

Nutrition Newsletter

Recipe Ideas

Blueberry Smoothie

Total Time: 5 minutes

Servings: 2

Ingredients

- 2 cups blueberries (frozen or fresh)
- 2-3 cups of milk
- 1 banana (frozen or fresh)
- 2 Tablespoons peanut butter
- 1 handful spinach (optional)

Directions

1. Add all ingredients to a blender.
2. Blend until smooth. You may need to add more milk if the smoothie is too thick.

Tips:

- If you have bananas that are getting brown, peel then freeze them in a bag. You can use them to make this smoothie, banana bread, and more!
- Frozen fruit is usually cheaper than fresh. You won't notice the difference in smoothies.
- If you have popsicle molds, you can pour this recipe in them and enjoy as a popsicle!

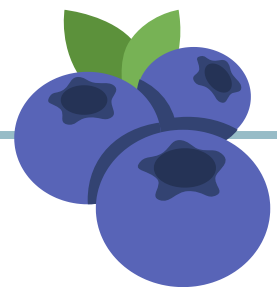
Other Ideas

- Put on top of oatmeal or cereal
- Make homemade popsicles with milk or water and blueberries
- Add to salads
- Make blueberry crisp or cobbler

Did You Know?

Blueberries

- Are in season in July-November (cheaper at the grocery store!)
- Are a source of:
 - Fibre
 - Vitamin C
 - Vitamin K
- Are safe to eat in small amounts or with a protein or fat (e.g., yogurt) if you have diabetes
- Are safe to eat if you're watching your potassium or phosphorus intake
- Storage tips:
 - Do not wash blueberries until you are about to eat them, this will help them last longer!
 - Pick any mushy or over-ripe blueberries out of the container to keep the other berries fresh.
 - You can freeze fresh blueberries, make jam, or can blueberries to preserve them for later. A jam recipe and canning instructions are attached to the back of this newsletter.



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Recipe Ideas

3 Bean Salad

Total Time: 12 minutes

Servings: 6

Ingredients

- 1 can kidney beans (no salt added), drained and rinsed
- 1 can chickpeas (no salt added), drained and rinsed
- 2 cups fresh or canned green beans, cut to 1 inch pieces
- 1/4 cup red onion, thinly sliced
- 1/3 cup vinegar
- 3 Tablespoons sugar
- 1/4 cup olive oil

Directions

1. Bring a pot of water to a boil then add green beans (if fresh). Cook for 2 minutes or until tender. Place beans in a bowl of ice water to cool, then drain and pat dry.
2. Stir vinegar, sugar, and oil together. Add kidney beans, chickpeas, green beans, and red onion to the bowl.
3. Stir until all beans are coated in dressing.

Other Ideas

- Boil in water then top with oil, spices of your choice, and enjoy as a side to meat or another protein.
- Note: Raw green beans can cause stomach upset. Only eat cooked green beans.

Did You Know?

Green Beans

- Are in season in July-September (cheaper at the grocery store!)
- Are a source of:
 - Vitamin A
 - Vitamin C
 - Folate
- Are safe to eat if you have diabetes
- Are safe to eat if you're watching your potassium or phosphorus intake (aim for 1/2 a cup)
- Storage tips:
 - Remove any brown or rotting beans from the bunch.
 - Do not wash green beans until you are about to use them
 - Store them in a clean plastic bag in your fridge. The best place is in a crisper drawer.



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How to Read Nutrition Facts Labels

Almost all packaged foods will have a Nutrition Facts Label. You can find it on the box or bag that the food comes in. This label will help you learn more about the packaged food:

- **The serving size** tells you the amount of food used to measure the rest of the numbers. You can eat more or less than the serving size, just remember that it will add or take away from the numbers below. For example, if you ate 0.5 cup instead of 1 cup, you have to divide the other numbers by 2.
- **Calories** will be listed next, which tells you approximately how much energy this food will give you.
- **Fat (saturated and trans), Carbohydrate (fibre and sugars), Sodium, Potassium, Calcium, and Iron** are shown in grams (g) or milligrams (mg) and as a % Daily Value. The % Daily Value tells you how much of that nutrient you are getting from that food. If you ate the food in the picture to the right, at this serving size, you would get approximately 22% of your daily sugar limit. It does not mean the food is 22% sugar.

| Nutrition Facts | |
|------------------------------------------------|-------------------------------------------------------|
| Valeur nutritive | |
| Per 1 cup (250 mL) pour 1 tasse (250 mL) | |
| Calories 110 | % Daily Value* % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 26 g | |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 22 g | 22 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium 0 mg | 0 % |
| Potassium 450 mg | 10 % |
| Calcium 30 mg | 2 % |
| Iron / Fer 0 mg | 0 % |

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

- **% Daily Value** can be understood quickly by knowing that 5% or less is a little, and 15% or more is a lot. In the example above, 22% sugars is a lot.

Photo from:
<https://www.unlockfood.ca/en/Articles/Nutrition-Labelling/Understanding-Food-Labels-in-Canada.aspx>