



WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

March 2009

MARCH
2009

nutrition 4 health



March is National Nutrition Month. It is sponsored by the American Dietetic Association, whose goals are to raise awareness about the importance of good nutrition and promote the dietetics field.

Nutrition to Go!: Eating Away From Home

Most of us lead very busy lives which means sometimes making healthy choices can seem too difficult or time consuming to consider. But the principles of healthy eating apply wherever you eat. Choose a variety of foods from the four food groups, increase your grains, fruit and vegetable consumption, choose leaner meats and lower-fat dairy products and select foods prepared using little or no fat. A little planning can help you make healthy food choices wherever you go. Eating small meals or snacks throughout the day can bring nutrition into a busy life. Have "grazing foods" available for really hectic days when you don't have time for "sit down meals". Long periods without meals and meal skipping can increase impulse eating.

Handy Snacks for Grazing Days:

- Bagels
- Bran Muffins
- Crackers
- Yogurt
- Pita Bread
- Dried Fruits
- Fig Bars
- Fresh Fruit
- Hard Cooked Eggs
- Raw Vegetables
- Cheese
- Juice
- Cold Cereal
- Rice Cakes
- Raisin Bread
- Cereal Bars
- Milk
- Deli Meats

In This Issue:

- *Eating Healthy Away From Home*
- *Workplace Eating*



WELLNESS WORKS...

at Brain Injury Community Re-entry (Niagara) Inc.

The Creative World of Portable Lunches

Making portable lunches interesting and appetizing can be a challenge. Begin with foods from all four food groups (grain products, vegetables & fruit, milk products and meat & alternatives) and the possibilities are endless! Check your lunch for nutrition, variety, taste, food safety and how it looks.

- Start by deciding the main focus of the lunch. Choices include sandwiches, leftovers or convenience foods such as frozen or canned entrees (eg. baked beans in tomato sauce, spaghetti or stew) Round out the lunch with fruit or vegetables and milk or yogurt.
- When making sandwiches, vary the choices of bread (bagel, tortilla, bun, pita), filling (meat, egg, cheese or peanut butter), additional items (cheese or vegetables) and spread (salsa, mustard, chutney, light mayonnaise).
- Reserve a kitchen drawer or shelf to keep portable lunch supplies and equipment together within easy reach. Include a wide-mouth thermos, insulated lunch bags, a variety of reusable containers, drinking bottles, baggies, plastic utensils, napkins and straws.
- Check to make sure your shopping list includes what you have planned for lunches.

Workplace Eating

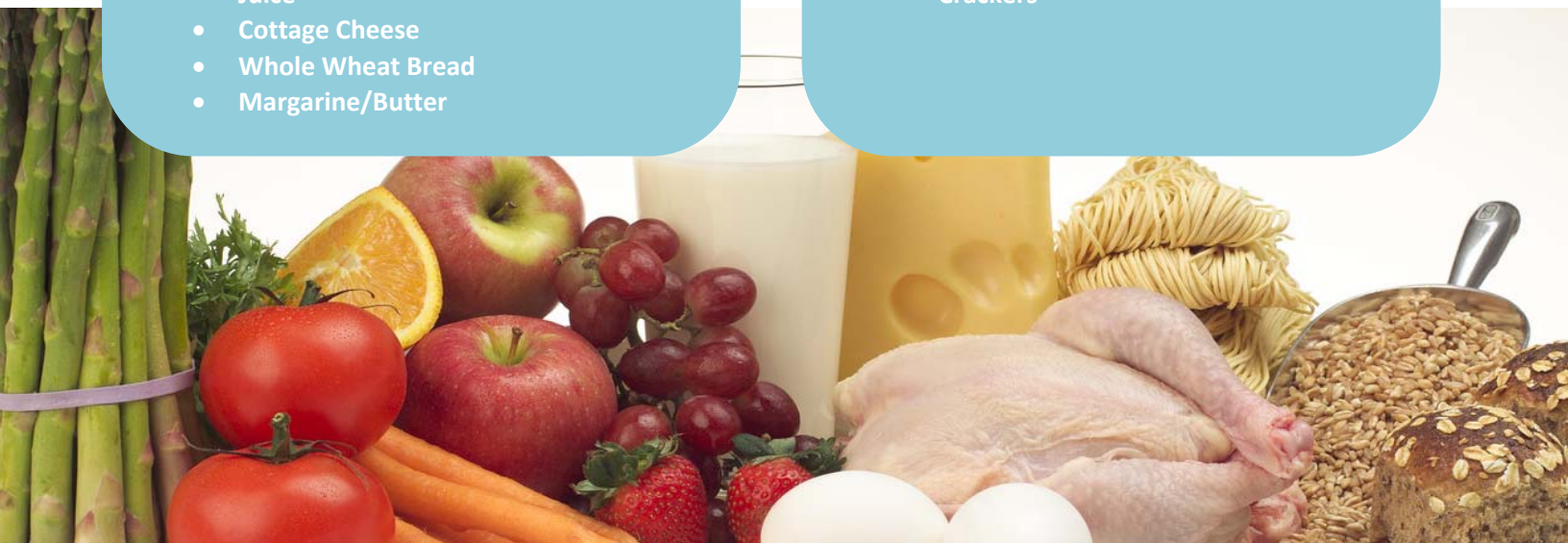
Many workplaces have fridges and lunchrooms where perishable foods can be stored. Keep nutritious grazing/snacking foods on hand for a quick lunch or snack. Remember to check the "best before" dates.

Foods for the Lunchroom Fridge:

- Yogurt
- Cheese
- Salad Greens
- Sliced Meats
- Hard Cooked Eggs
- Soup
- Cartons of Milk
- Fresh Fruit/Vegetables
- Juice
- Cottage Cheese
- Whole Wheat Bread
- Margarine/Butter

Foods for the Lunchroom Cupboard:

- Canned Fruit
- Canned Beans in Tomato Sauce
- Shelf Stable Milk
- Canned Fish
- Dried Soup/Noodle Mixtures
- Canned Tomato Sauce
- Peanut Butter
- Cold Cereal
- Crackers





WELLNESS WORKS...

at Brain Injury Community Re-entry (Niagara) Inc.

Different Eating Situations

With a little thought and planning you can ensure your food choices are healthy ones. Limit some foods and choose others more often ... do you know which?

<u>Situation</u>	<u>Try To Limit</u>	<u>Choose Instead</u>
Meetings	Doughnuts, monster muffins, cookies, tea and coffee with cream.	Small muffins, bagels, scones, tea biscuits, fresh fruit, juice, milk.
Vending Machines/ Catering Trucks	Danishes, chocolate bars, French fries, soft drinks, chips.	Juices, pretzels, sandwiches, milk, soup, fruit, cereal boxes, yogurt, whole grain breads.
Hectic Schedule/ Long Hours	Chips, cookies, coffee with cream, hot dogs, pizza with double cheese and pepperoni.	Fresh fruit, muffins, vegetable sticks, salads with lower-fat dressing, lean sliced meats, milk, yogurt.
On The Road	Chips, fried foods, large burgers, salads loaded with dressing.	Small, plain burgers, bagels, cereal bars, crackers and cheese, juice, turkey sandwiches, pizza with ham and vegetables.

Need Ideas?



Fabulous Fruit Salad Recipe!

This healthy and delicious summer salad mingles fresh seasonal strawberries, apples and banana slices with cinnamon and walnuts in a vanilla yogurt whip for a simply splendid dessert. For a lighter version, use organic vanilla yogurt, as it's less sweet than regular.

Ingredients:

- 2 cups diced apples
- 1 cup sliced banana
- 1 cup sliced fresh strawberries
- 1 cup chopped walnuts
- 1 cup vanilla yogurt
- ¼ teaspoon ground cinnamon

Instructions:

In a bowl, mix the apples, banana, strawberries, and walnuts. Fold in the yogurt. Sprinkle with cinnamon. Gently stir before serving.

NUTRITION FACTS:

Servings Per Recipe: 6

Amount Per Serving:

- Calories: 233 cal
- Total Fat: 14 g
- Cholesterol: 2 mg
- Sodium: 28 mg
- Carbohydrates: 25.6 g
- Fiber: 4.1 g
- Protein: 5.7 g