saturated fat: 0.5 g, sodium: 4.5 mg, protein: 8.8 g, carbohydrate: 7.5 g, fibre: 4 g